Individuals with asthma, COPD, heart disease, heart failure, diabetes, kidney disease, mental illness, or obesity are more likely to suffer the negative health effects of extreme heat.

Stay hydrated, avoid strenuous activity, and talk to your doctor about replacing lost electrolytes.

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

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

DID YOU KNOW?

- Certain chronic diseases may impair the ability to sense and respond to temperature changes. Talk to your doctor in advance.
- Individuals with asthma, COPD, heart disease, heart failure, diabetes, kidney disease, mental illness, or obesity are more likely to suffer the negative health effects of extreme heat.
- Medications can worsen the effects of extreme heat. Review medications with your doctor and create a plan for hot days.
- Excessive sweating can remove important salts and minerals from your body. Stay hydrated and talk to your doctor about how to replace these electrolytes.
- If your doctor limits the amount of fluid you drink or has you on water pills, ask how much you should drink when the weather is hot.

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