

# Prepare For Extreme Heat: A Guide for People Living with Schizophrenia

**Some people living with schizophrenia  
might be harmed by extreme heat.**

## What increases my risk?

### Check for these risk factors:

- Medications
- Disorganized thinking
- Substance use

*Not all people with  
schizophrenia  
have these risk factors*

## What can I do?

### Check for signs of heat-related illness:

- Dizziness
- Headaches
- Nausea or vomiting
- Rapid breathing/heart rate
- Very thirsty or dark urine

### Continue taking your medication

## What can my friends, family, and support workers do?

### Do 2 health checks a day, including one in the evening

**Call 9-1-1 if someone is in  
immediate distress or cannot communicate.**