



Bureau of Climate and Environmental Health

# EXTREME HEAT ALERT

The **HEAT EDUCATION** and **ALERT TOOLS (HEAT)** RESPONSE

A heat wave is expected in Massachusetts during the **next seven days**. Help prepare your patients and communities who are sensitive to heat-related illness.

The Bureau of Climate and Environmental Health is **monitoring temperature forecasts to identify periods of heat waves** that may put individuals in your community at increased risk for heat-related illness. We have provided a collection of links and resources focused on high-risk populations, health hazards associated with extreme heat, response strategies, and tools to support effective planning.



## Beat the Heat—Know Where to Cool Off

During periods of unhealthy heat, it's important to know where you or your patients and communities can go to cool off. Libraries, shopping centers, community centers, senior

centers, and public pools are common places to find relief from the heat. Encourage checking your local government or emergency management websites, or dial 2-1-1 to find options near you. If you're helping others prepare, especially older adults, young children, pregnant individuals, those who work outdoors, or people with health conditions, make sure they know where to go to cool off and how to get there. Staying cool can prevent serious health risks—plan ahead and spread the word.

### **Cool Off at DCR Pools, Beaches, and Spray Decks**

Residents and visitors can cool off at the Department of Conservation and Recreation's (DCR) 79 [waterfronts](#), 24 [swimming pools](#), and 20 [spray decks](#) across the state. Lifeguards are on duty seven days a week at agency-managed swimming pools and [31 guarded waterfronts](#). For a list of DCR's saltwater ocean beaches visit [here](#), for the freshwater inland beaches visit [here](#), and for a list of beaches that are accessible to people of all abilities visit [here](#). All DCR swimming pools have [chair lifts](#) to provide access to the water. [Several pools](#) have ramps into the water or offer zero-depth entry and select pools and spray decks also have [beach wheelchairs](#) for use.

Check local listings for available town and city cooling resources.

### **[Interactive Beach Water Quality Dashboard](#)**

Planning a beach day? Check water quality testing results to know if it's safe to swim.

**Looking to stay cool this summer?** [Explore discounted or no-cost energy-efficient resources available to eligible Massachusetts households](#)—including rebates on air conditioners, help with energy bills, and free home weatherization services.



## **Check on families and seniors**

Take notice of those who may not have access to air conditioning.

Extreme heat can be dangerous and even life-threatening if precautions are not taken. During prolonged periods of very hot weather, which may include high humidity, the body must work harder to stay cool, increasing the risk of heat-related illness. While anyone can be affected, **older adults, young children, pregnant individuals, workers exposed to excessive heat, and people with chronic medical conditions**

are especially vulnerable. Taking preventive steps—like staying hydrated, avoiding strenuous activity, and seeking cooler environments—can help protect your patients and community members during periods of extreme heat.

## H.E.A.T. Resources and Alerts

- [Extreme Heat Page](#): A central hub for resources, tools, and guidance to stay safe during periods of extreme heat.
- [Unhealthy Heat Forecast Page](#): Track upcoming heat conditions in your community with a 7-day forecast and color-coded risk levels.
- **Updated Extreme Heat Resource Guide**: A comprehensive guide for local health, clinicians, and agencies to plan for and respond to extreme heat. ([PDF](#)) ([DOCX](#))
- **Targeted MDPH HHAN H.E.A.T. Alerts**: Timely alerts delivered through HHAN to help healthcare professionals, local health departments, and other stakeholders respond during forecasted extreme heat events.
- **Expanded Fact Sheets**: Clear, targeted guidance for specific settings and populations vulnerable to extreme heat. [Extreme heat resources | Mass.gov](#)

Sincerely,

The Massachusetts Department of Public Health  
Bureau of Climate and Environmental Health

## More Information:

For more information on the **Heat Education and Alert Tools (HEAT) Response Initiative**, visit:

[Extreme Heat | Mass.gov](#)

For more information on climate and health in Massachusetts, please visit:

[Climate and Health | Mass.gov](#)