



COMMUNITY HEAT ALERT

Protect your community from heat

Your community can expect a heat wave (over 85° F or 29° C) for the next seven days

Heat waves can make people sick! Here is how you can help your community:



Spread awareness and education



Promote calling 2-1-1 to find cooling centers



Identify high-risk individuals:

- + pregnant people
- + people 65 and over
- + people with disabilities or medical conditions
- + children
- + unhoused people
- + people who work outside



Check on families and seniors who may not have access to air conditioning



Share extreme heat tip sheets on how to prepare, plan, and stay safe



Massachusetts Department of Public Health
Bureau of Climate and Environmental Health

Find materials and tip sheets here:
[Extreme Heat Safety Tips | Mass.gov](https://www.mass.gov/info-details/extreme-heat-safety-tips)