

Philadelphia Weekly PHP Outreach Newsletter

Philadelphia Department of Public Health

The Latest News

- Protect yourself from mosquito bites
 - See below for more information on mosquitos and West Nile Virus here in Philadelphia.
- Heat waves expected this summer
 - See below for free and discounted activities for the whole family to stay cool this summer.
 - 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.
 - Discuss your ideas of how we can support your community to stay safe from excessive heat this summer.
- 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>

Severe Heat: FREE and DISCOUNTED Activities

- Public Pools
 - FREE and open for everyone.
 - A detailed pool schedule is regularly updated at www.phila.gov/ppr
- Spray Grounds
 - A free, fun, safe way to enjoy water this summer.
 - Philadelphia has more than 90 spraygrounds.
 - Find a SprayGround near you: <https://bit.ly/SpraygroundFinder> or call 3-1-1.
- 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 a cooling center at: bit.ly/PhillyHeatEmergency 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/
- Art Reach
 - Art and culture for everyone.
 - Stay cool at these indoor, air-conditioned museums.
 - 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

Frequently Asked Questions (FAQs) on Mosquitos in Philadelphia

- How can I prevent myself from being bitten by mosquitos?
 - Make sure screens fit tightly over doors and windows to keep mosquitoes out of your home.
 - Wear long sleeves and pants.
 - Stay indoors when mosquitos are most active (dawn and dusk from April to October).
 - Use insect repellent.
 - If you are in an area with a lot of mosquitos, consider using mosquito repellent with EPA registered active ingredients:
 - DEET
 - Picaridin (known as KBR 3023 and Icaridin outside the US)
 - IR3535
 - Oil of lemon eucalyptus (OLE)
 - Para-menthane-diol (PMD)
 - 2-undecanone
 - This tool can tell you which repellent to use: <https://www.epa.gov/insect-repellents/find-repellent-right-you>
- How can I protect my child or baby from being bitten by mosquitos?
 - Dress your child in clothing that covers arms and legs.
 - Cover strollers and baby carriers with mosquito netting.
 - When using insect repellent on your child:
 - Always follow label instructions.
 - Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.
 - Do not apply insect repellent to a child's hands, eyes, mouth, cuts, or irritated skin.
 - Adults: Spray insect repellent onto your hands and then apply to a child's face.
 - Consult with a pediatrician or family physician about the use of repellent on children. (Repellent is not recommended for children under the age of 2 months.)
- How can I prevent mosquitos from being near my home?
 - Get rid of mosquito breeding areas:
 - Throw away cans, plastic containers, ceramic pots or similar water-holding containers that have collected on your property.
 - Turn over plastic wading pools, buckets or wheelbarrows when not in use.
 - At least 1-2 times a week, empty water from:
 - Flowerpots, pet food and water dishes, bird baths, swimming pools, buckets, cans, and other items that collect water outside of your home.
 - Drill holes in the bottom of outdoor recycling containers.
 - Have clogged roof gutters cleaned. Roof gutters can produce millions of mosquitoes each season.
- What does PDPH do control mosquitos in Philadelphia?
 - Every mosquito season, PDPH Vector Control Services works to reduce the number of mosquito larvae (eggs) by:
 - Treating sewer inlets
 - Encouraging residents to dump standing water
 - Monitoring for West Nile Virus-positive mosquitoes
 - Occasionally spraying to kill adult mosquitoes
- What can I do if I find an infestation of mosquitos in or near my home?
 - Call PDPH Environmental Health Services Vector Control at 215-685-9000 to report mosquito infestations in Philadelphia.

- PDPH investigates and controls mosquitoes that can transmit diseases like West Nile virus and Zika virus. PDPH also investigates and treats stagnant pools and standing water, where mosquitoes often breed, and help residents learn how to protect themselves and their homes from mosquitoes.
- More information is available at: <https://bit.ly/PDPHVectorControl>
- What is West Nile virus?
 - West Nile virus can cause West Nile encephalitis, an infection that results in inflammation of the brain.
 - Most of the time you get a mosquito bite, there is no risk of being exposed to West Nile virus.
 - Most people who get infected will not get sick, but some people develop fever and flu-like symptoms. In rare cases, West Nile virus can be severe and lead to inflammation (swelling) of the brain.
 - While people of any age can be infected with West Nile virus, people 50 years of age and older are at highest risk for severe disease and death.
 - If you or a family member are experiencing unexplained headaches, weakness, and fatigue, speak with your primary care provider.
- Do all mosquitos carry West Nile virus?
 - No, only certain species (types) of mosquitos carry the virus.
 - However, it is recommended that you protect yourself from mosquito bites.
- Where can I get more information about the West Nile virus in Philly?
 - For information on monitoring and control of West Nile:
 - By the State and DoH, visit: www.westnile.state.pa.us
 - By the City and PDPH, visit: <https://bit.ly/PhillyWestNileVirus> or call Environmental Health Services Vector Control at 215-685-9000

More Information

- **PDPH Call Center:**
 - Call 215-685-5488, Press 3 for interpretation in your language, press 2 for Spanish. 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.
- **Frequently asked questions on all 3 vaccines:**
 - From PDPH: <https://bit.ly/COVIDvaxFAQ-PDPH> (English)
 - From the CDC: <https://bit.ly/COVIDvaxFAQ-CDC> (English, Chinese, Vietnamese, Korean, and more)

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](https://twitter.com/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**