



Heat Education and Alert Tools (H.E.A.T.)

UNHEALTHY HEAT ALERT



A heat wave is expected in Massachusetts over the next seven days.

The Bureau of Climate and Environmental Health offers tools and resources to help people prepare for hot weather. These materials focus on health dangers linked to extreme heat, people most at risk, and steps communities can take to stay safe before and during a heat wave.

Help prepare your patients and communities who are sensitive to heat-related illness by sharing these tips and resources.

Remember “First is the Worst”



FIRST IS THE WORST

When the first heat wave hits, keep cool and stay safe.

This week’s heat wave is the first of the season, which is often when the risk of heat illness is highest. Heat-related illnesses and hospital visits often increase in the first few days of 85°F weather. This happens before people’s bodies can adjust. Check on people at higher risk and use available tools and resources to help keep your patients and community safe.

Extreme heat can be dangerous and even life-threatening. In very hot and humid weather, the body has a harder time staying cool, which increases the risk of heat illness. Anyone can be affected. Older adults and young children are at higher risk. Outdoor workers, those who are pregnant, and those with chronic health conditions also face greater risk.

Celebrate safely

This summer, we expect big gatherings and community events in MA. They will take place during the FIFA World Cup 2026, America's 250th birthday, and the Sail Boston celebrations.

Preventive steps—like staying hydrated, avoiding strenuous activity, and seeking shade or cooler environments—can help protect your patients and community members during periods of extreme heat at these events. Teach patients to recognize the signs and symptoms of heat-related illness (HRI) and identify those who may be more vulnerable to HRI.

H.E.A.T. resources and alerts

- **[Extreme Heat](#)**: A central hub for resources, tools, and guidance to stay safe during periods of extreme heat.
- **[Unhealthy Heat Forecast](#)**: Track upcoming heat conditions in your community with a 7-day forecast and color-coded risk levels.
- **[Community Heat Resources](#)**: Find heat safety tips, shareable outreach materials, and key state resources to help residents and communities prepare for extreme heat and stay safe.
- **[Unhealthy Heat Action Toolkit](#)**: A downloadable toolkit with ready-to-use social media posts, messages, and other resources to help organizations share heat safety information and promote action during periods of unhealthy heat.
- **[Celebrate Safely - Heat and Health Tips for Watch Parties and Summer Events](#)**: A collection of safety tips, guidance, and shareable materials to help people prepare for and stay safe during summer events and hot weather.
- **[Heat resources and guidance](#)**: Clear, targeted fact sheets for specific settings and populations vulnerable to extreme heat.

Sincerely,

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