

KEEPING KIDS COOL IN THE HEAT

Hot weather affects infants and young children more than most adults because their smaller bodies heat up more quickly and sweat less. The potential impacts of heat on childhood health and development can be lifelong. Here are a few quick tips to help little ones thrive this summer:

- **Never leave children in cars.** When leaving your car, check to be sure everyone is out.
- On a hot day, plan **outdoor activities in cooler hours** (before 10am and after 4pm)
- For infants, provide **extra milk or formula**

Find guides for parents and action plans for childcare providers at boston.gov/cool-kids.

INFORMATION FOR OLDER ADULTS

To help lower your risk of heat-related illness:

- **Stay hydrated.** If your doctor has told you to limit your liquids, ask what you should do in hot weather.
- Ask your doctor if your **medications might make you more sensitive** to heat risk.
- **If your living space is hot**, try to spend time in an air-conditioned space during midday. Try to go outside during cooler hours in the early morning and evening.
- **Seek out shade** whenever possible.

TRANSPORTATION RESOURCES

If you need help getting to a cooler space and need a ride, the Age Strong Commission offers discounted taxi vouchers for seniors and people with disabilities. Call 617-635-4366 for more information.

Dear Friends,

Welcome back to summer in Boston! Summertime in our city means block parties and bike rides, Open Streets and music festivals, movies in the park, splash pads, ice cream, and endless opportunities to get outside and connect with our communities. It also means being prepared to keep ourselves and our loved ones safe as the weather gets warmer.

Big cities like ours often experience higher temperatures for longer periods of time because of the ways that roads, bridges, and buildings trap heat in an urban environment. In extreme cases, this heat can have serious impacts on our health.

Keeping our communities safe is a shared responsibility. So, as you enjoy the longer days and warmer nights, remember to look out for your neighbors—especially those most impacted by extreme heat, including infants, children, and older adults; people who are pregnant or who have preexisting health conditions; and those experiencing homelessness.

To make sure you're prepared for whatever weather summer has in store, our Office of Emergency Management and our Office of Climate Resilience have compiled this guide with all the resources and information you need to stay cool.

Thank you for helping us make Boston a home for everyone—all year long.

Wishing you a safe, healthy, happy summer!




Michelle Wu
Mayor of Boston

SUMMER WEATHER GUIDE 2026

To stay informed about heat and advisories, cooling resources:

- Visit boston.gov/heat
- Sign up for City alerts at boston.gov/alerts
- Download the Boston 311 app on mobile
- Follow @CityofBoston on social media



This guide is available on boston.gov/heat in:

Español | Spanish
简体中文 | Simplified Chinese
繁體中文 | Traditional Chinese
Kreyòl ayisyen | Haitian Creole
Português | Brazilian Portuguese
Soomaali | Somali
Kriolu | Cabo Verdean Creole
Русский | Russian
Français | French
Tiếng Việt | Vietnamese
العربية | Arabic

CITY of **BOSTON**

BEFORE A HEAT WAVE

PREPARING FOR THE HEAT:

- Hydrate and have plenty of drinking water
- Locate your nearest cooling locations
- Install air conditioners and use ceiling or standing fans
- Sign up for AlertBoston to receive emergency notifications from the City of Boston. Visit [Boston.gov/emergency](https://www.boston.gov/emergency) to sign up today.

PREPARING FOR A POWER OUTAGE:

- Keep devices charged and consider backup power
- Prepare 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

DURING A HEAT WAVE

Extreme heat can affect you in many ways. It's important to learn the signs of heat illness. To prepare for the impacts of extreme heat:

- Stay hydrated
- Wear sunscreen
- Limit outdoor activity during the hottest times of the day
- Take a cool shower or bath to cool off
- Wear loose-fitting, light clothing
- Check on neighbors, friends, and family
- Visit a Cooling Center close to you

COOLING RESOURCES

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

- BCYF cooling centers
- Boston Public Libraries
- Splash pads in parks
- Public pools
- Water misting tents
- Water misting towers

STAY COOL AND SAFE AT HOME

INCREASE AIR FLOW - Open windows at night to circulate cool air

BLOCK OUT THE SUN - Close shades and curtains during the hottest part of the day

USE A FAN AND ICE - Don't have air conditioning? Place a bowl of ice in front of your fan to create a cool breeze. If possible, avoid using your stove and oven

KNOW THE SIGNS OF HEAT ILLNESS

HEAT STROKE

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

Raised body temperature
Nausea/vomiting
Headache

HEAT EXHAUSTION

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

- Call 911 immediately
- Apply cool, wet cloths
- Do not drink fluids

- Move to a cool location
- Loosen clothing
- Slowly sip water

UTILITY ASSISTANCE AND WEATHERIZATION

BCCE:

Using cooling devices like air conditioners or fans can be expensive. The average residential customer can use about 50% more electricity in the summer to cool their homes. Consider enrolling in Boston Community Choice Electricity (BCCE) for reliable and affordable electricity supply. Call 3-1-1 or visit [boston.gov/energy](https://www.boston.gov/energy) for more information.

BOSTON ENERGY SAVER:

Power your home. Without draining your account. Visit [boston.gov/save](https://www.boston.gov/save) or contact us for a free 1-on-1 consultation about how you can lower your energy bill. Contact us: 617-635-SAVE (7283)

ACTION FOR BOSTON COMMUNITY DEVELOPMENT, INC (ABCD):

Income eligible residents can receive weatherization, appliance replacement, heat pumps and other energy-saving measures through ABCD's programs. If you currently receive the utility discount rate, you are automatically eligible, and if you receive any other benefits, you may be eligible to enroll in the discount rate. Call 617.348.6419 or visit [:bostonabcd.org/service/weatherization-wap/](https://www.bostonabcd.org/service/weatherization-wap/) to learn more.