

# BEAT THE HEAT

Information for People Who Use Drugs



*If a person appears passed out, call 911. Falling asleep in extreme heat can be deadly.*



*Stay cool. Spend time in air conditioned spaces.*



*Avoid swimming if using drugs because the risk of drowning is higher.*

## DID YOU KNOW?

- Bodies can lose a lot of water on hot days. You may need to drink more water than usual to stay hydrated.
- Impaired consciousness decreases the ability to sense and respond to temperature changes, and increases the risk of heat stroke and sunburns.
- Sunburns can raise your body temperature and make it more difficult to cool down. Wear sunscreen and avoid staying in the sun.
- Drugs can directly impair the body's ability to cool itself down, leading to a increased risk of heat stroke. Seek medical care early if you feel unwell.

## RESOURCES

1

AHOPE provides harm reduction services for active substance use.

2

PAATHS has walk-in services, providing access to treatment placement and information regarding treatment.

**For more information on these resources,  
call 3-1-1 or visit [boston.gov/heat](https://boston.gov/heat)**