

# Watch for signs of heat-related illness

## HEAT EXHAUSTION

### Symptoms:

- Heavy sweating
- Headache
- Weakness, fatigue, dizziness
- Nausea or vomiting



### What to do:

- Call a doctor 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

### Symptoms:

- Very high body temperature
- Confusion
- Pounding headache
- Nausea
- Unconsciousness



 **Heat stroke is an emergency**   
Call 911 if someone has these signs



## Prepare for hot days indoors

### UESF

#### Front Door Benefits Access Center

Learn about and enroll  
in state and federal benefits

215.814.6845 — [BAC@uesfacts.org](mailto:BAC@uesfacts.org)

#### Utility Assistance Program

Utility services endangered or shut off  
215.814.6837 — [utility@uesfacts.org](mailto:utility@uesfacts.org)

More heat resources at  
[phila.gov/heat](http://phila.gov/heat)

## Let's stay connected!

### Community Response Partner Network

Join for updates on heat warnings and  
other Public Health Emergencies.



Sign up  
online

[bit.ly/phlcommunityresponse](http://bit.ly/phlcommunityresponse)

Stay Cool This Summer

## Stay Cool, Philly!



## Did you know?

Very hot  
weather can  
make you  
sick.

## Who's at Risk?

Very hot weather is dangerous for everyone. Some people are more likely to get sick:

- Adults aged 65 and older
- Infants and young children
- People with a chronic medical condition (like diabetes or heart disease)
- People experiencing homelessness
- Outdoor workers
- Athletes



Hot, humid weather can also decrease air quality.

If you have a respiratory condition, like asthma, you may need to limit your time outside.



### Philadelphia Corporation for Aging (PCA) Heatline

Heat safety tips and resources from trained nurses.



**PCA Heatline: 215-765-9040**

## What You Can Do

### STAY COOL

- Stay in air-conditioning
- Avoid direct sunlight
- Wear light, loose-fitting clothing



### STAY HYDRATED

- Drink plenty of water, fruit juice and other fluids
- Avoid alcohol, caffeine and sugary drinks

### STAY INFORMED

- Get **FREE** heat and emergency warnings from @PhilaOEM direct to your phone. Text **READYPHILA** to **888-777** to sign up.
- Stay updated on local weather

### LOOK OUT FOR OTHERS

- Check on older adults and home-bound neighbors
- If you see someone experiencing homelessness who needs help, call **215-232-1984**
- If you think someone is having a medical emergency, call **911**

## City Services

### Cooling Centers

Places to escape the heat and enjoy some air-conditioning during heat emergencies. Visit your local Free Library or call **3-1-1** to find a **cooling center near you**.

### Spray Grounds

Free, fun, safe way to enjoy water this summer—and Philly has more than 90 of them! Find one near you: [bit.ly/SpraygroundFinder](https://bit.ly/SpraygroundFinder)

### Public Pools

Pools are a beloved part of summer in the City and a great way to cool down, have fun, and stay active. For pool opening schedule visit: [phila.gov/ppr](https://phila.gov/ppr)



### 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.

To apply to become a Playstreet call **(215) 685-2719** or visit [www.phila.gov/programs/playstreets/](https://www.phila.gov/programs/playstreets/)

