



# Celebrate Safely This Summer: Heat and Weather Safety Tips

Summer in Massachusetts can bring unhealthy heat, poor air quality, and extreme weather like thunderstorms. During the summer, many community events will take place outdoors or in large gathering spaces. Heat can quickly turn a fun day into an emergency—especially in crowds or when you're outside for hours. Plan ahead to help protect yourself, your family, and friends from [heat-related illness \(HRI\)](#).



## Know before you go

Plan ahead and take simple steps to reduce health risks and help you celebrate safely:

- **Extreme heat also increases the chance of other extreme weather** like thunderstorms and can worsen air quality because of pollution, allergens, and wildfires. It also can cause water quality problems that close beaches. Check these websites before you go:  
[Massachusetts Unhealthy Heat Forecast](#)  
[Massachusetts Air Quality Map](#)  
[Interactive Beach Water Quality Dashboard](#)
- **Call ahead or look online** to find out if where you are going will have water stations, shaded areas, misting tents, or air-conditioned spaces where you can cool off.
- **Pack extra water** – even more than you think you will need. If there are water stations, bring a refillable water bottle.
- **Plan** to wear light clothing, a hat or scarf, and bring sunscreen. You may want to bring a sun umbrella to make your own shade.
- [Know what to do if someone feels dizzy, sick, or confused.](#)

## Sign up for Community Heat Alerts

[Sign up for Community Heat Alerts](#) to get updates when unhealthy heat is expected in your area. Alerts can help you plan ahead and take steps to stay safe.



## Tips to stay cool and stay safe at the celebration

- **Stay hydrated** by drinking water often even if you are not thirsty
- **Apply and reapply sunscreen** with SPF 30 or higher
- **Take cooling breaks** in the shade or air conditioning
- **Check on kids, older adults, and others** at high risk for heat illness
- **Use your phone** to set reminders to drink water, reapply sunscreen, and check on others
- **Seek medical help right away** and begin cooling immediately if someone feels dizzy, nauseated, confused, or stops sweating
- **Limit alcohol** during hot weather, since it can increase dehydration and make it harder to recognize signs of heat illness
- **Watch and listen for thunderstorms** and go indoors right away; if no building is available, get into a car. Do not stand under trees or power lines.

