### Date: [ENTER DATE]

### [INSERT TOWN HEADER]

**HEAT ADVISORY**

[TOWN, MASSACHUSETTS

Following the extreme heat alert issued by The Massachusetts Bureau of Climate and Environmental Health, the [Town Name] is issuing an extreme heat advisory to be in effect from [DATE] to [DATE].

Temperatures during this time are forecasted to exceed the Unhealthy Heat Threshold (85oF or above for three or more days. Sustained high temperatures can lead to adverse health outcomes, especially for vulnerable populations like children, older adults, and those with chronic medical conditions.

In Massachusetts, extreme heat is becoming a more serious health concern as summer temperatures rise year after year. Data show that the **first heat wave of the season is often the worst for people’s health**, leading to more heat-related illnesses and hospital visits than later heat waves.

While this heat advisory remains in effect, we encourage residents to take the following steps to prevent heat related illness:

* **Limit Outdoor Activities**: Avoid strenuous activities during peak heat hours (typically 11 a.m. to 4 p.m.).
* **Stay Hydrated**: Drink plenty of water throughout the day.
* **Seek Air-Conditioned Environments**: Spend time in air-conditioned places like libraries, malls, or community centers.
* **Check on Vulnerable Individuals**: Regularly check on elderly neighbors, young children, and those with health conditions.

The [Community Name] will open cooling centers for residents.

[COOLING CENTER NAME, ADDRESS, OPERATING HOURS, PHONE NUMBER]

Find additional resources to stay safe during extreme heat.

* Extreme Heat Safety Tips: [Mass.gov Extreme Heat Safety Tips](https://www.mass.gov/info-details/extreme-heat-safety-tips)
* Prevent and Treat Heat-Related Illness: [Mass.gov Heat Illness Prevention](https://www.mass.gov/info-details/prevent-and-treat-heat-related-illness)
* Cooling Centers Guidance: [Mass.gov Cooling Centers](https://www.mass.gov/info-details/cooling-centers-guidance)