



Ugh, it's so hot out!

Right? We need to get out of the sun before we get heat stroke.

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.

- Visit [www.stlouis-mo.gov/live-work/summer/cooling-centers.cfm](http://www.stlouis-mo.gov/live-work/summer/cooling-centers.cfm) to find cooling center locations
- For air conditioners and help paying energy bills, visit [cooldownsaintlouis.org](http://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**

Extreme heat

**iHeard** St. Louis

**Hot weather resources**