BEAT THE HEAT
Information for People Who Use Drugs

If a person appears passed out, call 911. Falling asleep in extreme heat can be deadly.

Stay cool. Spend time in air conditioned spaces.

Avoid swimming if using drugs because the risk of drowning is higher.

DID YOU KNOW?

- Bodies can lose a lot of water on hot days. You may need to drink more water than usual to stay hydrated.

- Impaired consciousness decreases the ability to sense and respond to temperature changes, and increases the risk of heat stroke and sunburns.

- Sunburns can raise your body temperature and make it more difficult to cool down. Wear sunscreen and avoid staying in the sun.

- Drugs can directly impair the body’s ability to cool itself down, leading to a increased risk of heat stroke. Seek medical care early if you feel unwell.

RESOURCES

1. AHOPE provides harm reduction services for active substance use.

2. PAATHS has walk-in services, providing access to treatment placement and information regarding treatment.

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