



Make a Heat Action Plan with Your Health Care Team



U.S. CENTERS FOR DISEASE
CONTROL AND PREVENTION

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



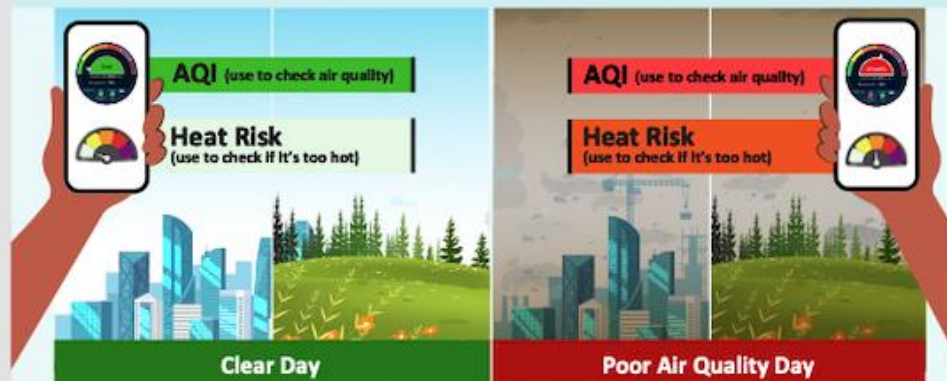
Dizzy,
lightheaded,
nauseated



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

5 Have a Medication Plan for Hot Weather



Hot weather can make air quality worse.

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