



*Check with your doctor about whether cold affects your medications.*



*Make sure a neighbor or friend knows to check on you.*



*Seek medical care if you start to feel unwell.*

## DID YOU KNOW?

- Certain chronic diseases may impair your ability to sense and respond to temperature changes. Talk to your doctor in advance and seek help early if you feel unwell.
- Individuals with asthma, COPD, heart disease, diabetes, mental illness, poor circulation, or obesity are more likely to suffer the negative effects of extreme cold.
- Some medications can worsen the effects of extreme cold. Review your medications with your doctor and create a plan for cold days.

## RESOURCES

1

*You may be able to get a ride with MBTA The RIDE or Senior Shuttle. Call 3-1-1 to see if you qualify.*

2

*Meals on Wheels & Home Health Aides can visit during a cold event*

3

*Get warm at public warming centers and Boston Public Libraries.*

**For more information on these resources,  
call 3-1-1 or visit [boston.gov/cold](http://boston.gov/cold)**