



# Make a Heat Action Plan with Your Health Care Team



## 1 Stay Cool

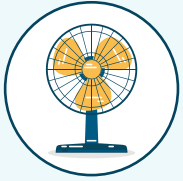
Try One Or More Of These:



Stay in the shade



Cooling Aids



Use a fan



Use an air conditioner

## 2 Stay Hydrated



## 3 Know the Symptoms

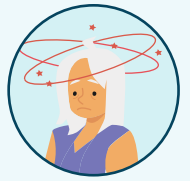
There are signs that your body may be getting too hot:



Sweating a lot



Very tired and weak

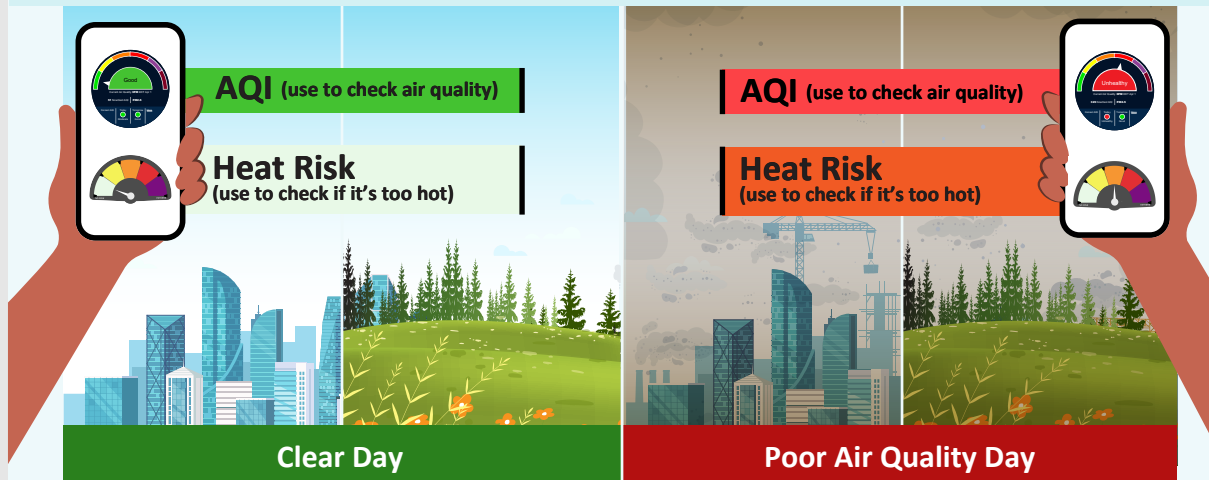


Dizzy, lightheaded, nauseated



Call 911 if you have chest pain that is not going away, severe shortness of breath, or confusion. These may be signs your body is **already** too hot.

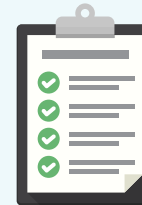
## 4 Check Air Quality



Hot weather can make air quality worse.

## 5 Have a Medication Plan for Hot Weather

Some medications may make it harder for your body to cool down.  
Some medications may not work well when they get hot.



Review your medications with your doctor



Store your medications in a cool place



Prepare for power outages