



HOW TO STAY SAFE IN A HEAT WAVE



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Stay hydrated

Drink plenty of fluids even if you do not feel thirsty. Avoid drinks with caffeine or alcohol. Eat small meals and eat more often. Avoid extreme temperature changes.

Stay Cool

Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays. Call your city or town for a list of local cooling centers!

Postpone outdoor activities

Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day. Postpone outdoor games and activities. Take frequent breaks if you must work outdoors.

Check on your family & friends

Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.



Check on your pets

Check on your animals frequently to ensure that they are not suffering from the heat. Never leave children or pets alone in enclosed vehicles.