



10 TIPS FOR HEAT SAFETY



1. KNOW THE SIGNS OF HEAT-RELATED ILLNESS

If you are experiencing headaches, dizziness, nausea, confusion, cramps, high body temperature, or a fast pulse, seek medical help immediately and move to a cooler place.

2. STAY HYDRATED Drink plenty of water when it's hot outside, even if you don't feel thirsty. Bring water with you when venturing out. Public water fountains are currently turned off due to the COVID-19 pandemic.



3. PRACTICE SUN SAFETY Wear sunscreen. Wear a wide-brimmed hat, sunglasses, and loose fitting, light-colored clothing when outside.

4. NEVER LEAVE CHILDREN OR PETS IN A CAR UNATTENDED This includes when running out for curbside pickup or other quick errands. Even with the windows cracked open, interior temperatures can rise almost 20°F within 10 minutes.



5. AVOID STRENUOUS ACTIVITY during the hottest parts of the day. Exercise in the early morning if possible.



[SOMERVILLEMA.GOV/KEEPCOOL](https://www.somervillema.gov/keepcool)



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6. TURN ON YOUR AIR CONDITIONER Fans will not prevent heat-related illness when the temperature is above 95°F. If you are concerned about the cost of running your air conditioner, check if you are eligible to receive a discounted electricity rate from Eversource.



7. KEEP UP WITH COVID-19 PRECAUTIONS. Continue to wear face coverings and practice social distancing even when the weather is hot. COVID-19 is still a real threat and we all need to stay vigilant.

8. BE A GOOD NEIGHBOR. Check on family, friends, and neighbors, especially the elderly, those who live alone, those with medical conditions, and those who need additional assistance.



9. SIGN UP FOR CITY ALERTS by calling 311 or at [SomervilleMA.gov/alerts](https://www.somervillema.gov/alerts)

10. CALL 911 IN AN EMERGENCY. If someone is showing signs of heat stroke call 911 immediately. Signs of heat stroke include a body temperature over 103°F; hot, red, dry, or moist skin; a rapid and strong pulse; and possible unconsciousness. While waiting for help to arrive, move the person into a cool area, help cool them down with wet towels or a cool bath, and **DO NOT** give them fluids.



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