



U.S. CENTERS FOR DISEASE
CONTROL AND PREVENTION



Make a Heat Action Plan with Your Health Care Team

1 Stay Cool

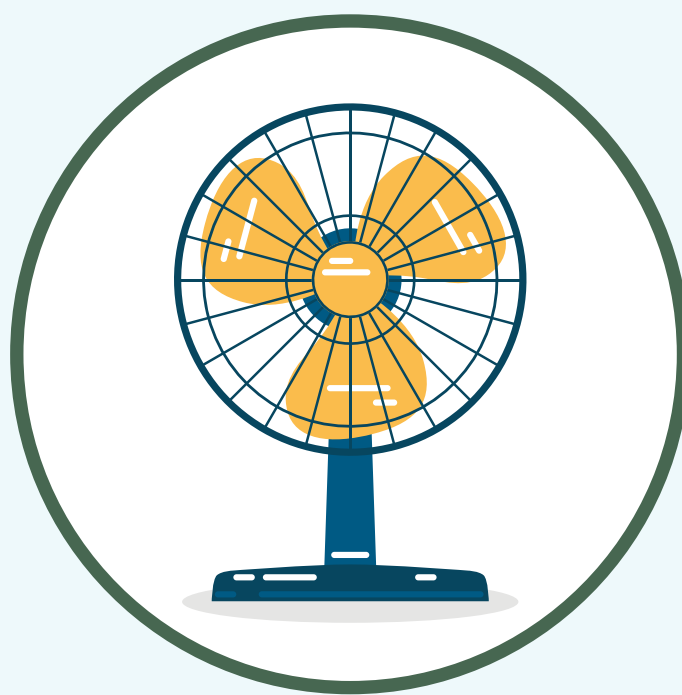
Try One Or More Of These:



Stay in the shade



Cooling Aids



Use a fan



Use an air conditioner

Check the CDC
[HeatRisk Dashboard](#)
for more information.

2 Drink Plenty of Water



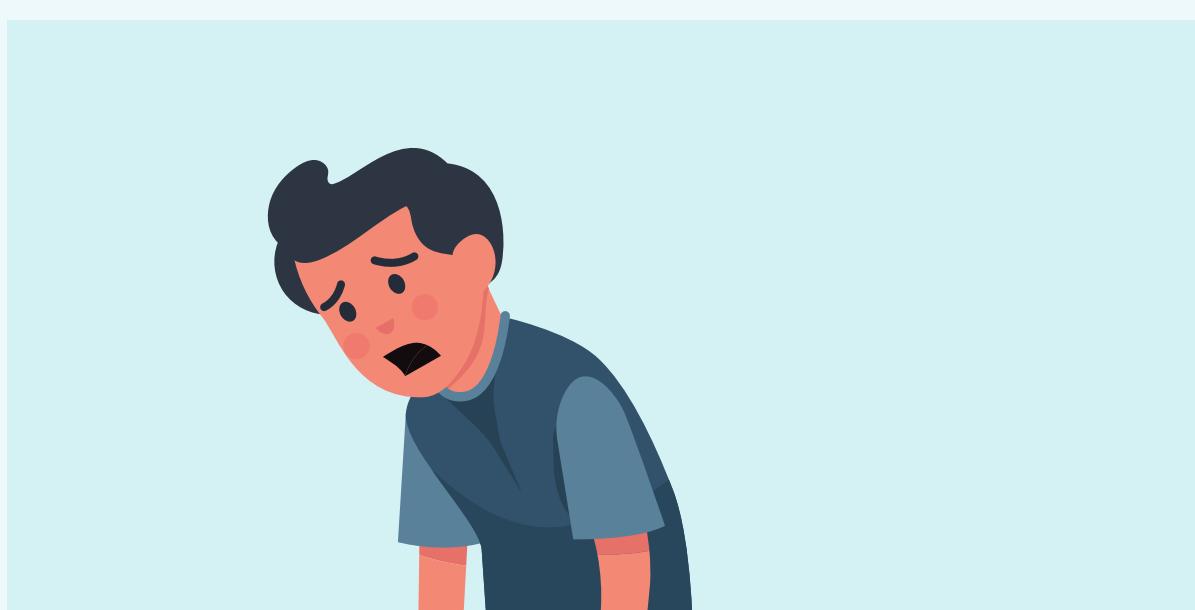
[Visit](#) CDC's hot days page for more information.

3 Know the Symptoms

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



Sweating a lot



**Very tired
and weak**



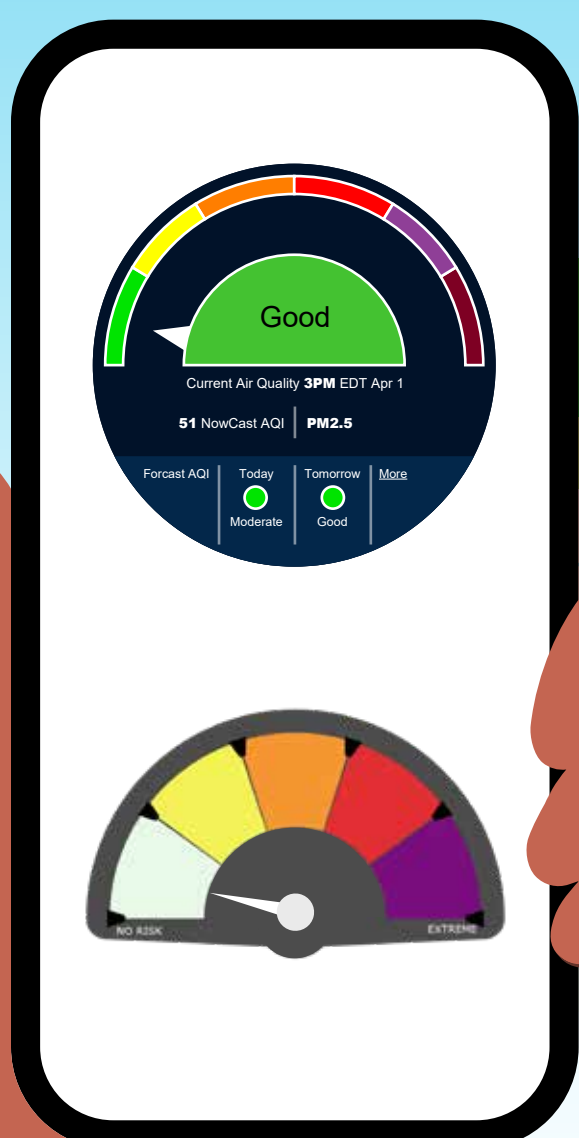
**Dizzy, lightheaded,
nauseated**



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.

[Visit](#) CDC's hot days page for more information.

4 Check Air Quality



AQI (use to check air quality)

Heat Risk
(use to check if it's too hot)



Clear Day

[Visit](#) CDC's hot days page
for more information.

Poor Air Quality Day



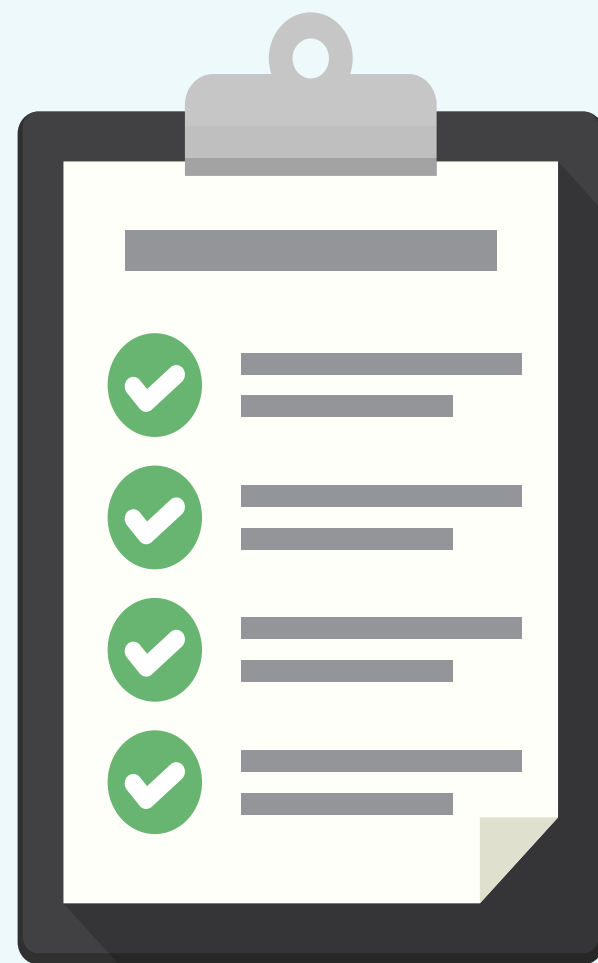
AQI (use to check air quality)

Heat Risk
(use to check if it's too hot)

Hot weather can make air quality worse.

5 Have a Medication Plan for Hot Weather

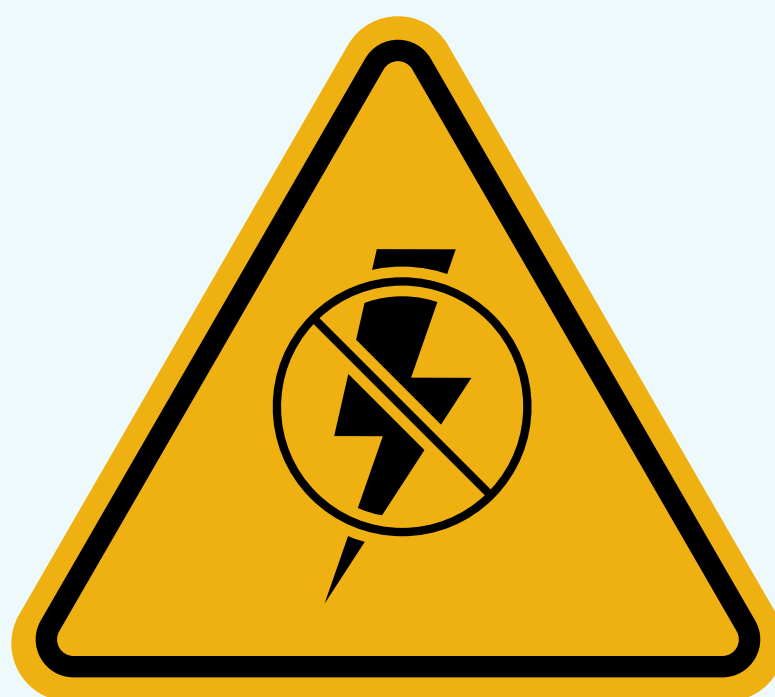
Some medications may make it harder for your body to cool down.
Some medications may not work well when they get hot.



**Review your medications
with your doctor**



**Store your medications
in a cool place**



Prepare for power outages

**[Visit](#) CDC's hot days page
for more information.**