



Be **PREPARED** for

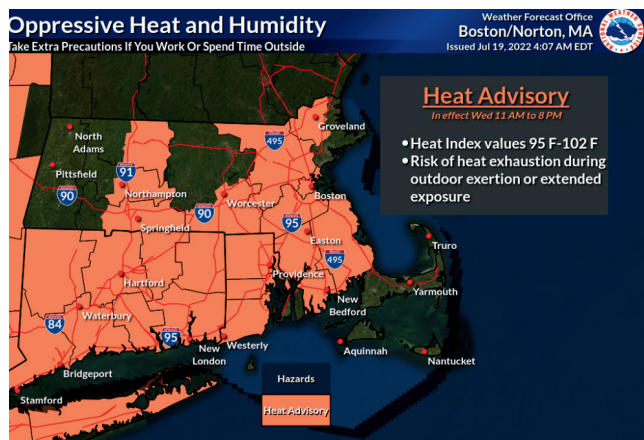
EXTREME HEAT

The city experiences higher temperatures for longer periods than the surrounding areas because buildings, pavement, and other infrastructure trap heat causing dangerous conditions for residents.



Did you know...

Approximately **1,220** people in the U.S. are killed by extreme heat every year.*



A heatwave is three or more consecutive days above 90 °F. Across 50 large U.S. cities, the average number of heatwaves has doubled since the 1980s, and the length of the heatwave season has increased by about 30 days.†

Heat-related deaths and illnesses are preventable. Learn how to protect yourself and your loved ones.



Don't let the heat lead you to the hospital.

BEFORE A HEAT WAVE

Preparing for the heat:

- Have plenty of drinking water
- Locate your nearest **cooling centers**
- Install **air conditioners** and use ceiling or standing fans

Preparing for a power outage:

- Keep **devices charged** and consider backup power
- Prep meals that don't require an oven or stove
- Use **passive cooling** in your home: Cover windows to shade the room using curtains, towels, or aluminum-foil-covered cardboard reflectors

* CDC - Extreme Heat † U.S. Global Change Research Program, Fifth National Climate Assessment
(Above) Image courtesy of the National Weather Service. Heat Advisory for excessive temperatures in the Boston region.

DURING A HEAT WAVE

Extreme heat can affect you in many ways. Stay cool and learn the signs of heat illness.

- Stay hydrated.
- Wear loose-fitting, light clothing.
- Limit outdoor activity.
- Take a cool shower or bath.
- Wear sunscreen.
- Avoid using your stove and oven.
- Don't leave children or pets in cars. Even with the windows cracked open, interior temperatures can rise almost 20°F within 10 minutes.
- After a power outage, discard any perishable food that has been at temperatures above 40°F for 4 hours or more.

Heat Stroke

- Confusion
- Unconsciousness
- Hot, red, dry or damp skin
- Fast, strong pulse

1. **Call 911 immediately**
2. **Apply cool, wet cloths**
3. **Do Not give fluids**



Heat Exhaustion

- Excessive sweat
- Faint/dizzy
- Fast, weak pulse
- Muscle cramps
- Extreme thirst

1. **Move to a cool location**
2. **Loosen clothing**
3. **Slowly sip water**



Find ways to cool down at [Boston.gov/heat](https://www.boston.gov/heat)

**PUBLIC
POOLS**



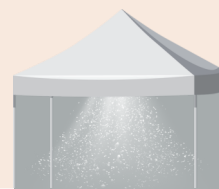
**SPLASH
PADS**



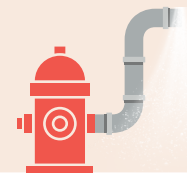
**BCYF
COOLING
CENTERS**



**MISTING
TENTS**



**MISTING
TOWERS**



B Call 3-1-1
City Services



Call 2-1-1
State Services



Call/text 9-8-8
Emotional Support

For emergency preparedness tips, visit [Boston.gov/emergency](https://www.boston.gov/emergency)
For additional information, visit [Ready.gov](https://www.ready.gov) and download the FEMA app.

