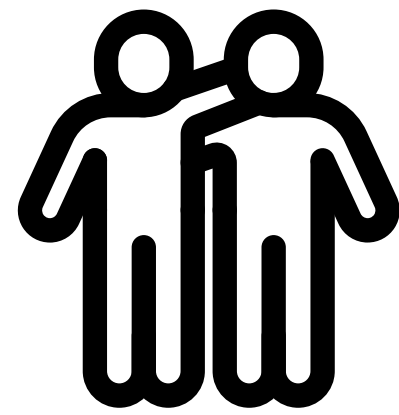


Hydrate with water



Check on friends and neighbors



Seek shade or shelter

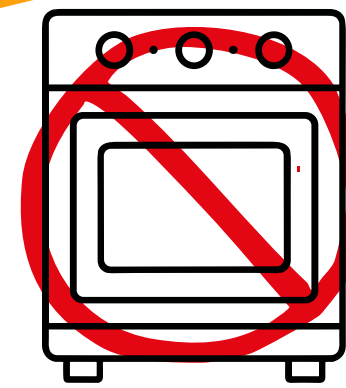
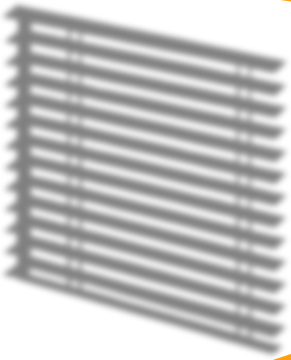


Wear loose, light colored clothing

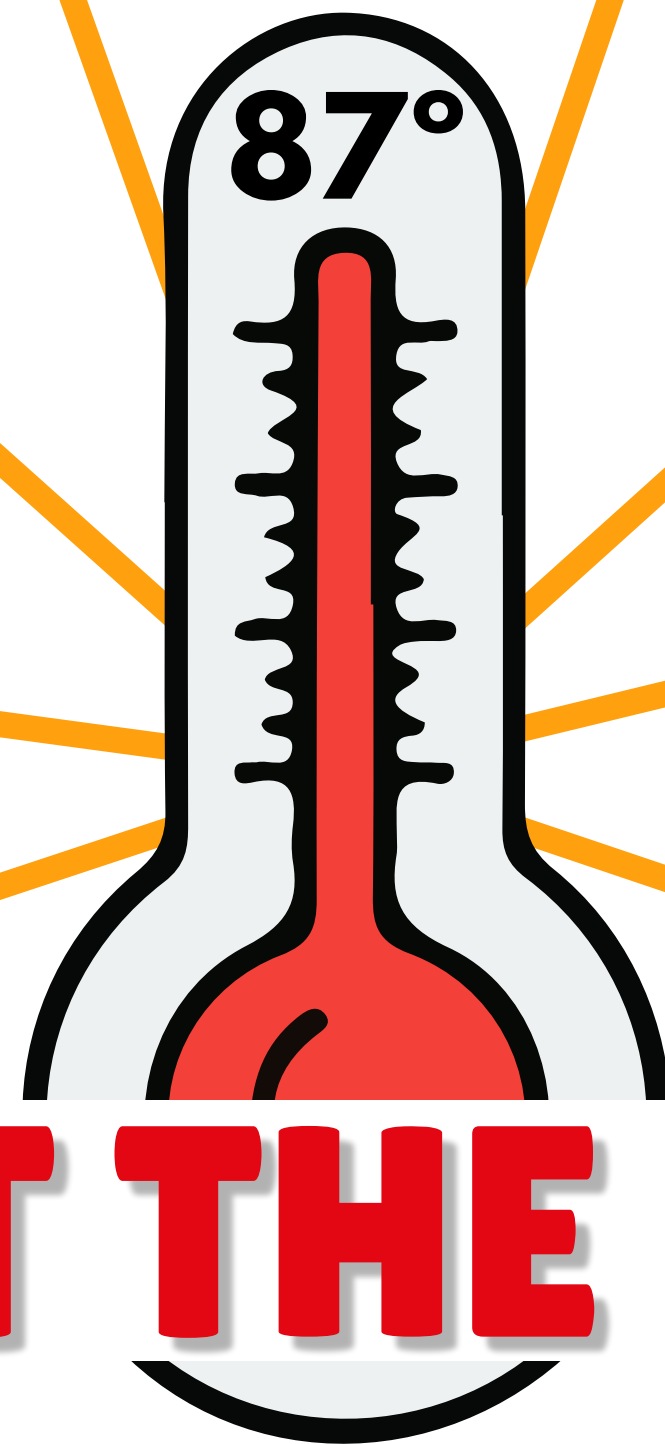


Use a wet cloth

Keep shades closed



Keep oven & stove off



BEAT THE HEAT

Did you know?

Heat-related ER visits start around 87°

Heat kills more people than any other natural disaster

Where to Find Public Air Conditioning:

- Hartford Library
- Norwich Public Library
- Wilder Club and Library
- Quechee Library
- Bugbee Senior Center

for assistance during hot weather CALL

2-1-1

Bugbee Senior Center: (802) 295-9068