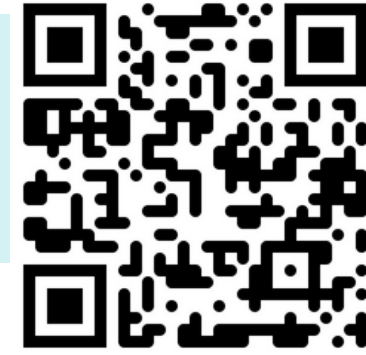


# 5 Steps to Prepare for Hot Days For Teens with Asthma

Soaking up some sun is usually good for you, but for those with asthma, the heat can be a health hazard. Follow these tips to keep safe when the sun's on full blast.

## 1 Stay cool

- Check out your local *HeatRisk* by popping in your zip code on the [CDC HeatRisk Dashboard](#).
- Most teens with asthma are sensitive to heat on **Orange** heat risk days, but some are sensitive on **Yellow** days. Work with your doctor to know when to take action.
- Actions include:
  - If you are *outside*, especially for a long time:
    - Stay in the shade as much as possible; take breaks when you can.
    - Check the local weather forecast and do outdoor activities during the coolest parts of the day or evening, if possible.
  - When you are *indoors*:
    - Use air conditioning, if available, or find a location with one.
    - Use a fan to cool your body off, only when indoor temperatures are less than 90°F.
- When the dial hits **Red** or **Magenta**, limit your time outside if possible and check the HeatRisk dashboard for additional actions.



If I need to stay cool, I can go here:

I need to start taking action to stay safe (circle):

- **Yellow HeatRisk**
- **Orange HeatRisk**

Here's who can check on me on hot days:

## 2 Stay hydrated

- Carry a water bottle. Drink and refill the water bottle throughout the day.
- Reduce drinks loaded with sugar, salt, or caffeine, if possible.
- Keep an eye on your pee – if the color is light yellow or clear, it usually means you are drinking enough water.

## 3 Check for heat-related symptoms

If your body gets hot, you can get sick. Look for asthma warnings and know when to get medical help.

Headache



Muscle cramps



Shortness of breath



Other signs can include unusual sweating, dizziness, tiredness, weakness, and nausea.

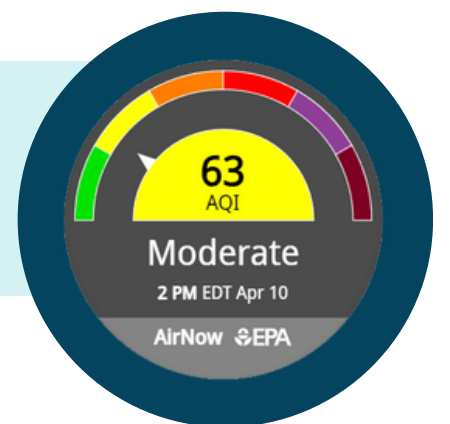
I will seek medical attention when:

If I am feeling overheated, I will:

## 4 Check the air quality

Heat can make air quality worse. Poor air quality can worsen asthma symptoms.

Check out local air quality on the [HeatRisk Dashboard](#). The Air Quality Index (AQI) indicates how healthy your outdoor air is to breathe, ranging from 0 (good) to 500 (hazardous).



**Less than 100**

Today's a great day to be outside for many folks!  
 • Keep in mind, some people with asthma might be sensitive when the air quality hits 51-100. Talk to your doctor if this applies to you.

**More than 100**

Outdoor air? Not the healthiest.  
 • Maybe stick to indoor activities for a bit.  
 While chilling indoors, remember to:  
 • Fire up that portable air purifier, if you've got one.  
 • Kick cigarette smoke to the curb.

Steps I can take to keep air in my home clean:

- Reduce indoor pollutants, like candles, air fresheners, and cigarette smoke
- Bring outdoor air in when cooking (when AQI less than 100)
- Use a portable air purifier

## 5 Get a game plan ready for your meds

Some medicines might be sensitive to heat, so keep those heat-sensitive ones cool.

- Don't stop or change your medicines until you talk to your doctor.
- Heat can cause power outages. Have a plan for what to do with refrigerated medications and electronic medical devices.
- Store your medicines properly- some may need to be kept out of hot places.

When *HeatRisk* is orange or higher:

- No need to change my medications
- I need to make the following changes to my medications:

My backup plan for a power outage is: