Heat Education and Alert Tools (H.E.A.T.)

UNHEALTHY HEAT ALERT

A heat wave is expected in Massachusetts over the next seven days.

World Cup 2026 soccer events are expected to bring large crowds to Boston and across Massachusetts, including outdoor events and watch parties.

Use the links and resources below to help prepare yourself and your staff for the potential to see more people with heat related illness. Please share this information to promote prevention efforts and support patients and communities at higher risk for heat-related illness.



Hot weather can be dangerous and even life-threatening. Anyone can be affected, but older adults, young children, pregnant people, outdoor workers, and people with chronic health conditions are at greater risk.

People may be exposed to heat while traveling to events, attending pre-game activities, or spending time in direct sun or crowded outdoor spaces.

Encourage people to:

- drink water
- limit alcohol
- avoid heavy activity in the heat
- take breaks in the shade or air conditioning

- keep food cold and throw it out if it was left in the heat for too long
- check on people at higher risk and share the resources below to help communities stay safe.

Encourage people working outdoors as part of the event to:

- Drink cool water every 15-20 minutes (5-7 ounces).
- Wear a hat, light-colored, loose-fitting, and breathable clothing and for SPF use 30 or higher sunscreen.
- Take rest breaks in a cool, shaded area.
- Work with their employer before it gets hot about how to recognize heat illness and what to do in an emergency (if training has not been provided)

For more information, review guidance for workers and for employers from the Department of Labor Standards (DLS).

H.E.A.T. Resources

- **Extreme Heat:** A central hub for resources, tools, and guidance to stay safe during periods of extreme heat.
- **Unhealthy Heat Forecast:** Track upcoming heat conditions in your community with a 7-day forecast and color-coded risk levels.
- **Community Heat Resources:** Find heat safety tips, shareable outreach materials, and key state resources to help residents and communities prepare for extreme heat and stay safe.
- **Unhealthy Heat Action Toolkit:** A downloadable toolkit with ready-to-use social media posts, messages, and other resources to help organizations share heat safety information and promote action during periods of unhealthy heat.
- **Celebrate Safely - Heat and Health Tips for Watch Parties and Summer Events:** A collection of safety tips, guidance, and shareable materials to help people prepare for and stay safe during summer events and hot weather.
- **Heat resources and guidance:** Clear, targeted fact sheets for specific settings and populations vulnerable to extreme heat.

Sincerely,

The Massachusetts Department of Public Health
Bureau of Climate and Environmental Health