

Hot Flash SOS Card™

A calm, practical plan for the moment the heat begins.

1



PAUSE & BREATHE

Stop what you are doing if you can. Breathe in gently through your nose and exhale a little longer than you inhale.

2



COOL YOUR BODY

Remove a layer, move to a cooler space or use a fan. Place a cool cloth on your neck, chest or wrists.

3



SIP SOMETHING COOL

Take small sips of cool water. Avoid gulping if you feel nauseated or lightheaded.

4



STEADY YOURSELF

Sit down if you feel dizzy or unsteady. Remind yourself that the wave will pass.

5



NOTICE, THEN MOVE ON

When you feel comfortable again, make a quick note of the time and what was happening. You do not need to analyze it in the moment.



Keep Nearby

Cool water • Small fan • Light layer • Cooling cloth • Hot Flash Pattern Tracker™



Please Seek Medical Care

Get prompt medical help for chest pain, fainting, severe shortness of breath, new weakness or numbness, or symptoms that feel different from your usual hot flashes.



Gentle Reminder

You do not have to fight the hot flash.
Focus on staying safe and helping your body feel more comfortable while it passes.

Martine's Midlife Wellness Tip

Keep a copy where hot flashes tend to catch you off guard, such as beside your bed, in your handbag or at your desk.