

## HOW TO STAY COOL DURING **Extreme Heat**



An extreme heat event is a prolonged period of **very hot weather**, which may include **high humidity**.

The City of Cambridge issues a heat advisory or a heat emergency when unhealthy heat is forecasted, depending on the specific expected conditions. **The following information can help you stay safe during periods of extreme heat.**

### **What are the signs of heat-related illness?**

Hot weather and extreme heat can cause life-threatening illness. Symptoms can include: headaches, dizziness, nausea, confusion, cramps, high body temperature, a fast pulse, heavy sweating, cool and clammy skin, or muscle aches. If you experience these symptoms, seek medical help, move to a cooler place and follow CDC recommendations.

### **Who is at risk for heat-related illnesses?**

While everyone is at risk for heat-related illness, the following populations are at greater danger:

- Persons 65 and older, under age 2, or pregnant
- People who have chronic medical conditions
- People who work outside or spend a lot of time outdoors, such as athletes.
- Socially isolated persons, including those experiencing homelessness and the elderly.
- People taking certain medications.

## How do I stay cool during extreme heat?

Whether you're indoors or outside, it's important to keep cool with the following suggestions:

- Limit outdoor activities to mornings and evenings, when it is cooler.
- Wear sunscreen, loose-fitting and light-colored clothing, hats and sunglasses.
- Dip a washcloth in cold water, wring it out and place it around your neck.
- Use the city waterplay map or state pool directory to find a nearby water park or pool.
- Keep cool with air conditioning, shade, showers, and ventilation.
- Close windows and blinds during the day.

## What if there is a power outage?

To stay informed, monitor the weather by watching local news or visiting National Weather Service-Boston. Keep devices charged and batteries, flashlights, and nonperishables handy.

If you depend on electric life-support devices:

- Talk to your health care provider about how to use them during a power outage.
- Ask your local electric company about their "priority reconnection service" list.
- Let the fire department know that you are dependent on life-support devices.
- If your medication requires refrigeration, ask your pharmacist about outage storage.

## How do I stay hydrated during heat waves?

The following tips can help you stay hydrated and avoid heat-related illness:

- Drink two to four glasses of cool fluids every hour, even if you don't feel thirsty.
- Avoid alcoholic drinks, caffeine and sugar.
- Take water with you and use water fountains or refill stations at city parks.

## How can I protect family, friends, and neighbors?

- Be a good neighbor. Check on the elderly, people who live alone or have medical conditions, those who may need assistance, or individuals who don't have A/C.
- Never leave children or pets in a car unattended. Interior temperatures can rise almost 20°F within 10 minutes, even with the windows cracked open.
- Know the symptoms of heat-related illnesses and the proper responses.
- Learn how medications can increase the risk of heat-related illness.

### Worried about the cost of running your A/C?

Ask about discounted rates from Eversource or contact the Utility Bill Help Line at 617-430-6230 or [cambridge@allinenergy.org](mailto:cambridge@allinenergy.org) or visit: <https://cambridgeenergyalliance.org/cambridge-energy-helpline/>



### Additional Information & Resources

When a heat advisory or emergency is declared, the City of Cambridge will provide more information and resources on our website at [www.cambridgema.gov/heat](http://www.cambridgema.gov/heat)



### Multilingual Resources



বাংলা



অসমীয়া



عربي



中文



Español



Português



Kreyòl ayisyen



English