

# STAY COOL, PHILLY

*Information for People with Chronic Illnesses*



Know the signs of heat exhaustion: heavy sweating, dizziness, nausea, muscle aches.



Stay hydrated, drink plenty of fluids throughout the day.



Stay cool. Spend time in air conditioned spaces.

## Did you know?

- One hot day can lead to health problems, but a number of hot days in a row bring the most risk.
- Some medications can make it difficult to regulate body temperature. Inability to sweat or trouble with breathing can put you at higher risk for overheating. Talk to a doctor and plan ahead for hot days.
- Conditions like heart disease, mental illness, poor blood circulation, obesity, and others put you more at risk for heat-related illness.
- Your body can lose a lot of water on hot days. You may need to drink more water than usual to stay hydrated.

## Resources

**Find cooling centers, public pools, spray grounds and Free Public Libraries**

**Plan ahead and get FREE heat and weather warnings from @PhilaOEM direct to your phone. Text READYPHILA to 888-777 to sign up.**

**PCA Hotline: 215-765-9040  
Heat safety tips and resources from trained nurses.**

**For more heat-related resources, or to find the nearest cooling center call 3-1-1 or visit [bit.ly/PhillyHeatEmergency](https://bit.ly/PhillyHeatEmergency)**