



*Stay cool. Spend time in air conditioned spaces.*



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



*Seek medical care if you start to feel unwell.*

## DID YOU KNOW?

- A single hot day can lead to health problems, but multiple hot days in a row bring the most risk.
- Older people may not adjust as well as younger people to sudden changes in temperature.
- Chronic medical conditions and some medications can affect the body's ability to control its temperature or sweat properly. Talk to your doctor in advance and seek help early if you feel unwell.
- Mobility issues may be worsened by hot weather, which can make it more difficult to travel to cooling centers when it's hot. Please plan ahead.
- Those who live alone are at heightened risk. Consider asking a friend or neighbor to check on you.

## RESOURCES

1

*Stay cool. Find public cooling centers, public pools, parks, beaches, and Boston Public Libraries.*

2

*Meals on Wheels & Home Health Aides can visit on hot days.*

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/heat](http://boston.gov/heat)**