

Beat — THE — HEAT

STAYING COOL AT HOME



Know the signs of heat exhaustion and heat stroke



Use cooling towels



Pay attention to the temperature in your home



Take cool baths or showers



Stay hydrated by drinking more water than usual



Wear light-colored, loose fitting clothing

AIR CONDITIONER PROGRAM



The Beat the Heat portable air conditioner program assists Harris County seniors, disabled individuals and families without means to cool their homes. [Call 832-393-4984 to qualify.](tel:832-393-4984)

POWERING THOSE IN NEED



Need help with your energy bill? The CARE (Community Assistance from Reliant Energy) program provides funding to Reliant customers who qualify for assistance with their electricity bill. [Call 211 to learn more.](tel:211)

PROTECTION FROM COVID-19



Wear a mask, social distance, wash hands frequently and get tested to protect yourself, your family and your community from COVID-19. Visit HoustonEmergency.org or call the COVID-19 call center at 832-393-4220 for information.