



[Date]  
[Name]  
[Title]  
[Address]

Dear Dr. [Name],

The [Health Department or other contact] would like to remind you and your patients to prepare for the upcoming season of extreme heat. During times of extreme heat, we encourage you to educate your patients about ways they can prevent heat-related sickness. Key information includes:

- Stay in air-conditioned buildings as much as possible.
- Avoid direct sunlight.
- If you don't have air conditioning, locate an air-conditioned shelter in your area; visit [insert campaign Web site] or call [insert phone number].
- Do not rely on a fan as your primary cooling device during an extreme heat event.
- Drink more water than usual and **don't wait** until you're thirsty to drink.
- Avoid alcohol or liquids containing large amounts of sugar.
- Wear loose, lightweight, light-colored clothing.
- Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

Extreme heat events across the United States are occurring more often and lasting longer. By encouraging patients to turn to local resources and accessible tools, they will know what to do and where to turn when the temperature rises.

For more information about extreme heat, please visit [insert campaign Web site] or call [insert phone number].

Sincerely,

[Name]  
[Title]  
[Organization]