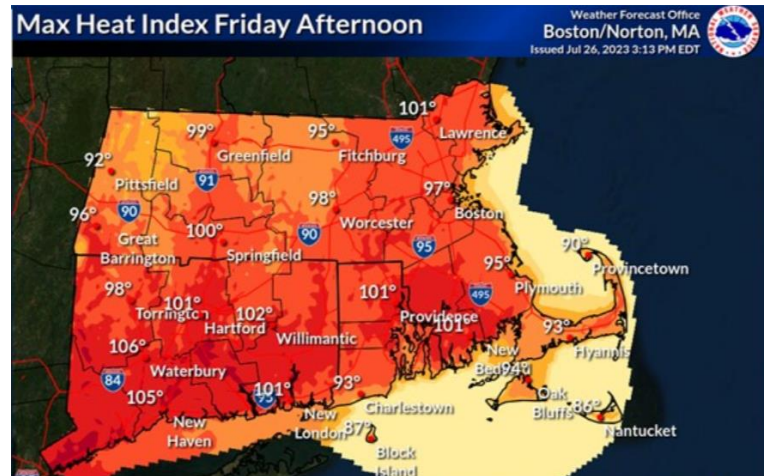


Good morning,

The weather forecast has indicated extreme heat for the next few days throughout Massachusetts. On Wednesday, the Governor's Office provided [guidance for residents to stay safe during extreme heat](#).

Extreme heat can be dangerous and even life-threatening, including heat cramps, heat exhaustion, and heat stroke. Those at greater risk include older adults, young children and those who are sick or overweight. To reduce the risks of heat related illness including heat stroke and heat exhaustion, we recommend residents to:



- Minimize time spent outdoors, especially during the hottest parts of the day. Do not leave pets outside for extended periods of time.
- Stay hydrated by drinking lots of water and avoiding alcoholic or caffeinated beverages.
- Seek out air-conditioned buildings like libraries and community centers to spend time in; Call 2-1-1 to find locations of cooling centers or shelters near you.
- Never leave children or pets in the car alone – the temperatures will rise to unhealthy levels very quickly.
- Check in on neighbors who may need assistance making a plan, including the homebound, elderly, or disabled.
- As always, call 9-1-1 in an emergency.

The State encourages residents to check in on neighbors during this time, especially the homebound, disabled, or elderly, and assist in transporting them to a cooling center if needed.

For more information, click the links below:

- <https://www.mass.gov/info-details/extreme-heat-safety-tips>

HEAT SAFETY TIPS

- Stay indoors in AC if possible. If you do not have AC check if there is a cooling center nearby.**
- Check on people who are more vulnerable to the heat, including children and the elderly.**
- Stay Hydrated: Drink plenty of water & avoid alcohol.**
- If you must go outdoors, go early or late in the day and wear light-colored clothing.**

Massachusetts Emergency Management Agency