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.

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?

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