

# BEAT THE HEAT

Information for People Experiencing Homelessness



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



*Know the signs of heat exhaustion: heavy sweating, cool and clammy skin, dizziness, nausea, muscle aches.*



*Stay hydrated, avoid strenuous activity, and use sunscreen.*

## DID YOU KNOW?

- During periods of extreme heat, individuals without access to an air-conditioned space are at high risk for heat exhaustion and heat stroke.
- Bodies can lose a lot of water on hot days. You may need to drink more water than usual to stay hydrated.
- Sunburns can make it more difficult to cool down. Wear sunscreen and avoid staying in the sun. If outside, seek out shaded places.
- Individuals can become dehydrated during extremely hot weather. Anyone passed out or badly sunburned is at increased risk of dehydration and should get immediate medical attention.

## RESOURCES

1

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

2

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

3

*Keep cool at the BPHC Engagement Center on Southamptton Street.*

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