

# KEEP KIDS COOL

in Jamaica Plain!



## 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