

Philly Health Prepared

Public Health Preparedness Newsletter Summer 2022

This newsletter is available in Amharic, Arabic, French, Haitian Creole, Indonesian, Khmer, Korean, Portuguese, Russian, Simplified Chinese, Spanish, Vietnamese at <https://bit.ly/CRPNnewsletter>.

To request printed copies in any language, please email: publichealthpreparedness@phila.gov

It's HOT Outside Philly

Stay cool

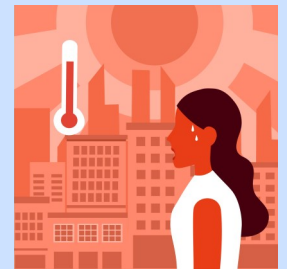
- Spend time in Air Conditioning.
 - ◊ See **page 3** for FREE indoor, summer activities.
- Stand under shade when outside.
- Wear light, loose-fitting clothing and cover your head.

Look out for others

- Check on older adults, anyone who is home-bound or lives alone.
- To reach homeless outreach services call 215-232-1984.
- If you think someone is having a medical emergency, call **911**.

Stay hydrated

- Drink plenty of water or fruit juice, even if you do not feel thirsty.
- Avoid alcohol, caffeine and drinks with a lot of sugar.



Stay informed

- Get free heat and emergency warnings from @PhilaOEM direct to your phone.
 - ◊ Text READYPHILA to 888-777 to sign up.

Find COVID-19 Vaccine, Tests, and Masks

- Find FREE vaccine at www.phila.gov/vaccine and www.vaccines.gov/ or call 215-685-5488 (*Press 3 for interpretation in your language, press 2 for Spanish. Dial 711 for TRS/TTY assistance.*)
- FREE home tests <https://www.covidtests.gov/> and FREE masks <https://bit.ly/FreeN95s> (*Even if you don't have insurance.*)



Department of
Public Health

CITY OF PHILADELPHIA

Who do we worry about when its hot?

Some people are more likely to get sick during very hot weather.

- People who cannot leave their homes
- People who work outside
- Adults aged 65 and older
- Infants and young children
- People with some disabilities and medical conditions that make it harder for your body to cool off
- People experiencing homelessness
- Athletes



Make sure someone knows to check on you, and check on family, friends and neighbors when the temperature goes up.

How can I get sick from very hot weather?

Did you know that one hot day can lead to health problems, but a few hot days in a row can be even more dangerous?

Heat Exhaustion

What you may feel:

- Heavy sweating, headache weakness, tiredness, dizziness nausea or vomiting

What to do:

- **Call a doctor or healthcare provider** if symptoms last for more than one hour
- Go to an air-conditioned space
- Sip cool water
- Take a cool shower or bath

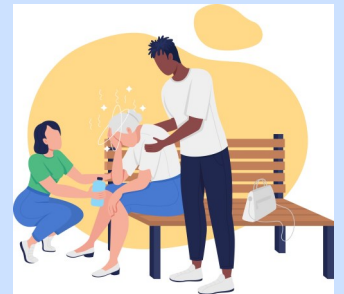
Heat Stroke

What you may feel:

- Very high body temperature, confusion, pounding headache nausea, unconsciousness

What to do:

- Heat stroke is an emergency. **Call 911.**



More stay cool tips



The hottest part of the day is from about **11am - 4pm.**

- Try to avoid difficult physical activity and stay out of the sun.

You may need to drink more water than usual to stay hydrated.

- Sip water or fruit juice even if you are not thirsty.

Stay Cool with these summer activities

Art Reach

Art and culture for everyone everyday

- Participating locations at: www.art-reach.org or call (267) 515-6720
 - ◊ Get \$2 per person admission for up to 3 people. Bring a valid ACCESS Card and a photo ID to the admissions desk at any participating museum, garden, historical or cultural site.
 - ◊ Get into museums for FREE with your high school student ID.
- These museums provide FREE admission with an EBT Card or Access card for up to 4 adults, kids under 18 are free.
 - ◊ Please Touch Museum
 - ◊ Philadelphia Art Museum
 - ◊ UPenn Museum of Archaeology and Anthropology
 - ◊ Eastern State Penitentiary History Site



Cooling Centers

- Visit your local library anytime they are open to cool off in the air conditioning.
- During a heat emergency, more locations will open with extended hours.
- Find one near you: bit.ly/PhillyHeatEmergency or call 3-1-1.

Spraygrounds

- Spraygrounds are a free, fun, safe way to enjoy water this summer.
- Philadelphia has more than 90 spraygrounds!
- Find one near you: <https://bit.ly/SpraygroundFinder> or call 3-1-1.



Play Streets

- Each weekday during the summer your street can be closed to serve free meals to kids on the block and allow them to play outside.
- Residents can apply to close their block to traffic.
- Playstreets take place during the summer from 10 a.m. to 4 p.m.
- To apply to become a Playstreet call (215) 685-2719 or visit www.phila.gov/programs/playstreets/

Public Pools

- Free and open for everyone.
- A detailed schedule is regularly updated at www.phila.gov/ppr

Mental Health and Wellbeing

Open 24/7, Interpretation available

Need help with a mental health crisis? Call 215-685-6440
Mental Health & Addiction Services: 888-545-2600

Visit HealthyMindsPhilly.org for free, online behavioral health screening and resources

Prepare for hot days indoors Assistance for more comfortable housing

Utility Emergency Services Fund

Case management, Financial assistance, Educational workshops and more
1608 Walnut St. Suite 600, Phila. PA 19103
215.972.5170 www.uesfacts.org

UESF's Front Door—Benefits Access Center

Learn about and enroll in state and federal benefits
215.814.6845 — BAC@uesfacts.org

Utility Assistance Program

Utility services endangered or terminated (shut off)
215.814.6837 — utility@uesfacts.org

Neighborhood Energy Centers

Information on how to save on utilities and help paying energy bills.
<https://bit.ly/PhillyNEC>

PCA Helpline: 215-765-9040

Assistance with heat safety tips, meals and other resources.

During a heat emergency, trained nurses will be available to talk through any health issues related to the heat.

Let's stay connected!

Find the latest information at phila.gov/heat [facebook.com/phillyhealth](https://www.facebook.com/phillyhealth) and twitter.com/PHLPublicHealth



For printed copies of this newsletter, questions, or problems with the translation, email us at PublicHealthPreparedness@phila.gov or leave a message at (215) 429-3016 for the Public Health Preparedness Outreach Team. **We would love to hear from you!**

Sign up for the **Community Response Partner Network** at <http://bit.ly/phlcommunityresponse>