

Hello neighbors!

I have some information from the City about the upcoming heat wave. We will be impacted by high heat this Monday through Thursday so drink plenty of water and check in on those most vulnerable.

Protect yourself, your family, and your community by taking necessary precautions:

1. Drink plenty of water and fluids with electrolytes
2. Limit physical activity during peak heat hours of **10 a.m. to 6 p.m.**
3. Never leave children or pets in a parked car
4. Wear light colored, loose fitting, or lightweight clothing
5. Check on your family, friends and neighbors who may be more vulnerable to heat impacts, including:
  - very old and very young individuals, in particular people over 65 years
  - those with access and functional needs
  - those without effective cooling systems or adequate hydration
  - People experiencing homelessness.

Call 9-1-1 if you see someone in distress.

The library will be open at the usual hours if you need a place to escape the heat.

Stay safe!

Your Block Leader