

BEAT THE HEAT

Information for People with Disabilities



Check with your doctor about how medications can affect the body's response to heat



Stay cool. Spend time in air conditioned spaces.



Make sure a friend or neighbor knows to check on you.

DID YOU KNOW?

- A single hot day can lead to health problems, but multiple hot days in a row bring the most risk.
- Some disabilities can make it difficult to regulate body temperature. Decreased ability to sweat or trouble with breathing can put you at higher risk for overheating. Talk to your doctor and plan ahead for hot days.
- Before travelling to a cooling center, call 3-1-1 to check if they have accommodations for individuals with limited mobility.
- Individuals with disabilities may not be able to express their discomfort or raise alarm. Have a clear plan to notify friends or neighbors if you need assistance.

RESOURCES

1

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

2

Meals on Wheels & Home Health Aides can visit on hot days.

3

You may be able to get a ride with MBTA The RIDE or Senior Shuttle. Call 3-1-1 to see if you qualify.

**For more information on these resources,
call 3-1-1 or visit boston.gov/heat**