Some medications can worsen the effects of extreme cold. Review your medications with your doctor and create a plan for cold days.

DID YOU KNOW?

- Certain chronic diseases may impair your ability to sense and respond to temperature changes. Talk to your doctor in advance and seek help early if you feel unwell.
- Individuals with asthma, COPD, heart disease, diabetes, mental illness, poor circulation, or obesity are more likely to suffer the negative effects of extreme cold.
- Some medications can worsen the effects of extreme cold. Review your medications with your doctor and create a plan for cold days.

RESOURCES

1. You may be able to get a ride with MBTA The RIDE or Senior Shuttle. Call 3-1-1 to see if you qualify.
2. Meals on Wheels & Home Health Aides can visit during a cold event.

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