

## Heat preparedness plan: Personal and emergency information

Keep this information with you in case of an emergency. You, a medical professional or a support person may need to access it quickly.

Name:

Medications:

Health Conditions:

Allergies:

### Who can I call for help and support?

Name:

Name:

Phone:

Phone:

Address:

Address:

### Where can I go if it is too hot at home?

Place:

Place:

Address:

Address:

Directions/transport:

**Local crisis hotline:**