

Hot Day Home Checklist



Plan cooling before the heat arrives.

Use air conditioning or a confirmed cool place.

- ☐ I checked local heat alerts and changed outings.
- ☐ I checked cooling in living and sleeping spaces.
- ☐ I confirmed a cool backup place and transport.
- ☐ Drinks follow the person's clinician-guided plan.
- ☐ Phones are charged and walking paths are clear.
- ☐ We agreed on visits and a missed-call plan.

Backup cooling place and transport:

Contact and phone:

New confusion, collapse, or seizure in heat?

Call 911 (U.S.) or your local emergency number.

Move to a cool place if safe; use cool wet cloths.

For suspected heat stroke, give nothing to drink.

Follow emergency dispatcher instructions.

Fans are not a substitute for effective cooling.