### **Date: [ENTER DATE]**

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### **PSA Heat-Related Illness Guidance**

### **Stay Cool, Stay Safe: Beat the Heat in Massachusetts This Summer**

As temperatures rise, so do the risks of heat-related illnesses. Massachusetts is experiencing more days over 90°F each summer, leading to increased cases of heat exhaustion and heat stroke, particularly among older adults, children, outdoor workers, and individuals with chronic health conditions.

#### **Know the Signs of Heat-Related Illness:**

* Heat Cramps: Muscle pains or spasms, often in the legs or abdomen, accompanied by heavy sweating.
* Heat Exhaustion: Symptoms include Headache, nausea, dizziness, weakness, irritability, thirst, heavy sweating, elevated body temperature, decreased urine output
* Heat Stroke: A severe condition marked by a high body temperature (above 103°F), hot and dry skin, rapid pulse, confusion, or unconsciousness. This is a medical emergency—call 9-1-1 immediately.

#### **Tips to Stay Safe:**

* Stay Hydrated: Drink plenty of water throughout the day.
* Limit Outdoor Activities: Avoid strenuous activities during peak heat hours (typically 11 a.m. to 4 p.m.).
* Seek Air-Conditioned Environments: Spend time in air-conditioned places like libraries, malls, or community centers.
* Use Cooling Centers: Check with local authorities or call 2-1-1 to find nearby cooling centers .
* Check on Vulnerable Individuals: Regularly check on elderly neighbors, young children, and those with health conditions.

#### **Resources:**

* 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)

For more information and resources, visit the [Massachusetts Extreme Heat Resources page](https://www.mass.gov/info-details/extreme-heat-resources).

Stay informed, stay cool, and take care of one another during the hot summer months.