



AS TEMPERATURES INCREASE THERE ARE WAYS TO BEAT THE HEAT.

"It was so scorching hot that everyone felt exhausted before the day had even started." -Big Horn County Resident

Heat and Health:



- Extreme heat events (at least 2-3 days above 90 degrees Fahrenheit) have been increasing in Montana.
- Extreme heat increases the risk of stroke, heart attacks, asthma attacks, diabetes complications, worsening kidney function and death.
- Heat leads to an increase in all forms of violence.

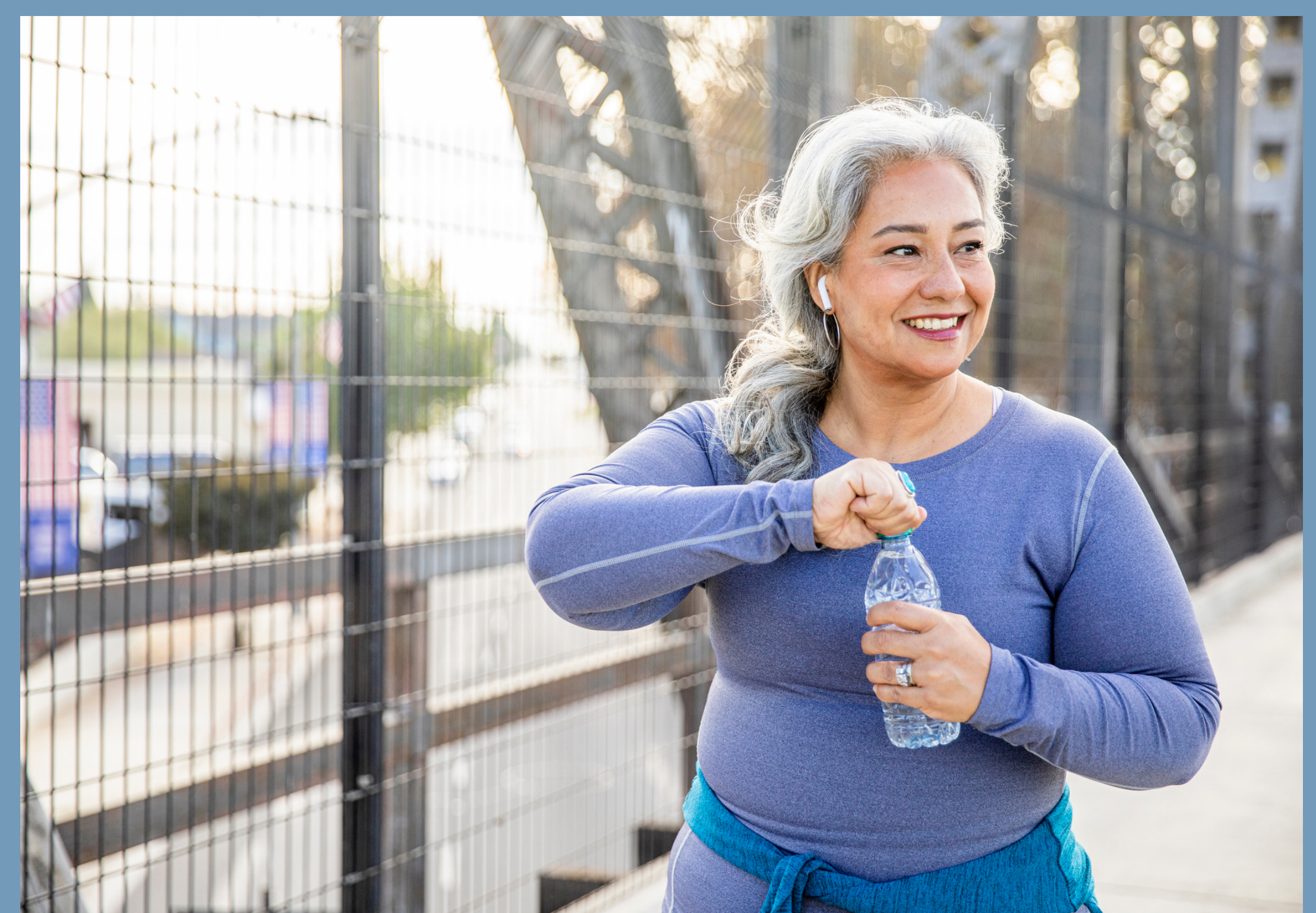
Trees and greenspaces help keep neighborhoods cool, preventing the urban heat island effect.



Heat is hard on everyone, but it is especially harmful to older adults, children, people who have health conditions, who work outdoors or are unhoused.

You can take action by:

- Cooling off in a home or public space with air conditioning or fans.
- Finding shade in outdoor spaces.
- Drinking more water and avoiding sugary or alcoholic drinks.
- Checking local news for heat advisories.
- Checking on family, friends, neighbors and animals.
- Asking local officials to create more parks or green spaces.
- Joining efforts to fight climate change.



Find out more about heat and health here.

