



# Heat Kills

Individuals and families facing homelessness are at-risk of exposure related illnesses and injuries, and not just in the winter!

Summer brings its own risks, as lack of shelter exposes people to extremes in temperatures and puts them at risk of sunburn, heat exhaustion and heat stroke.

People who very young, old, malnourished, exhausted and/or on certain medications are at increased risk during period of high heat.

## Ways to help:



1. Refer people to the Murphy Center for Hope, 242 Conifer Street, Fort Collins, open Monday - Friday 8 am - 5 pm. As our community's hub of services, Murphy Center staff will provide information about community resources, including the Center's own day shelter, core services (showers, food, laundry, lockers, mail, etc.) and on-site partner services (counseling, housing assistance, veteran's services, family services, etc.). Murphy Center services are free.
2. Assemble Heat Care Kits to give to people you meet or donate to Homeward Alliance to be distributed at the Murphy Center and on Street Outreach.

Heat Care Kits (packaged in quart zip lock bags or inside plastic water bottles)

- Sunscreen (bottles, sample size or packets)\*
- Antibiotic ointment packets\*
- Burn gel packets\*
- Insect repellent wipes\*
- Socks
- 3-4 Tablespoons of medicated powder or cornstarch in zip lock bag
- Baseball hat (used or new) or Bandanna (new or used & washed)
- Itch Cream packets\*
- Propel powder or other electrolyte packets\*

\*For bulk sized orders, Amazon carries most of these items in individual packets at prices much cheaper than purchasing in full sizes. Contact Homeward Alliance for links.

For more information or to learn about additional volunteer opportunities,  
contact [Volunteer@HomewardAlliance.org](mailto:Volunteer@HomewardAlliance.org) or call (970) 460-6155