Hot Weather Tips

Your Summer 2020 extreme heat safety plans likely look different this year due to COVID-19 prevention recommendations. Make a plan now for how you will stay cool, hydrated and informed this summer.

Stay cool

- Avoid strenuous activity & stay out of the sun as much as possible
- Avoid sunburn. Wear SPF 15+ sunscreen and a hat to protect your head and face if you must be outside.
- Use a fan at night to bring in cool air from outside
- Close curtains and blinds during the day to cool rooms
- Wear lightweight, loose clothing
- Avoid extreme temperature changes, like taking a cold shower immediately after overheating
- Do not leave children or pets in cars which can overheat quickly to deadly temperatures.
- Consider your options for a cool space that allows for physical distance from others, and how you will get there/back

Stay hydrated

- Drink plenty of water, even if you don't feel thirsty
- Replace soda, alcohol, and juice with water when possible

Stay informed

- Keep in touch with family & friends virtually or over the phone
- Learn the symptoms of heat illness
- Check local news and the City of Newton website for heat info

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