Stay cool. Spend time in air-conditioned spaces.

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?

- During periods of extreme heat, individuals without access to an air-conditioned space are at high risk for heat exhaustion and heat stroke.
- Bodies can lose a lot of water on hot days. You may need to drink more water than usual to stay hydrated.
- Sunburns can make it more difficult to cool down. Wear sunscreen and avoid staying in the sun. If outside, seek out shaded places.
- Individuals can become dehydrated during extremely hot weather. Anyone passed out or badly sunburned is at increased risk of dehydration and should get immediate medical attention.

RESOURCES

1. Emergency homeless shelters are open 24 hours a day in Boston during extreme heat.
2. Stay cool. Find public cooling centers, public pools, parks, beaches, and Boston Public Libraries.
3. Keep cool at the BPHC Engagement Center on Southampton Street.

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