Emergency homeless shelters are open 24 hours a day in Boston during extreme cold.

If outdoors during extreme cold, wear multiple loose layers and avoid lying on icy or wet surfaces.

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

**DID YOU KNOW?**

- Periods of extreme cold are the most dangerous times of year for individuals without a permanent residence.

- Those without a warm and dry place to stay are highly vulnerable to the effects of extreme cold. Seek out warm places such as shelters, libraries, or warming centers.

- Prolonged cold exposure can cause adverse health effects including frostbite, trenchfoot, and hypothermia. Staying some place warm can prevent these conditions.

**RESOURCES**

1. Get warm at homeless shelters, public warming centers, and Boston Public Libraries.
2. Get emergency notices via text, email or phone from AlertBoston.
3. Keep warm at the BPHC Engagement Center on Southampton Street.

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