



Documentation Templates

For Providers

These documentation templates have been developed for use in electronic health records or similar applications. They are intended to be modified by the user to meet the specific needs of their clinic or other practice environment.

In accordance with standard convention for documentation templates, use of “***” in these materials indicates either 1) a user modifiable section of the text or 2) text blocks that the user may choose to delete.

This document currently contains materials to help you document conversations with patients and to help you template detailed and appropriate after-visit summaries. Additional templates may become available in the future.

We are also interested in gathering information from users of these materials on how they have modified them for use in their clinical settings. If you modify these materials or develop new documentation templates and would like to share your templates with others, please reach out to our project team.

Use of these materials is intended to support your clinical practice, counseling, document creation, and documentation of your work. These are not intended to replace medical judgment or your knowledge of the specific needs of your patients. Users are ultimately responsible for any recommendations included in formal medical documentation or after-visit summaries that they create.

Documentation of counseling

.heatcounselhome

I counseled this patient regarding their current level of exposure to heat in their home, their personal risk factors for heat related illness, and steps they can take to reduce their risk. We discussed the importance of hydration, cooling, options for cooling outside their home included local community resources, the recognition of the related illness, and when to seek medical attention.

.heatcounselwork

I counseled this patient regarding their current level of exposure to heat in their workplace, their personal risk factors for heat related illness, and steps they can take to reduce their risk. We discussed the importance of hydration, shade, frequent breaks, the recognition of the related illness, and when to seek medical attention.

.firecounsel

I counseled this patient regarding the risk that wildfires may pose to their health. We discussed how to obtain information about wildfire activity in their area, actions they can take to prepare for evacuation, the importance of evacuation if a wildfire threatens their home or workplace, and steps they can take to maintain their health if their housing or medical care is temporarily disrupted by wildfire.

*** We also discussed the risk that poor air quality resulting from wildfire smoke may pose to their health. We

discussed how to monitor current air quality/smoke conditions and how to protect themselves from wildfire smoke by maintaining safe indoor air quality and/or use of approved respirators. We also discussed how wildfire smoke may exacerbate their underlying medical conditions and when to seek medical attention.

.smokecounsel

I counseled this patient regarding the risk that poor air quality resulting from wildfire smoke may pose to their health. We discussed how to monitor current air quality/smoke conditions, how to protect themselves from wildfire smoke by maintaining safe indoor air quality and/or use of approved respirators, and we discussed how wildfire smoke may exacerbate their underlying medical conditions and when to seek medical attention.

.floodcounsel

I counseled this patient regarding the risk that flooding can pose to their health. We discussed their level of exposure to flood related risks in their home and/or workplace, and also discussed the importance of avoiding driving during flooded conditions due to the risk of water vehicle accidents. We discussed steps they can take to prepare for future flooding events and protect/maintain their health in the event that they have to temporarily evacuate from their home or re-enter their home after a flood event. We also discussed medical complications that can arise from flooding, including skin and bowel infections due to contaminated floodwater and respiratory conditions due to mold exposure, and when to seek medical attention.

.hurricanecounsel

I counseled this patient regarding the risk that hurricanes can pose to their health. We discussed their level of exposure to hurricane related risks in their home and/or workplace. We discussed the importance of evacuation well in advance of a hurricane, and steps they can take to maintain their health if they do have to evacuate. We also discussed the importance of avoiding driving during flooded conditions due to the risk of water vehicle accidents. We discussed steps they can take to prepare for future hurricanes and protect/maintain their health in the event that they have to temporarily evacuate from their home or re-enter their home after a hurricane. We also discussed medical complications that can arise after hurricanes, including injuries during cleanup, interruptions in normal medical care, skin and bowel infections due to contaminated floodwater, respiratory conditions due to mold exposure, and when to seek medical attention.

After-visit summaries

.heatavssimple

Heat can cause health problems. Some of these are very dangerous. There is a lot you can do to stay safe.

Take action to stay safe:

- Do not work during the hottest part of the day.
 - Drink water and get electrolytes in food or fluids.
 - Do not drink soda, energy drinks, coffee, or alcohol.
 - Wear light colored, lightweight, loose-fitting clothing.
-

Spend time somewhere cool:

- If you have air conditioning, use it, particularly at night when you are asleep.
- This might be a neighbor or friend's home, a local business, or a cooling center near you. Sleep in a cool area if you can.
- Spend time in cool or air-conditioned buildings.
- Basements and lower floors of buildings may be cooler than the top floors.
- If you are unable to access a cool building, a shaded location, such as a park, may provide some relief from the heat.

Talk to people around you:

- Check-in on friends, family, and neighbors that may need help in the heat.
- Know who to ask for help if you are feeling too hot.
- Make a heat action plan with your healthcare provider today.

.heatavsfull

During your visit today, we discussed how hot weather and heat waves can threaten your health. We also discussed steps you can take to stay safe.

*** Based on your history of ***, we are also attaching separate information about special tips related to this condition / risk factor.

*** Because you work outdoors or in a hot environment, we are also attaching separate information about special tips to stay safe in the workplace.

Heat is dangerous for your health. It can be dangerous even when the temperature is not extremely high. Things like humidity can make it feel hotter even when the temperature is not as high. High temperatures at night or unusual temperatures for where you live may be especially risky.

When to get medical attention

Seek immediate medical attention if you or someone around you experiences signs or symptoms of heat exhaustion, heat stroke, or other medical emergencies:

- Feeling faint or dizzy
- Confusion, weakness, headache, speech problems, or unconsciousness
- Nausea or vomiting
- Cool, pale, clammy skin, or red, hot, dry skin
- Chest pain, shortness of breath, or the sensation that you are going to pass out
- Any other new or concerning symptom

Stay hydrated

- Do not wait until you feel thirsty. Drink water and consume electrolytes in food or fluids throughout the day.
- Do not drink alcohol, energy drinks, sugary drinks, soda, coffee, tea, or coffee. These can make you dehydrated.
- Weight is your best indicator for dehydration: check your weight daily when it is hot. If you are losing weight, drink more water.
- If your urine is dark, you probably need to drink more water.
- If you have heart, liver, or kidney problems, ask your doctor how much you should drink.
- Eat regular meals. You may choose to add a little extra salt to your food or add some oral rehydration salts or electrolytes to your water. If you drink nothing but water and do not eat or take in electrolytes, you can experience health problems caused by abnormally low electrolyte levels.

Dress for success

- Wear loose, lightweight, light-colored clothing.
- Wear a hat or head covering.
- Use sunscreen. Sunscreen should be broad spectrum (UVA/UVB), at least SPF 30, and water resistant. It should be reapplied regularly, about every 2 hours, to be effective.

Take steps to cool down:

- Wet your body with cool water.
- Running a fan can help, but if the temperature is above 35°C or 95°F, also wet your skin with water, and try to move to a space with air conditioning.
- If you can, open the windows in your home when it is cooler outside (in the early mornings or late evenings) to cool the inside of your home.
- If possible, move to a space with air conditioning in your home, building, or neighborhood.

Spend time where it is cool

The safest thing you can do is stay in a place where it is cool. This will reduce stress on your body. If a room in your home has air conditioning and you can afford to use it, then that is a good option. If you cannot air condition your home, try to go to a cooler location, such as:

- The air-conditioned home of a family member, friend, or neighbor
- A local cooling center
- An air-conditioned public library
- An air-conditioned place of worship
- A shaded greenspace or park
- A community center or pool
- Other public buildings with air conditioning

Take your medicines as prescribed unless your provider tells you not to.

Talk to your nurse or doctor if you have chronic medical conditions, are pregnant or breastfeeding, or have other concerns about your health during the heat.

.heatavswork

Working during hot weather can be extremely dangerous. It can cause heat illness, increased risk of heart problems, kidney disease, and increases in injury.

If you can, do outdoor work when it is cool, in the morning, evening, or at night. If possible, reschedule work in very hot locations for a time that is cooler and less dangerous.

If you must work in the heat:

- Take breaks in the shade or in a cool space. During very hot weather, you may need to spend more time taking breaks than working in order to stay safe and prevent medical problems.
- Risk of injury increases when working in the heat, so be extra careful when working in hot weather
- Drink plenty of water, ideally at least one cup (8 oz) every 20 minutes while working outdoors. If you have heart, liver, or kidney problems, ask your doctor how much you should drink. You may also choose to eat salty foods and/or consume electrolytes in food or fluids.
- Talk about a heat safety plan with others.
- Use a buddy system to stay aware of the heat and check on one another.
- Know the signs of heat related illness including nausea, headache, muscle cramps, extra sweating, weakness or dizziness, confusion, and slurred speech.
- If you notice you or someone you work with is dizzy, confused, behaves unusually, or has other signs of heat illness, call for help (911) and move them to a cooler location such as air conditioning or shade. If they are displaying signs of heatstroke such as confusion or slurred speech or unconsciousness, cool them down using ice water (if available) or by removing their clothing, wetting their body, and running a fan across them until help arrives.

.heatavsdementia

Patients with dementia, including those with Alzheimer's or Parkinson's disease, have a higher risk of heat stroke, hospitalization, and death in hot weather. Dementia can impair temperature regulation and memory, making people forget to stay hydrated or take actions to stay cool such as taking off hot clothes or going somewhere cool.

- Regularly check in on individuals with dementia for their well-being.
- Offer those with dementia more fluids to drink and move them to a cooler place if they are in a hot environment.
- If you have dementia, make a plan to stay cool, drink water, and have someone check on you.

.heatavstdiabetes

High temperatures can lead to dehydration and cause problems with blood sugar control for people with diabetes. Diabetics should avoid sugary electrolyte drinks during hot weather as they can cause harmful spikes in blood sugar levels. Losing weight, dark urine, and a fast heart rate can be signs of dehydration.

- Keep your glucometer and insulin cool, but do not put insulin directly on ice. Insulin should be kept in a refrigerator at 36 to 46 degrees Fahrenheit.
- Monitor blood sugar before, during, and after activity in hot weather; adjust insulin if needed.

*** Insulin needs to be kept refrigerated. However, during an emergency, insulin can be left unrefrigerated at a temperature of 59-86°F for up to 28 days and continue to work. Do not use insulin if it has become frozen. Check with your pharmacist or read the medication instructions to learn how your medications need to be stored.

.heatavscvd

Hot weather can put stress on the heart and lungs and cause problems for those with cardiovascular diseases, such as heart failure or history of heart attack.

- Watch out for both dehydration and overheating. Nausea, headaches, and dizziness are symptoms you should watch out for.
- Weigh yourself daily when it is hot out and know your target weight; when it is hot, if you lose weight, it could mean you are dehydrated and need to drink more water.
- Discuss your ideal fluid intake with a healthcare professional.

***Some medications can make you lose more water when you urinate, sweat more, or make you less thirsty. Hot weather can increase your risk of dehydration. This can harm your kidneys and/or cause low blood pressure, making you faint or fall and putting you at risk of injury. You are taking the following medications that can increase your risk of dehydration:

Medication Name(s): ***

Special Instructions:

*** continue taking this at your current dose. Try to stay in cool areas and avoid exposure to hot conditions, exertion, or exercise.

*** we are temporarily changing your treatment plan to ***

*** check your weight every day. If you are losing weight, drink more water and electrolytes. If you are gaining weight, you may be drinking too much water and/or salt or electrolytes.

*** If you feel dizzy or faint, or if you have a rapid heartbeat, you might be dehydrated and may need to drink more water and electrolytes. If symptoms do not go away, seek medical attention.

.heatavsrenal

Kidneys work extra hard in hot conditions and can be damaged if you do not drink enough water. Individuals with chronic kidney disease or on dialysis face elevated risks in hot weather.

- Ensure proper hydration, indicated by light-colored urine.
- Medications for kidney disease can make it harder to handle heat; talk to your doctor for guidance.
- Discuss your ideal fluid intake with a healthcare professional.
- Monitor your weight; if you are losing too much weight you may be dehydrated.

***Some medications can make you lose more water when you urinate, sweat more, or make you less thirsty. Hot weather can increase your risk of dehydration. This can harm your kidneys and/or cause low blood pressure, making you faint or fall and putting you at risk of injury. You are taking the following medications that can increase your risk of dehydration:

Medication Name(s): ***

Special Instructions:

*** continue taking this at your current dose. Try to stay in cool areas and avoid exposure to hot conditions, exertion, or exercise.

*** we are temporarily changing your treatment plan to ***

*** check your weight every day. If you are losing weight, drink more water and electrolytes. If you are gaining weight, you may be drinking too much water and/or salt or electrolytes.

*** If you feel dizzy or faint, or if you have a rapid heartbeat, you might be dehydrated and may need to drink more water and electrolytes. If symptoms do not go away, seek medical attention.

.heatavspulm

Hot weather can be dangerous for people with lung conditions like COPD and asthma. Worsening air quality can trigger exacerbations of your lung disease.

- Monitor air quality using the Air Quality Index (AQI) to decide whether it is safe to be outdoors. If the AQI is below 50, outdoor activities are generally safe.
- Consult your medical provider if the AQI is above 50.
- Seek cool environments and stay indoors if you can when air quality is poor due to smoke or pollution, particularly on hot days when smog is visible.
- Use a well-fitting N95 or P100 mask.
- Search for cooling centers to go to if it is hot to stay safe inside if your home is too hot.
- Use air conditioning to cool your home and use portable air cleaners (air purifiers) to remove unhealthy particles of air pollution from the air in your home.

.heatavsbh

Hot weather can exacerbate symptoms of behavioral or mental health conditions and disrupt sleep, leading to worsened symptoms. Certain mental health conditions and medications can impair the body's ability to cool down in heat.

- Take extra care in the heat if you take antipsychotic or antidepressant medications.
- Avoid extremely hot places or workspaces, take breaks, and drink plenty of fluids.
- If you or someone around you appears lightheaded, confused, or behaves unusually, move to a cooler environment, notify those around you and seek medical attention.

***Some medications can make it harder for your body to cool down in hot weather. They can change how hot you feel, block natural cooling responses, or affect your ability to think clearly. You are taking the following medications that can increase your risk of overheating:

Medication Name(s): ***

Special Instructions:

***continue taking this at your current dose. Try to stay in cool areas and avoid exposure to hot conditions, exertion, or exercise.

*** we are temporarily changing your treatment plan to ***

.heatavsms

Hot weather and dehydration can make symptoms of MS worse. These may include fatigue and weakness.

- Stay hydrated, even if you have bladder control difficulties.
- If you are already feeling hot, avoid strenuous activities, as they can elevate body temperature and worsen MS symptoms.
- If you have MS, make a plan to stay cool, drink water, and have someone check on you. You may need to ask someone to help you get to a cooler location.

Some medications, like biologic medications which are used to treat MS, need to be refrigerated.

- If you need to transport refrigerated medications, keep them as cool as possible, ideally in an insulated cooler or pouch.
- If you use a cooler, do not store your medications directly on ice. Medications may be damaged if they freeze.
- If your medications get hot or if you think they might have been damaged by heat, talk to your pharmacist. They can tell you if they need to be replaced and help you get them replaced if needed.

.heatavspreg

Pregnancy can make it more difficult to cope with hot weather as the body is already working hard for you and the baby. Heat is associated with risk of birth defects especially when it is hot earlier in pregnancy. Later in pregnancy, heat can increase the risk of pregnancy loss or premature birth. Heat can also be associated with Braxton-Hicks or “practice” contractions.

- If you are pregnant, take precautions to stay cool and avoid excessive heat.
- Make sure to stay hydrated by drinking lots of water and taking breaks.
- If you are breastfeeding, make sure to drink lots of fluids and stay hydrated as you are at increased risk of dehydration and need to keep up with thirst for your baby.

.heatavsbaby

Babies and small children are at risk from heat due to their small bodies and difficulty controlling their temperature.

- Keep babies and children in a cool and shaded area during hot weather, but do not reduce skin-to-skin contact and kangaroo time even if it is hot.
- Covering strollers with a moist muslin cloth and a clip-on fan helps keep the stroller cool. Do NOT cover with a dry cloth as that can increase stroller temperatures.
- Ensure babies are well-hydrated with formula or breastmilk and that breast-feeding mothers are well-hydrated to keep up with thirst of their babies.
- Make sure children stay well-hydrated by providing them with lots of fluids.
- Make sure they are urinating regularly.
- If a baby or child appears pale, floppy, or exhibits unusual behavior, seek immediate medical attention.

.heatavselder

Older adults can have difficulty staying cool during hot weather. Many of those who are injured or die because of heat are over the age of 65 years. Prevention is the best medicine.

- If you are over age 65, be extra careful to stay in a cool environment and avoid strenuous outdoor activities during hot conditions.
- If you feel too hot, ask for help from neighbors, friends, or family.
- If your home is too hot, try to get to a safe, cool location. This could be a neighbor's home, a cooling center, or a local library.
- If your neighbor, friend, or family member is an older adult, check on them during hot weather, and, if possible, find them a safe place to stay until the weather cools down.
- If you - or an older adult around you - start behaving unusually during hot weather, appear pale or weak, or have difficulty walking, seek medical attention right away.

.heatavsmobility

People with limited mobility are at risk of heat illness and not being able to get to cool spaces.

- If you feel too hot, ask for help from others if needed, like neighbors, friends, or family.
- If your neighbor, friend, or family member has limited mobility, check on them during hot weather, and, if possible, find them a safe place to stay until the weather cools down.
- Getting to cooling centers can be challenging if you are living with limited mobility; see if your local transportation authority or local charities offer rides for qualified individuals who need to get somewhere cool during a heat wave.

.heatavssubst

People who use drugs or alcohol may be at higher risk of heat illness and not being able to get to cool spaces. In particular, alcohol can make you more at risk of dehydration and stimulants can increase your risk of overheating.

- If you feel too hot, ask for help from neighbors, friends, or family.
- Use a buddy system to look out for others when they may be less aware of heat.

- Try to find a safe place to stay cool especially if you or those around you may not be as aware of heat when using drugs or alcohol.

.heatavscoolplaces

The safest thing you can do is stay in a place where it is cool. This will reduce stress on your body. If you do not have access to a safe place of your own in which you can stay cool, and are not able to stay with friends or family, there may be other options, including:

- a cooling center
- an air-conditioned community center
- an air-conditioned public library
- a shelter with air conditioning
- an air-conditioned place of worship
- a shaded greenspace or pool
- some mass transit areas, such as train stations or subways
- public buildings with air conditioning

.heatmeds

***Some medications can make it harder for your body to cool down in hot weather. For example, blood pressure medications can make it harder for your body to increase blood pressure when dehydrated, which can lead to fainting. They can change how hot you feel, block natural cooling responses, or affect your ability to think clearly. You are taking the following medications that can increase your risk of overheating:

Medication Name(s): ***

Special Instructions:

***continue taking this at your current dose. Try to stay in cool areas and avoid exposure to hot conditions, exertion, or exercise.

*** we are temporarily changing your treatment plan to ***

***Some medications can make you lose more water when you urinate, sweat more, or make you less thirsty. Hot weather can increase your risk of dehydration. This can harm your kidneys and/or cause low blood pressure, making you faint or fall and putting you at risk of injury. You are taking the following medications that can increase your risk of dehydration:

Medication Name(s): ***

Special Instructions:

*** continue taking this at your current dose. Try to stay in cool areas and avoid exposure to hot conditions, exertion, or exercise.

*** we are temporarily changing your treatment plan to ***

*** check your weight every day. If you are losing weight, drink more water and electrolytes. If you are gaining weight, you may be drinking too much water and/or salt or electrolytes.

*** If you feel dizzy or faint, or if you have a rapid heartbeat, you might be dehydrated and may need to drink more water and electrolytes. If symptoms do not go away, seek medical attention.

Tips to protect medications from heat:

- Store in a cool, dry, dark place.
- Keep out of direct sunlight.
- Do not leave in a hot car.
- Protect from heat when traveling.
- Bring mail-order medications inside quickly.
- If your medications get hot or if you think they might have been damaged by heat, talk to your pharmacist. They can tell you if they need to be replaced and help you get them replaced if needed.

.smokeavs

During your visit today, we discussed how wildfire smoke can threaten your health. We also discussed steps you can take to stay safe.

Wildfire smoke harms everyone's health, but certain individuals may be more at risk. You could be extra sensitive to smoke if you:

- have a breathing condition, such as asthma or COPD
- have heart diseases, such as heart failure
- have chronic renal disease
- are over 65 or under 18
- work outdoors
- are pregnant (smoke can harm the fetus leading to preterm births and stillbirth)

Due to your history of ***, we recommend that if you are affected by wildfire smoke, you should wear a respirator to protect yourself from smoke inhalation when outdoors.

Stay informed about wildfire smoke and prepare your home:

- Check [fire.airnow.gov](https://www.fire.airnow.gov) and [NOAA-HRRR](https://www.noaa.gov/hazwaste/hrrr) (click the eye icon next to near surface smoke, then click the play button at the bottom of the screen) to track air pollution levels cause by wildfire smoke.
- Sign up for emergency alerts which you can get to your cell phone or email.
- Prepare your home for wildfire smoke by learning how to seal your home to protect your indoor air and make or buy air cleaners.

When wildfire smoke levels are high, we recommend that you:

- check [fire.airnow.gov](https://www.fire.airnow.gov) and [NOAA-HRRR](https://www.noaa.gov/hazwaste/hrrr) (click the eye icon next to near surface smoke, then click the play button at the bottom of the screen), or monitor local news for updates on air quality, as conditions can change quickly.
- Close doors and windows and stay inside when possible. If you have an air cleaner, run it to clean the air in your home.
- Consider sealing windows and running air cleaners in one room (a “clean air room”) so that you have somewhere that has safe air to breathe.
- If you have to go outside, wear a mask when exposed to wildfire smoke. Masks labeled N95 or P100 will effectively filter wildfire smoke. Do not put masks on young children under age 2.

After the smoke has passed, we recommend that you:

- Check and replace filters in any air cleaners in your home.
- Replace masks that are visibly dirty.
- Continue to monitor local air quality.

.fireavs

During your visit today, we discussed how wildfires can threaten your health. We also discussed steps you can take to stay safe.

Fires can result in burns, as well as injury from collapsing buildings and structures, falls, and car accidents as people evacuate.

Wildfire smoke harms everyone’s health, but certain individuals may be more at risk. You could be extra sensitive to smoke if you:

- have a breathing condition, such as asthma or COPD
- have heart disease (CVD), such as heart failure
- have chronic renal disease
- are over 65 or under 18
- work outdoors
- are pregnant (smoke can harm the fetus leading to preterm births and stillbirth)

Due to your history of ***, we recommend that if you are affected by a wildfire, you should:

*** arrange for an early evacuation so that you have enough time to leave.

*** wear a respirator to protect yourself from smoke inhalation when outdoors.

*** follow up with a mental health specialist to help manage emotions related to this traumatic event.

*** go to *** to reestablish dialysis treatments if you are unable to do so in your usual dialysis center.

Before a wildfire occurs, we recommend that you:

- Check [fire.airnow.gov](https://www.fire.airnow.gov) and [NOAA-HRRR](https://www.noaa.gov/hrrrr) (click the eye icon next to near surface smoke, then click the play button at the bottom of the screen) to track air pollution levels caused by wildfire smoke.
- Sign up for emergency alerts which you can get to your cell phone or email.
- Know your evacuation route and how you will evacuate.
- Have a plan for where to go. Local shelters are managed by ***; you can find more information by calling *** or visiting ***.
- Have an emergency “grab and go” kit and a “stay at home” kit ready.
- Keep copies of important documents, including a list of your medications, ready and safe from flooding.
- Prepare your home for wildfire smoke by learning how to seal your home to protect your indoor air and make or buy air cleaners.
- Prepare your home for wildfires by creating defensible space and hardening your home so that it is less likely to catch fire.

During a wildfire, we recommend that you:

- Have a plan for evacuation and know who you can contact for help.
- Monitor local news and emergency notifications so that you are aware of the fire and any evacuation orders that are issued.
- If you have time, turn off electricity, gas, and water supply before you leave your home.
- Bring essential items in your “grab and go” kit, including medications or medical devices and a list of your medications.
- Wear a mask when exposed to wildfire smoke. Masks labeled N95 or P100 will effectively filter wildfire smoke. Do not put masks on young children under age 2.

After a wildfire, we recommend that you:

- Do not burn fuels or use a generator indoors.
- Do not touch any downed power lines.
- Wear shoes with thick soles that will not melt when reentering burned areas.
- Use only bottled, boiled, or treated water for any water that will touch or enter your body until authorities confirm that your water is safe.
- Wear an N95 respirator to minimize smoke and dust exposure during cleanup.
- Do not walk underneath or inside anything that looks damaged.
- Avoid overexerting yourself as this can lead to injury or heart attacks.

.floodavs

During your visit today, we discussed how floods can threaten your health. We also discussed steps you can take to stay safe.

Due to your history of ***, we recommend that if you are affected by a flood, you should:

*** wear a respirator when reentering buildings after flooding to reduce risk of lung infection or inflammation and watch out for signs of worsening breathing.

*** follow up with a mental health specialist to help manage emotions related to this traumatic event.

*** go to *** to reestablish dialysis treatments if you are unable to do so in your usual dialysis center.

Before a flood occurs, we recommend that you:

- Sign up for emergency alerts which you can get to your cell phone or email.
- Know your evacuation route and how you will evacuate.
- Have a plan for where to go. Local shelters are managed by ***; you can find more information by calling *** or visiting ***.
- Have an emergency “grab and go” kit and a “stay at home” kit ready.
- Keep copies of important documents, including a list of your medications, ready and safe from flooding.
- Prepare your home for flooding.

During a flood, we recommend that you:

- Have a plan for evacuation and know who you can contact for help.
- If you have time, turn off electricity, gas, and water supply before you leave your home.
- Bring essential items in your “grab and go” kit, including medications or medical devices and a list of your medications.
- Turn around and do not drown! Do not walk, swim, or drive through flood waters.

After a flood, we recommend that you:

- Do not burn fuels or use a generator indoors.
- Do not touch any downed power lines.
- Use only bottled, boiled, or treated water for any water that will touch or enter your body until authorities confirm that your water is safe.
- Wear an N95 respirator to minimize mold exposure during cleanup.
- Avoid wading or driving through standing water because you may get injured or drown.
- Do not walk underneath or inside anything that looks damaged.
- Avoid overexerting yourself as this can lead to injury or heart attacks.

.hurricaneavs

During your visit today, we discussed how hurricanes can threaten your health. We also discussed steps you can take to stay safe.

Due to your history of ***, we recommend that if you are affected by a hurricane, you should:

*** wear a respirator when reentering buildings to reduce risk of lung infection or inflammation and watch out for signs of worsening breathing.

*** follow up with a mental health specialist to help manage emotions related to this traumatic event.

*** arrange to have pre-dialysis, if available, shortly before the storm makes landfall, so that your health is optimized before the storm

*** go to *** to reestablish dialysis treatments if you are unable to do so in your usual dialysis center.

Before a hurricane occurs, we recommend that you:

- Sign up for emergency alerts which you can get to your cell phone or email and monitor the news or weather services for information about the hurricane and possible evacuation orders.
- Know your evacuation route and how you will evacuate if necessary.
- Have a plan for where to go. Local shelters are managed by ***, you can find more information by calling *** or visiting ***.
- Have an emergency “grab and go” kit and a “stay at home” kit ready.
- Keep copies of important documents, including a list of your medications, ready and safe from flooding.
- Prepare your home for flooding and wind damage.

During a hurricane, we recommend that you:

- Have a plan for evacuation and know who you can contact for help.
- If you have time, turn off electricity, gas, and water supply before you leave your home.
- Bring essential items in your “grab and go” kit, including medications or medical devices and a list of your medications.
- Stay inside. Even if it looks calm, do not go outside as it may worsen again. Wait until you hear an official message that the hurricane is over.
- Watch out for flying debris. Stay in a room with no windows or go inside a closet if you are in a home.
- Listen to the radio, TV, or internet for updates on the hurricane.
- Turn around and do not drown! Do not walk, swim, or drive through flood waters.

After a hurricane, we recommend that you:

- Do not burn fuels or use a generator indoors.
- Do not touch any downed power lines.
- Use only bottled, boiled, or treated water for any water that will touch or enter your body until authorities confirm that your water is safe.

