



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



*Stay inside some place warm.*



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

## DID YOU KNOW?

- Physical health, mental health, and the effects of substance use can be worsened by extreme cold. Seek medical care early if you feel unwell.
- Impaired consciousness decreases the ability to sense and respond to temperature changes, and increases the risk of frostbite and hypothermia.
- Hypothermia is a serious condition caused by prolonged exposure to cold. It can occur indoors as well as outdoors. Warm your body, keep dry, and call 9-1-1 if needed.

## 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 warm at the BPHC Engagement Center on Southampton Street.*

**For more information on these resources,  
call 3-1-1 or visit [boston.gov/cold](http://boston.gov/cold)**