



*Keep cool with air conditioning, shade, showers, and ventilation.*



*Know the signs of heat exhaustion: heavy sweating, cool and clammy skin, dizziness, nausea, muscle aches.*



*Stay hydrated, avoid strenuous activity, and use sunscreen.*

## DID YOU KNOW?

- Everyone is at risk of extreme heat. A single hot day can lead to health problems, but multiple hot days in a row bring the most risk.
- Some areas in the city are hotter due to elevation, limited shade from trees, and heat-retaining structures such as buildings and roads.
- Extreme heat and prolonged sun exposure can be dangerous, especially as bodies become dehydrated or sunburned. Sunburn raises body temperature and makes it more difficult to cool down.
- Bodies can lose a lot of water on hot days. You may need to drink more water than usual to stay hydrated.
- Heat affects people unequally. Individuals who are over 65 years old, have chronic medical conditions or disabilities, work outdoors, experience homelessness, use substances, or live in areas with less tree coverage are more at risk.

## RESOURCES

1

*Stay cool. Find public pools, parks, beaches, public cooling centers, and Boston Public Libraries.*

2

*Get emergency notices via text, email or phone from AlertBoston.*

3

*Under certain conditions, utilities cannot be shut off for non-payment.*

**For more information on these resources,  
call 3-1-1 or visit [boston.gov/heat](http://boston.gov/heat)**