



Make a Heat Action Plan with Your Doctor

1 Stay Cool



Stay in the shade



Use a fan



Use an air conditioner



Check the CDC HeatRisk Dashboard for more information.

2 Stay Hydrated



3 Know the Symptoms

Unusually heavy sweating



Shortness of breath



Dizziness



Other signs can include headache, tiredness, weakness, and nausea.

4 Check Air Quality

Clear Day

High Pollution



5 Have a Medication Plan



Make a plan



Store in a cool place



Prepare for power outages