

***The rise in temperatures this summer should trigger a heightened awareness for our elderly neighbors and family members.***



***These residents are at high risk for heat-related illnesses.***

Take time to check on them regularly.

Make sure they have access to air conditioning.

Encourage them to stay indoors during peak daytime temperatures.

Seek immediate medical attention if you notice a change in their health.

**BEAT** *the*  
**HEAT**



***Need relief from the heat?***

***Call 214-819-6001 to see if you qualify for assistance.***



**DCHHS**

*Safe families, healthy lives.*

214-819-2100 | [www.dallascounty.org/hhs](http://www.dallascounty.org/hhs)

Zachary Thompson, Director