

Be a heat-wave hero

Help prevent heat-related illness

Landlords and property managers can play an important role in protecting residents from heat-related illness.

While heat increases the risk for everyone, some residents are more at-risk for heat-related illness including:

- Babies, young children, and seniors
- People with chronic illnesses, heart/respiratory conditions
- People who cannot move or change position by themselves
- People who exercise vigorously/involved in strenuous work
- People taking certain medications



As a landlord, you can take these simple actions to decrease the risk of heat-related illness for residents:

- Provide residents access to a cool space, such as a common room with air conditioning



- Keep windows in the hallways slightly open
- Use fans to draw cool air at night
- Have building staff check on at-risk residents
- Provide info about heat-related illness to residents

Help someone with heat-related illness by recognizing symptoms:

- Rapid breathing or trouble breathing
- Weakness, dizziness, fainting, tiredness
- Headache, confusion, and nausea



If you think someone has a heat-related illness:

- Give the person sips of cool water, not ice cold water
- Remove extra clothes
- Sponge or bathe the person with lukewarm water
- Move the person to a cooler location if possible
- If you or a resident feel ill, faint, have difficulty breathing or feel disoriented, **call 911 for immediate medical help**

