

Philadelphia Weekly PHP Outreach Newsletter

Philadelphia Department of Public Health

The Latest News

- **Heat waves expected this summer.**
 - More information on extreme heat in Philadelphia in the Frequently Asked Questions guide below.
 - Visit the Philadelphia Extreme Heat Guide at phila.gov/heat for:
 - Information about the health risks of extreme heat.
 - Tools and tips to help you stay cool.
 - Printable flyers and brochures about extreme heat, utility assistance and more.
 - Links to get help paying for utilities, and other resources.
 - Contact the Public Health Preparedness Program to schedule an in-person or virtual workshop on staying safe during extreme heat; get printed copies of heat flyers and brochures mailed to your organization; or discuss your ideas of how we can support your community to stay safe from excessive heat this summer. Email us at publichealthpreparedness@phila.gov or leave us a message at 215-429-3016.
- **COVID-19 vaccine for children under 5**
 - The CDC and the FDA approved the Moderna and Pfizer vaccine for children under 5
 - Everyone ages 6 months and older is eligible to get vaccinated against COVID-19.
 - More information in the FAQ below and at: <https://bit.ly/0622vaxUnder5>

COVID-19: Resources and Services

- **Where to find COVID-19 vaccine:**
 - Call 3-1-1 or visit phila.gov/vaccine or vaccines.gov to find a vaccine clinic near you.
 - For interpretation, call 3-1-1, press #5 and say your language.
 - Visit <https://bit.ly/KnowB4Ugo> for updates on transportation, access and functional needs resources, and up-to-date access descriptions of City-run clinics.
 - Options for COVID-19 vaccines for uninsured residents include:
 - Free vaccine at City health centers and pop-up clinics, for insured and uninsured residents. No ID is required at these locations
 - Other sites, like pharmacies, may bill your insurance company or charge you a direct fee. Call these sites before you go to find out about their policies.
 - More information available at: www.phila.gov/vaccine and bit.ly/COVIDvaxFAQ-PDPH
- **What to do if you lost your vaccination card?**
 - Ask your healthcare provider first, if they cannot help, call 215-685-5488 or email covid@phila.gov to request a copy of your vaccine record.
 - The CDC does not provide copies of COVID-19 vaccination card.
- **Stock up on FREE N95 masks**
 - Visit <https://bit.ly/FreeN95s> for free masks from the Strategic National Stockpile
- **Stock up on home tests**
 - How to get FREE home tests even if you do not have insurance:
 - Each household can place 3 orders of 4 free tests, for 12 tests total.
 - Order at: <https://www.covidtests.gov/>

- **How to get home tests paid for if you do have insurance:**
 - Health insurance companies are required to reimburse 8 at-home tests per month for each person enrolled in the plan and will reimburse up to \$12 per individual test.
 - Submit receipts for tests that you've purchased to your health plan, along with any other necessary documentation required by the health plan.
 - Detailed information here: <https://go.cms.gov/3Lqo0Yk>

Extreme Heat: Resources and Services

- **Neighborhood Energy Centers**
 - Information on how to save on utilities and help paying energy bills
 - Visit: <https://bit.ly/PhillyNEC>
- **Philadelphia Corporation for Aging (PCA) Helpline**
 - 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.
 - Call: 215-765-9040
- **Utility Emergency Services Fund (UESF)**
 - Assistance for more stable housing
 - Case management, Financial assistance, Educational workshops and more
 - Address: 1608 Walnut St. Suite 600, Phila. PA 19103
 - Main number: 215.972.5170
 - Website: www.uesfacts.org
 - UESF's Front Door—Benefits Access Center
 - Learn about and enroll in state and federal benefits
 - Call: 215.814.6845
 - Email: BAC@uesfacts.org
 - Utility Assistance Program
 - Utility services endangered or terminated (shut off)
 - Call: 215.814.6837
 - Email: utility@uesfacts.org
- **FREE ways to stay cool:**
 - Public Pools are free and open for everyone.
 - A detailed schedule is regularly updated at www.phila.gov/ppr
 - Spray Grounds are a fun, safe way to enjoy water this summer.
 - Philadelphia has more than 90 Spray Grounds.
 - Find a Spray Ground near you: <https://bit.ly/SpraygroundFinder> or call 3-1-1.
 - Cooling Centers open during a Heat Emergency
 - 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 a cooling center at: bit.ly/PhillyHeatEmergency or call 3-1-1.

Frequently Asked Questions (FAQs) on Extreme Heat in Philadelphia

- **Why is extreme heat a problem in Philadelphia?**
 - Between 2006 and 2018 there were 137 heat-related deaths in the City of Philadelphia.
 - Philadelphia is getting hotter because of climate change.
 - Summers are getting hotter, and we are experiencing more hot days in a row.
 - Heat events and hot days are expected to continue to increase in Philadelphia.

- Like other cities, Philadelphia is especially at risk of extreme heat. Due to what is called the “urban heat island effect”.
 - This means that cities are hotter than suburban areas because cities often have fewer trees and less green space.
- **Are heat waves the same in every part of the city?**
 - No, some areas of the city can be as much as 20 degrees hotter.
 - Hotter areas tend to have fewer trees and fewer parks, so have less shade. Buildings can retain heat even through the night, so there really isn’t much of a break during a heat wave.
 - Areas that are hotter tend to be areas that have less resources and where people are less able to afford air conditioning. This makes heat emergencies even more dangerous.
- **How do we know summers are getting hotter in Philadelphia?**
 - Last year Philadelphia recorded 36 days of 90-plus temperatures, however the long-term average is 21 days of 90-plus temperatures.
 - The summer months from June 1st - August 31st, officially went on record as the third-warmest meteorological summer in Philadelphia’s 150-year period of recording temperatures.
- **What services open in Philadelphia only during a Heat Emergency?**
 - During a heat emergency, PDPH focuses resources on the areas of the city that are hotter and where people are less able to afford air conditioning and other resources to stay safe.
 - During a heat emergency, cooling centers will open to give people a FREE, safe place to escape from the heat.
 - Even just spending an hour or two in a cooling center can help prevent someone from getting sick with a heat-related illness, during a heat wave.
 - Most cooling centers are libraries. You can visit a library to cool off any time they are open.
 - Find cooling centers at: bit.ly/PhillyHeatEmergency or call 3-1-1.
 - During a heat emergency, the PCA Helpline becomes the PCA Heatline
 - Hours are extended to 24/7 and the phonenumber becomes staffed by trained nurses.
 - Call: 215-765-9040
 - During a heat emergency, utility shut offs are temporarily suspended.

More Information

- **Call 3-1-1:**
 - Press 2 for interpretation in your language. Dial 711 for TRS/TTY assistance.
- **Philadelphia Coronavirus Helpline**
 - Call 800-722-7112, press #9 for interpretation. **Open 24/7!**
 - Talk to a medical professional about COVID-19 symptoms, exposure, vaccine, tests, Etc.
- **Philadelphia Extreme Heat Guide**
 - Visit: phila.gov/heat

How to Stay Connected

- **Health and Emergency Updates**
 - Text ReadyPhila to 888-777 and get updates on your phone
 - Find the latest information at phila.gov/COVID, facebook.com/phillyhealth and twitter@PHLPublicHealth
- **Join the Community Response Partner Network**
 - This newsletter is sent to the [Community Response Partner Network](#), part of the PDPH Public Health Preparedness Program.

- Sign up at <https://bit.ly/phlcommunityresponse> to get essential public health information, then pass it on to your family, friends, and community.
- **Questions or suggestions?**
 - Email us at COVIDVax@phila.gov
 - Leave a message with the Public Health Preparedness Program Outreach Team at 215-429-3016.

**Be safe,
Philadelphia Department of Public Health**