

## Appendix A: Personal heat preparedness plan

Check the boxes below as you prepare for a heat event, and review the heatwave **DOs** and **DON'Ts**. If you are unable to take any of the actions below on your own, ask for help from a friend, family member or support person.



### Preparing for the heat event

- ☐ Check for heat alerts
- ☐ Fill out your [Heat preparedness plan: Personal and emergency information](#)
- ☐ Set up a cool living and sleeping area
- ☐ Plan your schedule to avoid going outside
- ☐ Check windows and air-conditioning are working
- ☐ Get groceries in advance
- ☐ Fill medication prescriptions
- ☐ Stock up on clean drinking water

### Heatwave DOs

- ☐ Contact friends and family regularly
- ☐ Block out the sun with window blinds
- ☐ Monitor the temperature in your home
- ☐ Stay hydrated
- ☐ Get to a cooler location if needed
- ☐ Keep taking any medication as prescribed

### Heatwave DON'Ts

- ☒ Go outside in the daytime
- ☒ Use the oven or stove to cook
- ☒ Use alcohol and non-prescription drugs
- ☒ Wear layers or tight, heavy clothing
- ☒ Use a fan in temperatures above 33°C
- ☒ Engage in unnecessary physical activity or non-urgent chores in hot spaces
- ☒ Ignore signs of heat illness