

Extreme Heat Safety Information

Stay **Cool**



- This weekend, temperatures will remain in the high 90s
- Make sure you are prepared with cool indoor shelter, and a plan if you are scheduling outdoor activities
- Drink lots of water, and wear sunscreen when outdoors (SPF 15+)
- Cool down quickly with cool, wet towels or sheets if needed

If you are in need of cool indoor shelter, the Belmont Library and the Council on Aging (Beech St Center) will still be acting as cooling centers this weekend.

Stay **Hydrated**



Stay **Informed**



**Council on Aging
(Beech St Center)**

Friday 8 am - 4 pm

**Saturday and Sunday
8 am - 4 pm**

Belmont Library

Friday 9 am - 5 pm

Free movie night:

Friday 6:30 - 9:30 pm

Saturday 9 am - 1 pm

CDC Heat Safety Page:

<https://www.cdc.gov/disasters/extremeheat/heattips.html>

MA DPH Heat Safety Page:

<https://www.mass.gov/info-details/extreme-heat-safety-tips>



Public Health
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