

CREATE YOUR HOUSEHOLD HEAT PLAN

Prepare today. Know what to do when temperatures rise.

Extreme heat can affect anyone. A little planning before temperatures rise can help your household stay cool, hydrated, informed, and connected.

Complete this plan with the people in your household. Keep it somewhere easy to find and review it before and throughout hot weather.

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STAY INFORMED

Our trusted weather source: _____

We are signed up for local emergency alerts: ☐ Yes ☐ Not yet

Person responsible for checking the heat forecast or HeatRisk:

Name: _____

We will pay special attention when:

☐ A Heat Advisory is issued ☐ An Extreme Heat Watch is issued ☐ An Extreme Heat Warning is issued

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KNOW WHERE YOU'LL GET COOL

If our home becomes too hot, our first cool place is:

Place: _____ Address: _____

Our backup location is:

Place: _____ Address: _____

How we'll get there: _____



THINK AHEAD

Possible cool locations may include a cooling center, library, community center, shopping center, or the home of someone you trust.

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MAKE YOUR HYDRATION PLAN

We have drinking water available: ☐ Yes ☐ Need to stock up

Reusable water bottles are located: _____

Our plan for taking water when we leave home: _____

Does anyone in our household have medical guidance that affects how much fluid they should drink?

☐ No ☐ Yes, follow their healthcare provider's instructions

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PLAN FOR HEALTH + MEDICATION NEEDS

Does anyone in our household have medications, medical equipment, or health needs that could be affected by extreme heat or a power outage? ☐ No ☐ Yes

Our plan: _____

Healthcare provider or pharmacy: _____ Phone: _____

Do not stop or change medications without consulting a healthcare provider.

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PLAN FOR A POWER OUTAGE

If we lose electricity during extreme heat, we will:

- | | |
|--|---|
| ☐ Check outage and emergency information | ☐ Contact our heat buddy |
| ☐ Conserve phone battery | ☐ Go to our identified cool location if needed |
| ☐ Gather medications and essential supplies | |

Anything else our household needs to do: _____

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CHOOSE YOUR HEAT BUDDY

Preparedness works both ways. Identify someone who will check on you, too.

Our heat buddy: _____

Phone: _____

How we'll check in: ☐ Call ☐ Text ☐ In person ☐ Other: _____

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KNOW WHO YOU'LL CHECK ON

People we will check on during extreme heat:

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

Think about family members, friends, and neighbors who live alone; do not have reliable air conditioning, have health concerns, or may need additional support during extreme heat.

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DON'T FORGET PETS

Our pets: _____

☐ Water is available

☐ Cool indoor location identified

☐ Transportation or carrier is ready if we need to leave

Other pet needs: _____

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KNOW THE WARNING SIGNS.

WATCH FOR:

- Muscle cramping
- Unusually heavy sweating
- Dizziness
- Headache
- Weakness
- Nausea
- Shortness of breath

HEAT STROKE IS A MEDICAL EMERGENCY.

Confusion, loss of consciousness, seizures, or very high body temperature require immediate emergency attention.

CALL 911.

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OUR HOUSEHOLD HEAT COMMITMENT

One thing we'll do this week to become more heat-ready:

Plan completed on: _____

We'll review it again on: _____



YOU HAVE A PLAN. NOW PUT IT INTO ACTION.

Keep this plan with your Extreme Heat Resilience Toolkit.



Check the forecast.



Stay hydrated.



Know where you'll cool down.



Check on others.



Have someone check on you.

Because you matter.



KEEP PREPARING

Scan for more extreme heat resources, preparedness tools, and trusted information from Planning Ahead.

