



Stay inside some place warm.



Make sure a neighbor or friend knows to check on you.



Seek medical care if you start to feel unwell.

DID YOU KNOW?

- Mobility issues may be worsened by cold weather, so it could be difficult to travel to a warming center. Please plan ahead.
- Chronic medical conditions and some medications can change how a person's body responds to cold weather. Talk to your doctor in advance and seek help early if you feel unwell.
- Individuals who are less physically active or have a slower metabolism make less body heat and are more susceptible to cold temperatures.
- Those who live alone are at heightened risk. Consider asking a friend or neighbor to check on you.

RESOURCES

1

Get warm at public warming centers and Boston Public Libraries.

2

Meals on Wheels & Home Health Aides can visit during a cold event.

3

You may be able to get a ride with MBTA The RIDE or Senior Shuttle. Call 3-1-1 to see if you qualify.

**For more information on these resources,
call 3-1-1 or visit boston.gov/cold**