

KEEP KIDS COOL

in East Boston!



WHAT IS EXTREME HEAT?

When temperatures are above 90°F during the day and 78°F at night, especially when it's also **humid** or **lasts more than one day**. It can be uncomfortable to stay indoors and sometimes unsafe to be active outside.

WHY IS IT IMPORTANT TO PROTECT KIDS?

Infants and young children are impacted by extreme heat differently than adults because their **smaller bodies heat up more quickly** and they **sweat less**. They rely on adults to keep them cool and hydrated, and look for signs of heat illness.

GET PREPARED

- ☐ Keep plenty of cool **drinking water** and **fruit juices (low sugar)**
- ☐ Prepare **cool foods** like popsicles, watermelon, cucumber, and berries
- ☐ Wear **sunscreen** (SPF 30+)
- ☐ Gather **misting** fans, spray bottles, wet towels, and **ice cubes**
- ☐ **Cover windows** with curtains, blinds, towels or foil to block sunlight
- ☐ **Charge devices** and consider **backup power** supplies
- ☐ Keep **medications** (e.g., inhalers, insulin, EpiPens) ready and cool
- ☐ Install and test **air conditioners** and **fans**

ON A HOT DAY

- ☐ Plan outdoor activities in **cooler hours** (before 10am, after 4pm)
- ☐ **Find shade** if playing outdoors (e.g., trees)
- ☐ **Watch for signs** discomfort or heat-related illness while playing
- ☐ **Stay hydrated** and keep skin cool with mist and wet towels
- ☐ Dress kids in **loose-fitting, light clothing** and apply **sunscreen**
- ☐ Plan indoor games, water-play, other and **non-strenuous play**
- ☐ Plan **meals** that don't require an oven or stove
- ☐ Provide **extra human milk or formula** for infants

SIGNS OF HEAT ILLNESS IN KIDS

- More irritable than usual
- Confusion, dizziness, or fatigue
- Excessive sweating or crying without tears
- Weakness or muscle cramps
- Fast heart rate or shortness of breath

CARING FOR INFANTS

Infants need extra care in the heat. Keep them out of direct sunlight, offer more human milk or formula for hydration, and cool their skin with a damp washcloth (especially while feeding)

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COOLING CENTERS

Air-conditioned spaces that are **free and open** to the public during declared Heat Emergencies. Some Cooling Centers will also provide free **children's programming**.



PUBLIC LIBRARIES

Available to all residents to seek relief from the heat with **air conditioning, books, and summer programming** for kids, teens, and adults. Be sure to **check opening hours!**



SWIMMING POOLS

BCYF has **indoor pools across the City** that are open to the public. **Be sure to register** for times to swim using the BCYF website.



WATER PLAY

Water features in **outdoor parks and playgrounds** with where kids can play, stay cool, and have fun!

RESOURCES

Visit [Boston.gov/heat](https://www.boston.gov/heat) for the latest map of the city's cooling resources

Sign up to **Boston Emergency Alerts** for notifications about extreme heat emergencies

Call **311** for non-emergency city services during a heat wave