

HOW TO SUPPORT UNHOUSED NEIGHBORS DURING THE SUMMER MONTHS

SHARE INFORMATION

Help neighbors find places to stay cool. Learn more about severe weather and find shelter facilities at denvergov.org/findshelter.

[2-1-1](https://2-1-1.org) is a great resource that connects people to basic needs assistance like food, shelter, rental assistance, childcare, and more across Metro Denver.

MUTUAL AID

Mutual aid is the reciprocal exchange of resources between community members.

Mutual aid groups could collect and redistribute money, provide foods and essentials, open a community garden, etc. You can find multiple mutual aid groups for different causes around the Denver Metro area.

SUMMER SURVIVAL KITS

Summer survival kits are a packet of essentials that help people experiencing homelessness survive the dangerously hot weather.

Some items that may be helpful to have in a summer survival kit:

- Water
- Small bottle of sunscreen
- Chapstick
- Hat
- Sunglasses
- Gatorade (or Gatorade mix packets)
- Shampoo/conditioner
- Body wash
- Toothbrush/toothpaste
- Wet wipes/shower wipes

Although not summer specific, snacks are welcome as well. Some snack ideas:

- rice crispy treats
- peanut butter or cheese crackers
- instant coffee or cocoa packets
- pretzels or peanuts
- fruit chews or gummy bears
- cup o noodles
- bottled water

If you'd like to help the Coalition better assist our neighbors during severe weather, buy care package items through our [Amazon wish list](#).

Please contact John Saint, Mgr of Volunteer Services & In-Kind Giving, to coordinate donation dropoffs, JSaint@coloradocoalition.org.

The infographic is divided into two columns. The left column, titled 'Heat Exhaustion', features a white human figure with blue wavy lines representing sweat. Symptoms include faint or dizzy, excessive sweating, weak/tired, cool/pale/clammy skin, nausea/vomiting, and muscle cramps. The right column, titled 'Heat Stroke', features a white human figure with red wavy lines representing heat. Symptoms include confusion/disorientation, throbbing headache, stopped sweating, red/hot/dry skin, nausea/vomiting, and a body temperature above 103°. Below each column, arrows point to a box with instructions: 'If experiencing these symptoms...'.

Heat Exhaustion	Heat Stroke
Symptoms may include: <ul style="list-style-type: none">faint or dizzyexcessive sweatingweak, tiredmay have cool, pale, clammy skinnausea, vomitingmuscle cramps	Symptoms may include: <ul style="list-style-type: none">confusion, disorientationthrobbing headachestopped sweatingred, hot, dry skinnausea, vomitingbody temp above 103°
If experiencing these symptoms... <ol style="list-style-type: none">1. Get water, shade, and rest.2. Stop all strenuous work in heat.3. Monitor symptoms.	If experiencing these symptoms... <ol style="list-style-type: none">1. Call 9-1-1.2. Take immediate action to cool down until help arrives.

