

Philadelphia Weekly PHP Outreach Newsletter

Philadelphia Department of Public Health

The Latest News

- Heat Caution in effect from August 4 through August 8.
 - 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.
 - View a severe heat workshop at: <https://bit.ly/SevereHeatTraining>
 - ASL interpretation available
 - The Summer 2022 Newsletter is available in 12 languages
 - Available at <https://bit.ly/CRPNnewsletter> in Amharic, Arabic, English, French, Haitian Creole, Indonesian, Khmer, Korean, Portuguese, Russian, Simplified Chinese, Spanish, Vietnamese.
 - 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.
 - Email us at publichealthpreparedness@phila.gov
 - Leave us a message at 215-429-3016
- COVID-19 information updated on the PDPH website
 - As more children under the age of five are vaccinated, it has become possible for the City to start reporting the number of doses administered to that group. Because the numbers are still low, the Health Department is not reporting percentages or demographics on this group.
 - The new dashboard includes information on the number of Philadelphians over the age of 50 that have received two booster doses, as recommended by the CDC.
 - The updated dashboard is available at: <https://bit.ly/COVIDvaxDashboard>
- Monkeypox information, public on the PDPH website
 - The Health Department's website was updated last Monday to provide transparency and easier access to the number of Philadelphia residents that are considered to have monkeypox and to provide information on vaccines.
 - As of Monday, August 1, 2022, 82 people in Philadelphia are considered to have monkeypox. Six of those people have been confirmed to have monkeypox through CDC testing.
 - This information and more can be found at: <https://bit.ly/MPXDASHBOARD>
 - Visit: <https://bit.ly/PHLMonkeypoxInfo> for the latest on Monkeypox in Philadelphia.
- Text-to-911 now fully operational in Philadelphia
 - Text-to-911 is a service that allows the public to send a text message to 911.
 - Individuals who are Deaf, Hard-of-Hearing, and those who face communication barriers may find this service a more accessible means of interface with 911.
 - More information available at: <https://bit.ly/PATextTo911>

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>

Frequently Asked Questions (FAQs) on Heat Illness in Philadelphia

- How can I know when an extreme heat event is coming?
 - Get health and emergency updates (including alerts about severe heat).
 - Text ReadyPhila to 888-777 and get updates on your phone.
- I can't afford to run my AC in the summer, what can I do?
 - Contact the Utility Services Emergency Fund: Utility Grant Program at 215 814 6837.
 - Find a cooling center by calling 311 or visiting www.phila.gov/heat
- Who is most likely to get seriously sick during very hot weather and how can they stay safe?
 - Older adults
 - Chronic medical conditions and some medications can affect the body's ability to control its temperature or sweat properly to cool off.
 - Mobility issues may also get worse because of hot weather which can make it more difficult to travel to places with air conditioning.
 - Contact CCT at 215 580 7700 for free transportation services.

- People who live alone are at higher risk. Make a plan to check on your loved ones and make sure someone knows to check on you.
- Babies and children
 - The inside of a car can get much hotter than the outside temperature and the temperature can rise very quickly.
 - Children and babies who are left alone in cars in the heat are at risk of heat stroke and death.
 - Do not leave children or babies alone in a car in the heat, even for a couple minutes.
 - Dress your child in light-colored, loose-fitting clothing. Use sunscreen and reapply as directed. Encourage your child to drink water and fruit juice even when they are not thirsty.
 - Play in the shade when outside or find indoor, air-conditioned activities:
 - Pools: www.phila.gov/ppr or call 3-1-1.
 - Spraygrounds: <https://bit.ly/SpraygroundFinder> or call 3-1-1.
 - Cooling center: bit.ly/PhillyHeatEmergency or call 3-1-1.
 - Playstreets www.phila.gov/programs/playstreets/ or call 215-685-2719.
 - Art reach activities: www.art-reach.org or call 267-515-6720.
- People who work outside
 - Bodies lose a lot of water on hot days.
 - Drink more water and fruit juice than usual while you are in the heat and the evening before, even if you are not thirsty.
 - The hottest part of the day is between 10am – 2pm, try to avoid strenuous activity during these hours if possible. If you must work outside, try to work in the shade or make share with an umbrella or tarp.
 - Sunburns can raise your body temperature and make it harder to cool down. Wear and reapply sunscreen as directed.
- People experiencing homelessness
 - Bodies can lose a lot of hot water on hot days.
 - Drink water or fruit juice even when you are not thirsty.
 - Sunburns can make it difficult to cool down.
 - Look for shade when standing outside. Wear sunscreen and try to avoid standing in the sun.
 - 24-hour homeless outreach hotline: (215)-232-1984
- People using substances
 - Substance use can make it hard to tell when the temperature is changing. This can make it easier to get seriously sick with heat stroke or get a sunburn.
 - Try not to take substances when you are alone and stay in a cool place.
 - Drink water and fruit juice even when you are not thirsty and get help if you do not feel well.
- People with some disabilities
 - Some disabilities can make it difficult to regulate body temperature. Difficulty with sweating or trouble with breathing can put you at a higher risk of overheating. People who live alone are at a higher risk.
 - Talk to a doctor, make a plan to notify friends, family or neighbors if you need assistance, make sure someone knows to check on you.
- People with some chronic illnesses
 - Conditions like heart disease, mental illness, poor blood circulation, obesity and others can put you at risk for getting sick when it is extremely hot.
 - Some medications can make it difficult to regulate body temperature.

- Talk to a doctor about your specific condition and plan ahead for very hot days.
- If you don't have a doctor, you can find one at:
 - City health centers: <http://bit.ly/CityHealthCenters> or call 3-1-1
 - Federally qualified health centers: <https://findahealthcenter.hrsa.gov>

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
- **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