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◆ ANTI-VIOLENCE VENTURES ◆

DOMESTIC | FAMILY | COMMUNITY
DV | FV | CV
BLACK MEN & BOYS TAKE A LEAD

PROTECT YOURSELF AND FAMILY DURING EXTREME HEAT EVENTS WITH THESE TIPS

1 STAY COOL

Avoid being outside in the direct heat for a long time. Try to stay in air-conditioned spaces, at home with your A/C set between 75-80, or at your local library, shopping mall, or community center. If staying home, keep blinds closed and wear loose, light-colored, lightweight clothing.

2 STAY HYDRATED

Sip water all day and consider supplementing with sports drinks. Avoid caffeine and alcohol.

3 LOOK AFTER EACH OTHER

Check in on friends and family and ask them do the same for you.



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