

# HOW TO SUPPORT UNHOUSED NEIGHBORS DURING THE SUMMER MONTHS

## SHARE INFORMATION

Help neighbors find places to stay cool.

Learn about Denver's cooling centers:

<https://www.denvergov.org/Community/Heat-Resources/Daytime-Cooling-Centers>

Learn more about severe weather and find shelter facilities at

[denvergov.org/findshelter](https://denvergov.org/findshelter).

[2-1-1](#) connects people to basic needs assistance like food, shelter, rental assistance, childcare, and more.

## MUTUAL AID

Mutual aid is the reciprocal exchange of resources between community members. These groups could collect and redistribute money, provide foods and essentials, etc.

One example is [Mutual Aid Monday](#) who work with our neighbors experiencing homelessness, though there are many groups and individuals assisting.

The infographic is divided into two columns. The left column, titled 'Heat Exhaustion', has an orange background and shows a person with symptoms like fainting, excessive sweating, weakness, cool/pale/clammy skin, nausea/vomiting, and muscle cramps. The right column, titled 'Heat Stroke', has a red background and shows a person with symptoms like confusion/disorientation, throbbing headache, loss of consciousness, red/hot/dry skin, and a body temperature above 103°F. Both columns include a list of actions to take if experiencing these symptoms.

Heat Exhaustion	Heat Stroke
<b>Symptoms may include:</b> <ul style="list-style-type: none"><li>faint or dizzy</li><li>excessive sweating</li><li>weak, tired</li><li>may have cool, pale, clammy skin</li><li>nausea, vomiting</li><li>muscle cramps</li></ul>	<b>Symptoms may include:</b> <ul style="list-style-type: none"><li>confusion, disorientation</li><li>throbbing headache</li><li>may lose consciousness</li><li>stopped sweating</li><li>red, hot, dry skin</li><li>body temp above 103°</li><li>nausea, vomiting</li></ul>
<b>If experiencing these symptoms...</b> <ol style="list-style-type: none"><li>1. Get water, shade, and rest.</li><li>2. Stop all strenuous work in heat.</li><li>3. Monitor symptoms.</li></ol>	<b>If experiencing these symptoms...</b> <ol style="list-style-type: none"><li>1. Call 9-1-1.</li><li>2. Take immediate action to cool down until help arrives.</li></ol>

## 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](mailto:JSaint@coloradocoalition.org).

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FOR THE HOMELESS**

