

HEAT Use these questions with your patients to assess health risk from heat or poor air quality. Then, create a **Heat Action Plan** with your patient.



Housing & Indoor Environment

- Does your patient have stable housing?
- Do they have access to cooling (air conditioning, fans, cooling center)?
- Can they check and control the indoor temperature?
- Do they live in heat-prone housing (e.g. upper floors)?
- Are they exposed to poor air quality indoors (mold, smoke)? Do they have access to an air filter?

Emergency Preparedness

- Does your patient have someone to check on them during hot days?
- Does their mobility limit them from seeking a cool location?
- Do they have a plan to manage electric medical devices or refrigerated medications during a power outage?

Awareness of Health Risks

- Does your patient use the weather forecast and the HeatRisk tool to check on actions to take to reduce health harm from heat?
- Do they know if their medications can lead to complications in hot weather? Do they have a heat and medication plan with their doctor?

Temperature & Outdoor Environment

- How much time do they spend outdoors on hot days?
 - Are they exposed to poor air quality outdoors (wildfires, roadways)?
 - Do they have allergies to grass, weeds, or tree pollen, which can be worse in hot weather?
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