

# TIPS ON STAYING COOL IN EXTREME HEAT



**Wear loose-fitting & light colored clothing**



**Seek refuge at a day shelter or public library**



**Drink plenty of water to stay hydrated**



**If you are outdoors, seek out shaded places**



**Avoid seeking shelter in closed vehicles**



**CALL 311**  
to find a local day shelter or library



**CODE RED RESOURCES**  
are available at  
[bit.ly/CodeRedBmore](http://bit.ly/CodeRedBmore)



**HEAT SAFETY RESOURCES**  
are available at  
[bit.ly/CDCExtremeHeat](http://bit.ly/CDCExtremeHeat)



**CALL 911** if you are experiencing symptoms of heat stroke



MAYOR'S OFFICE OF  
HOMELESS SERVICES