

Extreme Heat Interventions



Clinicians and Community Health Workers

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- Discuss extreme heat plans, including medications, with vulnerable patients before summer/hot weather arrives
- Offer wellness checks for vulnerable patients and older adults, particularly those living alone
- Provide heat safety information for outdoor workers and workers in hot indoor environments
- Discuss heat-related health risks and provide information on symptoms of heat exhaustion and heat stroke

Resource Links:

Extreme Heat Safety Tips

Climate-Enhanced
Community Profile

CDC Heat Health

CDC/NWS Heat Risk Map

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Resource Links: [Extreme Heat Safety Tips](#) | [Climate Enhanced Community Profile](#) | [CDC Heat Health](#) | [CDC/NWS Heat Risk Map](#)

Local Governments and Health Departments

Local Government and Health Departments

- Develop and implement a heat response plan for your community
- Identify and map vulnerable locations and populations in your community
- Work with municipal planners to identify and reduce "heat islands"- particularly in areas with vulnerable populations - by expanding greenspace, installing shade features, encouraging white roofs, etc.
- Organize and advertise cooling centers for extreme heat events; offer transportation for vulnerable residents

Resource Link:

MA Cooling Centers

CDC Heat Health Index

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Resource Links: [MA Cooling Centers](#) | [CDC Heat Health Index](#)

Individuals

- Make a plan for coping with heat events before they occur; include medical needs and transportation
- Pay attention to weather forecasts and extreme heat alerts via the Internet or local television/radio
- Be aware of and watch out for heat stress symptoms for yourself, friends, family, and neighbors
- Learn strategies for coping with the heat on high heat days, such as wearing light breathable clothing, staying indoors or in shaded areas, drinking cool liquids, and limiting physical activity

Resource Links:

[Extreme Heat Safety Tips](#)

[Climate and Health](#)

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Resource Links: [Extreme Heat Safety Tips](#) | [Climate and Health](#)

Community-Based Organizations

Community-Based Organizations

- Plan for and mobilize outreach for vulnerable community members during heat events
- Promote use of public parks, recreational waterbodies, and cooling centers for staying cool
- Advocate for cooling centers, greenspace, energy efficient buildings, and conservation areas
- Offer wellness checks on vulnerable residents, including people who are unhoused, during heat events
- Organize transportation to cooling centers for vulnerable populations

Resource Links:

Reducing the Health
Impacts of Heat

Climate-Enhanced
Community Profile

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Resource Links: [Reducing the Health Impacts of Heat](#) | [Climate-Enhanced Community Profile](#)