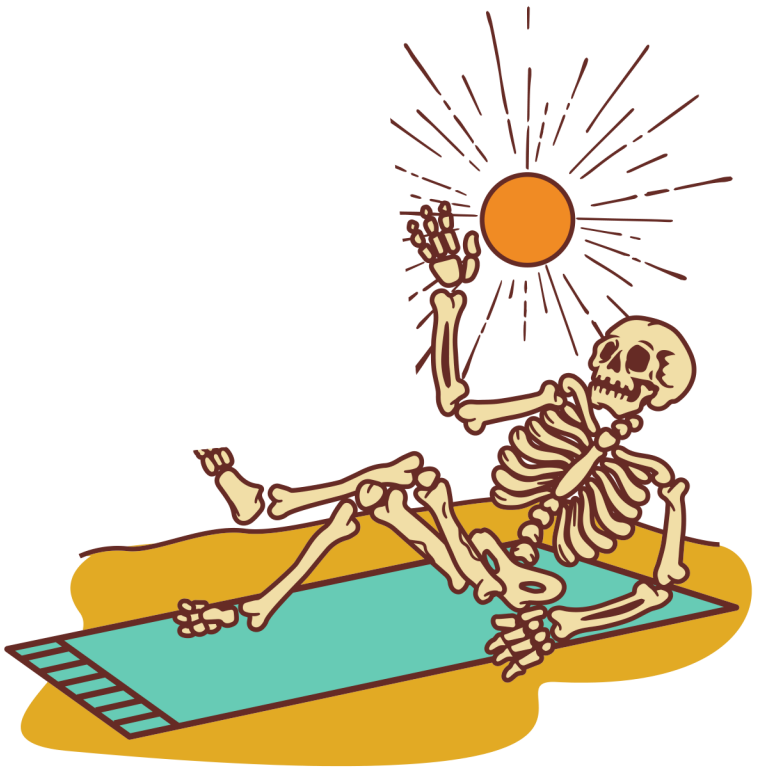


***Mutual Aid
for Survival in
Extreme Heat***





Extreme Heat

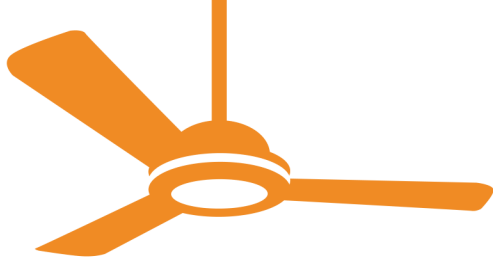
According to recent research heat related deaths and illnesses have risen **5x** more than previous years.

200,000 people die every year in the United States due to issues of poverty created by the State.

On average, homelessness decreases a persons lifespan by **17 years**.

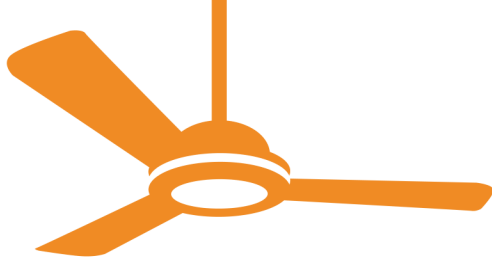
We Can Help! This zine is intended to provide ideas on how you can use your own time and resources to help people suffering from heat exposure, poverty, homelessness, and isolation during the Summer months.

The idea here is to move away from performative actions that make the giver feel good (handing out bottles of water from your car) into actions that are life affirming and life saving.



Cooling Station

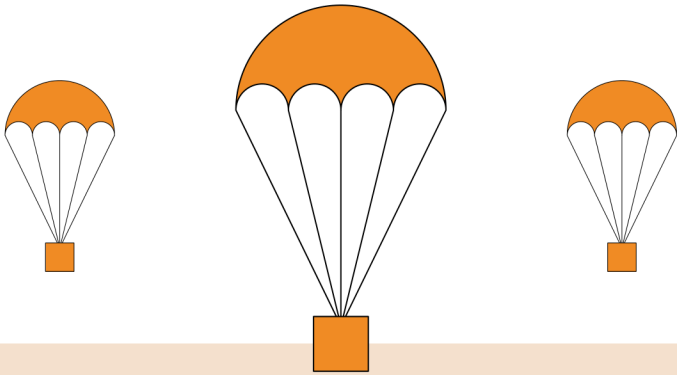
- Use your garage or set up a shaded area using natural resources or a canopy.
- Provide seating: Chairs, cushions or natural objects like logs and benches are fine.
- Provide water (don't forget the cups!).
- Provide fans or air conditioning (homemade paper fans work in a pinch but electric is superior).
- Consider a kiddie-pool of water for feet dipping.
- Consider cups of ice or popsicles.
- Consider entertainment (board games, art supplies, cards).
- Keep a first aid kit with information on heat exhaustion and heat stroke.
- Be thoughtful that a large number of folks have pets.



Cooling Station

If you decide to run a cooling station consider doing the following:

- Make a map to the nearest bathroom participants can use, consider if you will offer rides or your own space.
- Check HOA and neighborhood policy on multiple guests or host at a local park instead.
- Check city guides on handing out food and decide if you want to provide snacks or a meal.
- Brush up on your basic First Aid.
- Watch some YouTube Videos about mediating conflict and crisis intervention.
- Research crisis response teams in the area so if there is an intense situation you have someone to call who is not the local police department (which can endanger lives).
- Consider creating a sheet people can put their most immediate need for help on with their contact information, perhaps you can help connect folks to resources as a form of follow-up care.



Supply Drops

Donate supplies directly
to those in need

- Cooler with ice and drinks
- Portable Fan with batteries
- Canopy for shade
- Fresh cut fruit
- Clean change of clothes
- Spray bottle with water
- List of water play parks and the buses that get to them
- Cash for gas or shelter
- Day pass to a local gym

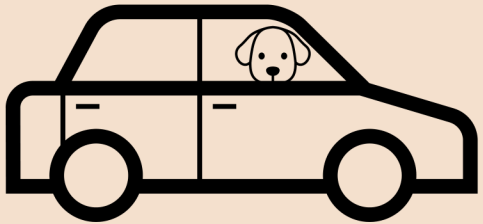
NO

Canned
food,
granola,
gross
clothing

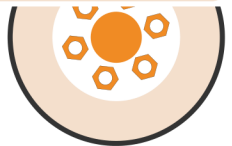
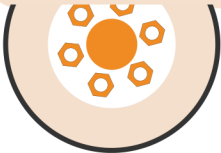
Transport

Drive
folks
to
Cooling Centers
and
Water Holes

It's
dangerous
to be out
walking in
extreme
heat



*perhaps drive someone to the beach for a day



Volunteer

There are many organizations and coalitions that already exist to aid those on the streets. It's not always necessary to invest large amounts of time reinventing the wheel... sometimes we can just be 'helper-bees' towards a larger goal. Try asking around until you find a volunteer group near you. You can commit to short-term tasks while you see if the group is right for you. Keep in mind mutual aid is organized by people, not corporations or nonprofits. People are imperfect but we've seen the most substantial support comes from organizations doing service without a profit motive.





Document

There are so many human rights violations happening in our own neighborhoods that nobody even knows about. With some transportation, a pen and paper you can make a huge difference.

Document:

When documenting data on the Unhoused population be sure **NOT to share information on their location with law enforcement or city officials. This may endanger their lives.**

- Interview unhoused folks and ask what they need or what resources are most missing, compile a list.
- What resources exist, what they really offer vs what they say they offer.
- Interview people near homeless camps to get their views on the situation.
- When authorities pull down an encampment attend and document how they treat the Unhoused.
- Go to the local parks and rest areas and document how many people are sleeping in cars.
- Interview Unhoused folks about the street harassment they endure, their health problems, how they became homeless.

Use this information to advocate for safe Housing solutions!



Get Loud

- Ask friends to help disrupt a city council meeting
- Protest (invite the Unhoused to join you)
- Buy (and use) a megaphone
- Poster/Wheatpaste the Town
- Repeatedly contact local media
- Locally distribute a poignant zine
- Host a monthly meetup for Unhoused community to gather and plan themselves how to be loud

Get your church
involved

Get your family
involved



Radical Action

Create A 3 a.m. Autonomous Noise 'Party'
Every Day Until Housing Is Secured

Occupy An Empty Building

Free Up A Room In Your Own Home

Give Away Your Extra Car
(with working air conditioning)

Gather A Cohort And Sleep On Lawns Of
Decision Makers Until Housing Is Secured

Occupy BLM Land for Duration of Heat Wave

Take Over A Local Broadcasting Station
During Heat Wave To Read Stats on
Homelessness and Heat Related Death



Plan for the Future

PEOPLE NEED HOUSES NOT CANNED FOOD

While surviving today is of the utmost importance, what unhoused folks really need is help into stable housing. Less than that, folks need someone to check in with them on a regular basis to help with tasks, supplies and accessing basic resources.

Spending a day handing out water is often a placebo, it does more for the giver than the recipient. So, yes, please help folks survive days of extreme heat...but please keep in mind the best safety measure is a home.

The Neighborhood

The Unhoused in our communities are at the highest risk of effects from extreme heat but they are not the only ones who need some extra support.

Please consider checking in on:

- **Your Elderly and Disabled neighbors.** They may not have air conditioning. Perhaps you can set up a fan with some ice to work as a makeshift swamp cooler? Or just ask what they need.
- **Your local Farmworkers.** Beyond asking what they need you can bring by ice cold water and fresh cut fruit for them to enjoy on their breaks. They work in brutal conditions so we can eat.
- **Single moms** who may need to work while their child stays home in the Summer. Maybe they'd feel safer if a neighbor checks in once in awhile?





We can't always help ourselves...

**DON'T
IGNORE
PEOPLE'S
SUFFERING**

Most of us are one misfortune away
from Homelessness ourselves.

- Extreme Heat Kills -

THE INDIGENOUS ANARCHIST