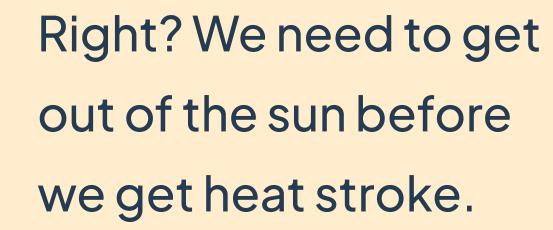
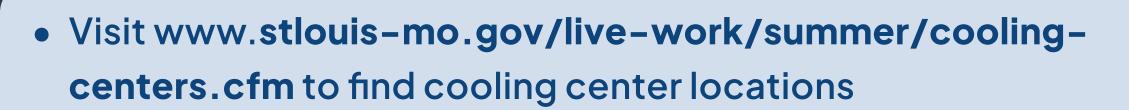
Ugh, it's so hot out!



Is that a real thing?

Yes! I try to drink a lot of water, wear lightweight clothes, stay in the shade, or get inside with some air conditioning if I can.



- For air conditioners and help paying energy bills, visit cooldownsaintlouis.org
- Visit libraries and community centers during normal business hours to seek relief from the heat
- For more local resources, call, text, or chat with United Way 2-1-1

Hot weather resources