

# Take care of each other when it's hot out

Extreme heat is dangerous for everyone's health and wellbeing.  
Check in on people in your life who may need extra care during extreme heat events.



Elders



People who live alone or  
are socially isolated



People with pre-existing health  
conditions like heart, kidney or  
respiratory disease, and diabetes



People with mental illness, like  
schizophrenia, depression, or anxiety

If you are taking medication or have a health condition, ask your doctor,  
pharmacist, or call 8-1-1 to find out if it increases your health risk  
or makes it hard to tell if your body is getting too hot.