Individuals who have a decreased ability to sense temperature or pain are at higher risk for frostbite.

**DID YOU KNOW?**

- Some disabilities can make it difficult to regulate body temperature. Talk to your doctor and plan ahead for cold days.
- Individuals who have a decreased ability to sense temperature or pain are at higher risk for frostbite.
- Before traveling to a warming center, call 3-1-1 or your nearest public warming center 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. 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