

HEAT SAFETY TIPS

- Stay hydrated. Drink plenty of fluids; drink about 16 ounces before starting and 5-7 ounces every 15 or 20 minutes.
- Avoid dehydrating liquids. Alcohol, coffee, tea and caffeinated soft drinks can hurt more than help.
- Wear protective clothing. Lightweight, light-colored and loose-fitting clothing helps protect against heat. Change clothing if possible it gets completely saturated.
- Use a damp rag. Wipe your face or put it around your neck.
- Avoid direct sun. Find shade or block out the sun if possible.
- Avoid getting sunburn. Use sunscreen and wear a hat if working outside.

BE ALERT TO SIGNS OF HEAT-RELATED ILLNESS

HEAT STROKE occurs when the body no longer sweats and body temperature reaches dangerous levels. Symptoms of heat stroke include:

- Dry, hot reddish skin and lack of sweating
- High body temperature
- Strong, rapid pulse
- Chills
- Confusion
- Slurred speech

HEAT EXHAUSTION is the body's response to the loss of water and salt, typically through sweating. Symptoms of heat exhaustion include:

- Excessive sweating
- Weakness or fatigue
- Dizziness and/or confusion
- Clammy skin
- Muscle cramps
- Flushed complexion

HEAT CRAMPS are painful cramps in the body's muscles due to low salt levels and are typically caused by excessive sweating. Symptoms of heat cramps include:

- Muscle pain usually in the abdomen, arm or legs.
- Muscle spasms usually in the abdomen, arm or legs.

HEAT RASH is an irritation of the skin caused by excessive sweating. Symptoms of heat rash include:

- Red cluster of pimples or small blisters.
- Usually on neck and upper chest, groin area, under the breasts, and in elbow creases.



Our Path Home



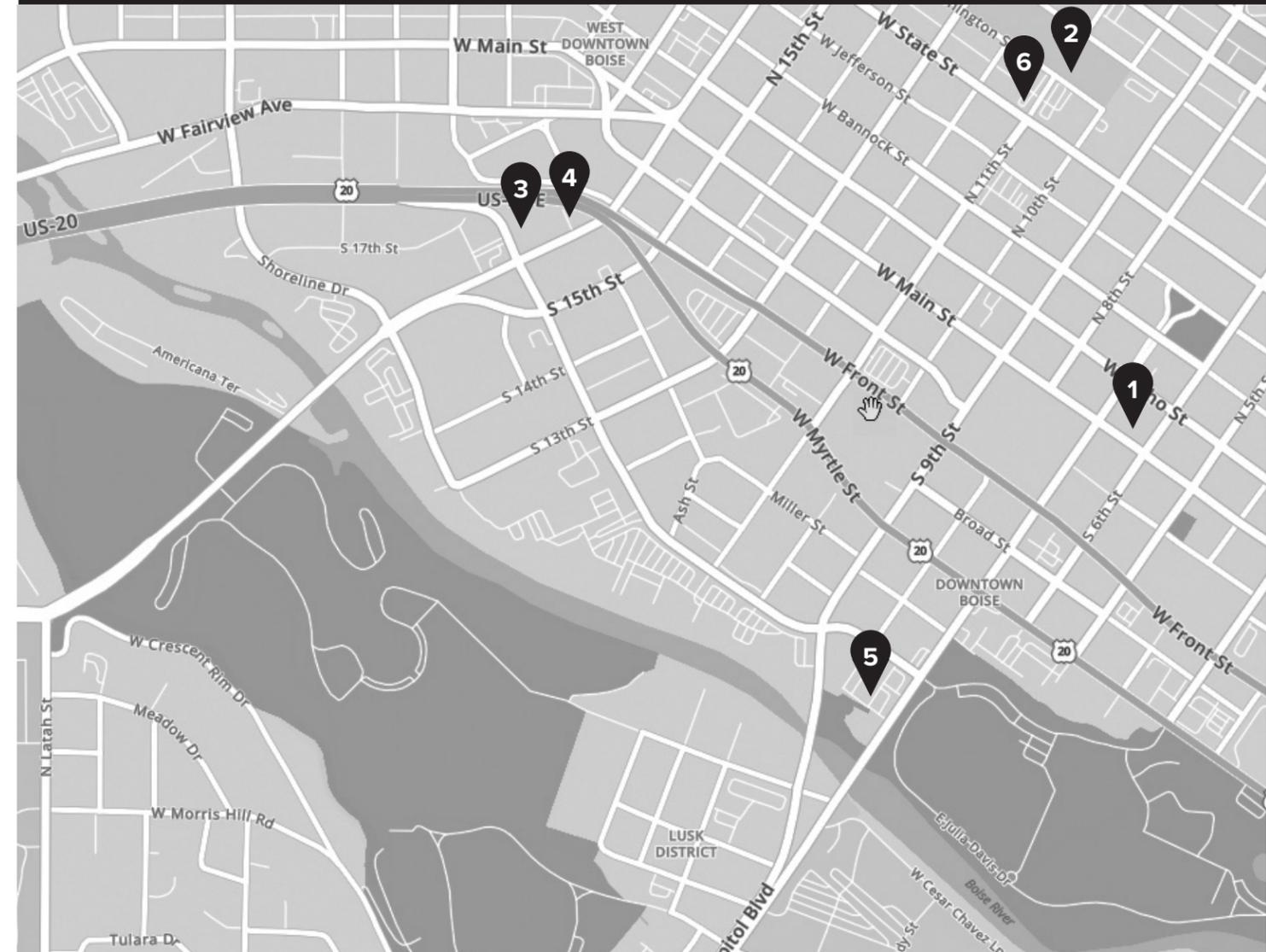
COOLING SPACES IN BOISE

Our Path Home, in partnership with the City of Boise, is working with community partners to provide people experiencing homelessness spaces that are welcoming and will provide a cool place during the hot summer months. The focus is on populations served by Our Path Home – people experiencing homelessness – but the spaces are available to all those who may need access to them. Visit OurPathHome.org for more information.

HOUSING CRISIS HOTLINE | 208-336-HOME (4663)

If you are experiencing a housing crisis, call us for resources, information and support.

COOLING SPACE LOCATIONS



1. BOISE CITY HALL - 150 N. Capitol Blvd.

2. CATHEDRAL OF THE ROCKIES - 717 N. 11th St.

3. CORPUS CHRISTI - 525 S. Americana Blvd.

4. OUR PATH HOME OUTREACH - 511 S. Americana Blvd.

5. PUBLIC LIBRARY - DOWNTOWN - 715 S. Capitol Blvd.

6. YMCA - DOWNTOWN - 1050 W. State St.

LOCATIONS

BOISE CITY HALL

Address: 150 N Capitol Blvd Boise, ID 83702
Hours: Monday-Friday 8am-5m

SERVICES & RESOURCES

- Tables, chairs and couches for sitting.
- Public bathroom.
- Water fountain and water bottles.
- Wi-Fi access.

WHAT TO EXPECT WHEN YOU VISIT

- To be welcomed.
- You can sit in the first-floor lobby during open hours.
- Sleeping isn't allowed, but if you accidentally and quietly nod off for a few minutes, that isn't a problem.
- If a behavior is or may be disturbing to others, staff may ask you to adjust the behavior.
- Personal possessions must always stay with you.

CORPUS CHRISTI

Address: 525 S Americana Blvd Boise, ID 83702
Hours: Monday-Saturday 8:30am-4:30pm
Closed Sundays

SERVICES & RESOURCES

- Public bathroom and showers with towels and soap provided.
- Laundry services. Clothes can be dropped off for washing and drying.
- Space inside and in outdoor patio to sit.
- Public phone access.
- Wi-Fi hotspot and computer access.
- Breakfast is served at 8:30am.
- Lunch is served at 12pm.
- Hot coffee is available from 8:30am-4:30pm.

WHAT TO EXPECT WHEN YOU VISIT

- To be welcomed.
- You can sit in the gathering areas as long as needed during open hours.
- Sleeping isn't allowed, but if you accidentally and quietly nod off for a few minutes, that isn't a problem.
- If a behavior is or may be disturbing to others, staff may ask you to adjust the behavior.
- Personal possessions must always stay with you.

CATHEDRAL OF THE ROCKIES

Address: 717 N 11th St Boise, ID 83702
Hours: Sunday 9am – 12:30pm
Monday-Friday 9am to 4pm

SERVICES & RESOURCES

- Tables, chairs, and couches for sitting and resting in the lobby.
- Drinking fountains and bathrooms.
- Lunches are available Monday-Friday 11:30am-1pm.

WHAT TO EXPECT WHEN YOU VISIT

- To be welcomed by someone at the lobby front desk.
- You can sit in the lobby during open hours.
- Sleeping isn't allowed, but if you accidentally and quietly nod off for a few minutes, that isn't a problem.
- If a behavior is or may be disturbing to others, staff may ask you to adjust the behavior.
- Personal possessions must always stay with you.

OUR PATH HOME – OUTREACH

Address: 511 S Americana Blvd, Boise, ID 83702
(Previously the Phoenix building)
Hours: Monday, Tuesday, Thursday 1-3:30pm

SERVICES & RESOURCES

- Tents and misters in back.
- Connection to case management and Our Path Home services.
- Items such as water bottles, sunscreen.

WHAT TO EXPECT WHEN YOU VISIT

- To be welcomed.
- You can sit in the first-floor lobby during open hours.
- Sleeping isn't allowed, but if you accidentally and quietly nod off for a few minutes, that isn't a problem.
- If a behavior is or may be disturbing to others, staff may ask you to adjust the behavior.
- Personal possessions must always stay with you.

BOISE DOWNTOWN PUBLIC LIBRARY

Address: 715 S Capitol Blvd Boise, ID 83702
Hours: Mon-Thu 10 am-8 pm
Fri 10am-6 pm
Sat & Sun 10am-2pm

SERVICES & RESOURCES

- Family friendly!
- Tables, chairs, and couches for sitting, working, reading on all three floors.
- Phone and tablet charging stations on all three floors.
- Courtesy phone for short, local calls available on the 2nd floor.
- Drinking fountains, water bottle filling stations, and bathrooms with free menstrual products on all three floors.
- Indoor space for eating small, prepackaged snacks on the 1st floor.
- Outdoor patio seating with umbrellas at the front of the library, which is a great place to eat.
- Computers and Wi-Fi access:
 - Computers are on the 2nd floor. Guest passes for two-hour sessions are available for free.
 - Copiers/scanners are on the 2nd and 3rd floors. Scanning is free.
 - Wi-Fi available inside and outside the building from 7 am-9 pm every day.
- Monthly pop-ups programs:
 - Jesse Tree (4th Thursdays, 10 am-12 pm)
 - Our Path Home (1st Wednesdays, 10 am-12 pm)

YMCA – DOWNTOWN

Address: 1050 W State St Boise, ID 83702
Hours: Monday-Friday 5am-9pm
Saturday 7am-6m
Sunday 10am-6pm

SERVICES & RESOURCES

- Free membership: The OUTREACH team is able to assist in signing up for membership. Call 208-336-466; let the Housing Crisis Hotline know you are calling for the membership and they will connect you with OUTREACH.
- Membership is required, and is available free to those who need it.
 - Membership required for all individuals 18 or older and an ID and to pass a non-sex offender background check.
 - The OUTREACH team can assist you in obtaining an ID.

- The Mental Health Coordinator can answer questions and help connect you with resources. The office is on the 1st floor.
- Study rooms and meeting rooms available.
- Materials inside the library can be used at any time. Check with staff about how to get a library card to borrow materials.
- Family activities and programs are available – ask a librarian for more!

WHAT TO EXPECT WHEN YOU VISIT

- To be welcomed at the front door. The Info Desk is a great place to ask questions if you're trying to find something specific in the library. We also have service desks on all three floors where staff can answer your questions about the library and help you find resources.
- Noise levels – We ask all users to be respectful of each other, and noise levels tend to get quieter as you move up through the library.
 - The 1st floor has more activity and is often a little noisier.
 - The 2nd floor has computers, study/group tables, and some conversations, but is a little quieter than the first floor.
 - The 3rd floor has our newspaper and magazine reading area and is usually our quietest floor.
- Sleeping isn't allowed in the library, but if you accidentally and quietly nod off for a few minutes, that isn't a problem.
- If a behavior is or may be disturbing to others, staff may ask you to adjust the behavior.
- Personal possessions must always stay with you.

WHAT TO EXPECT WHEN YOU VISIT

- To be welcomed at the front door and assisted in obtaining a membership.
- Showers can be used anytime during open hours.
- Programs and activity areas available for adults and youth.
- Pools are open at various times during the day on a reservation system and may not be open for the general public.
- Pools are often open to public: Mon-Fri: 7-11am, 3:30pm-8:30pm | Sat: 8am-12pm
- You may stay to cool down and to use the YMCA as a member.
- Sleeping isn't allowed.
- Possession, use of or influence of drugs or alcohol are not allowed.
- Weapons not allowed in facility.
- If a behavior is or may be disturbing to others, staff may ask you to adjust the behavior.