HOW TO SUPPORT UNHOUSED NEIGHBORS DURING THE SUMMER MONTHS

SHARE INFORMATION

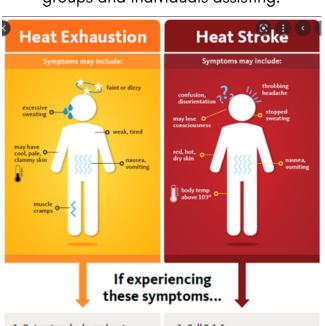
Help neighbors find places to stay cool.
Learn about Denver's cooling centers:
https://www.denvergov.org/Community/Heat-Resources/Daytime-Cooling-Centers

Learn more about severe weather and find shelter facilities at denvergov.org/findshelter.

<u>2-1-1</u> 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.



- 1. Get water, shade, and rest.
- 2. Stop all strenuous work in heat.
- 3. Monitor symptoms.
- 1. Call 9-1-1.
- Take immediate action to cool down until help arrives.

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, JSaintecoloradocoalition.org.

