

Heat Ready 2026

A plain-language plan for hot days, safer blocks, and checking on one another.

Keep this guide where everyone in your household can find it.

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Call 911 for confusion, fainting, seizures, or hot, dry skin.

Understand the alert levels

Use words and actions together. Color is a helpful cue, never the only cue.

Three heat alert levels and the action connected to each level

Level	What it means	What to do
Ready	Hot weather is possible.	Refill medicine and check fans.
Caution	Heat may affect health.	Move errands earlier; text your partner.
Act	Dangerous heat is expected.	Use cooling spaces; avoid heavy work.



Decorative heat-wave illustration. The alert table above contains all decision-making information.

Use the three-part action plan

01

Cool the room

Close sun-facing shades by 10 a.m. Use fans only when indoor air is below 95°F.

02

Cool the body

Sip water often, use a damp cloth, and take a cool shower or bath when available.

03

Check the block

Call or visit people who live alone, use mobility devices, take medication, or lack cooling.

Make a check-in plan

- Morning check before ten
- Evening check after six
- No answer: call the backup contact, then request a wellness check

Cooling centers

Illustrative hours. Confirm current hours before traveling.

Cooling center hours and access information

Location	Hours	Access and transit
Harbor Library	Nine to eight	Step-free; Route 14; quiet room
Northside Center	Eight to ten	Step-free; Routes 3 and 8
Mercy Commons	Always open at Act level	Step-free; paratransit stop

Access support

Call 311 or text ACCESS to 311311 for:

- A ride to a cooling center
- Large-print, Braille, or translated information
- Sign-language interpretation
- A wellness check for someone you are worried about

Relay callers: dial 711. Language help is free.

Write down your heat plan

Keep these details where every person in the household can find them.

Cooling center _____

Check-in partner _____

Backup contact _____