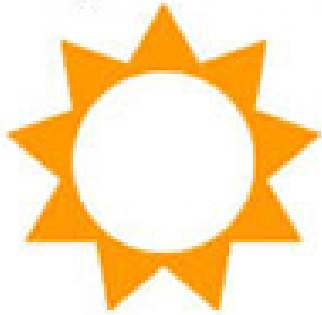


Extreme Heat Safety Information

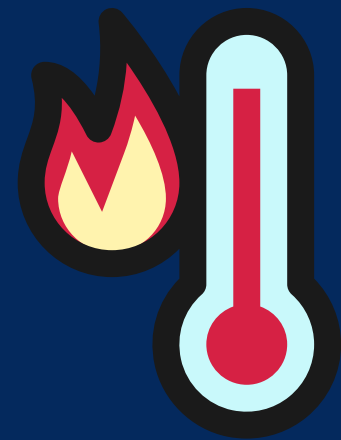
Stay **Cool**



- This weekend, temperatures will reach the high 90s
- Make sure you are prepared with cool indoor shelter, and a plan if you are scheduling outdoor activities

Visit the below sites for further guidance and tips for staying healthy this weekend and all summer:

Stay **Hydrated**



- **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>

Stay **Informed**



Public Health
Prevent. Promote. Protect.

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