



Heat Safety Plan



**Empowering women to advocate for
themselves using the ROOT Framework**



Heat Safety & Chronic Condition Plan

A Violet Sheet for self-advocacy in extreme heat

Rooted in Her, Rising for All



Record-breaking heat is landing more people in the ER this summer — and if you're managing a chronic condition, pregnancy, or certain medications, your body has a harder time cooling itself down. Fill this out, know your plan, and keep it somewhere handy.

1. MY RISK FACTORS (check all that apply)

High blood pressure / hypertension

Pregnant or postpartum (within 6 weeks)

Lupus or another autoimmune condition

Fibroids or endometriosis on hormonal treatment

Sickle cell disease or trait

Taking diuretics, beta blockers, or blood pressure medication

Caring for young children, elders, or someone with a disability

Other:

2. KNOW MY BASELINE

My normal blood pressure:

Resting heart rate:

Medications I take that affect heat tolerance (name + time):

3. KNOW THE WARNING SIGNS

HEAT EXHAUSTION

- Heavy sweating
- Dizziness, weakness
- Nausea, headache
- Muscle cramps
- Cool, moist skin

HEAT STROKE — CALL 911

- Confusion, slurred speech
- Hot, dry OR damp skin
- Body temp 103°F+
- Rapid heartbeat
- Loss of consciousness

My Heat Safety Plan

Fill this in before the next heat wave hits

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4. MY COOL-DOWN PLAN

Where I'll go if my home isn't safely air-conditioned:

My daily water goal in extreme heat:

Who checks on me / who I check on:

5. EMERGENCY CONTACTS

Emergency contact name:

Phone:

My doctor / OB / specialist:

Phone:

911 IS ALWAYS THE RIGHT CALL

If you or someone with you shows signs of heat stroke — confusion, hot/dry skin, body temp over 103°F, or loss of consciousness — call 911 immediately. Don't wait to see if it passes. Heat stroke can be fatal within minutes without treatment.