

Steps to Protect Yourself and Those You Care About From Potential Heat-Related Illness

- 1 Limit sun exposure and stay indoors
- 2 Slow down and take it easy. (Stop and rest if feeling overexerted)
- 3 Drink more water than normal and do so before you feel thirsty. (Individuals taking water pills, or who limit water intake for medical reasons, should ask their doctor how much water to consume in hot weather)
- 4 Turn on your air conditioning if you have it
- 5 Do not rely on fans as your main source for cooling
- 6 If you don't have air conditioning or your air conditioning stops working, visit loved ones with air-conditioning or spend the warmest parts of the day in air-conditioned public spaces (libraries, malls, community centers, movies), cooling centers (call 2-1-1 to find cooling centers)
- 7 Reduce the amount of time you use your oven or stove to cook
- 8 Take cool showers and baths or wet your clothing to cool down
- 9 Monitor local news or weather reports so you know when a hot day is coming and can plan ahead
- 10 Seek medical care immediately if you or someone you know has symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting



Learn more: www.mass.gov/info-details/preparing-for-extreme-heat