



Emergency homeless shelters are open 24 hours a day in Boston during extreme cold.



If outdoors during extreme cold, wear multiple loose layers and avoid lying on icy or wet surfaces.



If a person appears passed out, call 911. Falling asleep outside in extreme cold can be deadly.

DID YOU KNOW?

- Periods of extreme cold are the most dangerous times of year for individuals without a permanent residence.
- Those without a warm and dry place to stay are highly vulnerable to the effects of extreme cold. Seek out warm places such as shelters, libraries, or warming centers.
- Prolonged cold exposure can cause adverse health effects including frostbite, trenchfoot, and hypothermia. Staying some place warm can prevent these conditions.

RESOURCES

1

Get warm at homeless shelters, public warming centers, and Boston Public Libraries.

2

Get emergency notices via text, email or phone from AlertBoston.

3

Keep warm at the BPHC Engagement Center on Southampton Street.

**For more information on these resources,
call 3-1-1 or visit boston.gov/cold**