

# Stay Cool During COVID-19

Many Philly residents who could get very sick from COVID-19 are also at higher risk of heat-related illnesses, like heat stroke. These include older adults and people with chronic conditions.  
**Learn more about how to stay healthy this summer.**



## Keep Your Home Cool

Air conditioning is the best way to stay cool and prevent heat-related illness when it's very hot outside.

### If you don't have A/C:

- Open windows at night to let in cool air.
- Close blinds or curtains during the day to limit sunlight.
- Limit use of your stove/oven.



## Keep Yourself Cool

- Drink plenty of water and avoid caffeine and alcohol.
- Stay in the shade as much as possible when outside on a hot day.
- Avoid intense physical activity.
- Wear light, loose fitting clothing.
- Take cool showers or baths.



## Stay Informed

- Check the weather in your area.
- Text **READYPhila** to **888-777** to receive alerts about:
  - Heat advisories, COVID-19 updates, and severe storms.
  - Phone call and email alerts also available.



## Stay Safe

**You can catch COVID no matter how sunny or hot the weather is!**

- Stay home if you can, and stay at least 6 feet away from anyone you don't live with.
- Wash hands often with soap and water.
- Wear a breathable mask when in public.
  - Choose a lightweight material, like cotton.
  - Change your mask if it gets damp.

