Chronic medical conditions and some medications can change how a person's body responds to cold weather. Talk to your doctor in advance and seek help early if you feel unwell.

Stay inside some place warm.

DID YOU KNOW?

- Mobility issues may be worsened by cold weather, so it could be difficult to travel to a warming center. Please plan ahead.

- Chronic medical conditions and some medications can change how a person's body responds to cold weather. Talk to your doctor in advance and seek help early if you feel unwell.

- Individuals who are less physically active or have a slower metabolism make less body heat and are more susceptible to cold temperatures.

- Those who live alone are at heightened risk. Consider asking a friend or neighbor to check on you.

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

Seek medical care if you start to feel unwell.

Information for People over 65

Mobility issues may be worsened by cold weather, so it could be difficult to travel to a warming center. Please plan ahead.

Individuals who are less physically active or have a slower metabolism make less body heat and are more susceptible to cold temperatures.

Those who live alone are at heightened risk. Consider asking a friend or neighbor to check on you.

RESOURCES

1. Get warm at public warming centers and Boston Public Libraries.

2. Meals on Wheels & Home Health Aides can visit during a cold event.

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/cold