

# KEEP COOL IN THE HEAT



Join us for a presentation on extreme heat at the **Callahan Center**:



**Staying Safe in the Heat**  
July 10, 2025

2:00 PM – 3:00 PM

RSVP: Call 508-532-5980



Did you know that **older adults, people with asthma or heart disease, and infants and young children are at greater risk of heat related illnesses?**



**Extreme heat and heat waves are becoming more common**

in our region, and Framingham wants to help you **stay safe and cool this summer.**



Visit one of Framingham's several cooling centers to **cool off with regular activities such as movies, speaker series, games, and more!**

Escaneie para **Português**  
Escanea para **Español**  
हिंदी के लिए स्कैन करें





## Stay safe and cool using these strategies

### Stay Hydrated



Drink plenty of water - even if you are not thirsty. Avoid alcoholic beverages and liquids high in sugar or caffeine.

### Enjoy Free Air Conditioning Locally



The Callahan Center, Framingham Public Library, and Christa McAuliffe Branch Library are designated "cooling centers" that can help keep you cool and hydrated.

### Stay Cool at Home



If possible, turn on air conditioning. Take cool showers, close your shades and avoid using the stove.

### Sign up for Emergency Alerts



Register for alerts on your phone:  
[FraminghamMA.gov/ReadyFramingham](https://www.framinghamma.gov/ReadyFramingham).

## Need a place to cool off? Visit our cooling centers:



### Framingham Callahan Center

533 Union Ave



### Framingham Public Library

49 Lexington Street



### Christa McAuliffe Branch Library

746 Water Street

## Want to learn more?

For hours and more information:



[FraminghamMA.gov/CoolingCenters](https://www.framinghamma.gov/CoolingCenters)



**Framingham 4-1-1: 508-532-5411**

[411@FraminghamMA.gov](mailto:411@FraminghamMA.gov)

*In case of emergency, please call 911.*