

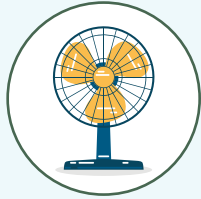


Make a Heat Action Plan with Your Doctor

1 Stay Cool



Stay in
the shade



Use a fan



Use an
air conditioner



Check the CDC HeatRisk Dash-
board 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