

Philadelphia Weekly PHP Outreach Newsletter

Philadelphia Department of Public Health

The Latest Events

- Ongoing Overdose Prevention and Reversal Training
 - Offered by PDPH Substance Use Prevention and Harm Reduction (SUPHR)
 - This training provides background information and data on opioid use, Philadelphia's drug supply, and overdoses in our city. There is also a detailed description of how to recognize and respond to an opioid-related overdose with naloxone, or Narcan.
 - The training is offered every 2 weeks and is approximately 1.5 hours with an additional 15 minutes for questions.
 - You can choose to have Narcan discreetly mailed to you after the training.
 - We aim to prioritize our Narcan supply for those with the least access to Narcan and those most likely to witness an overdose. If you have the resources to acquire Narcan on your own, please consider going to your local pharmacy to get it.
 - This training is ongoing, sign up at: <https://bit.ly/NarcanTrainingPHL>

The Latest News

- Biden administration to end COVID-19 related National Emergency and Public Health Emergency Declarations
 - On Jan. 30, 2023, the Biden Administration stated it plans to wind down and then end the national emergency and public health emergency declarations related to the COVID-19 pandemic by May 11, 2023.
 - As COVID-19 becomes a long-term concern, an end to the emergency declarations will begin to shift responsibility for providing vaccine and treatments away from the federal government to eventually become more the responsibility of private companies. This will mean a gradual shift and restructuring of the COVID-19 vaccine, treatment, resources and services available to the public.
 - Read the white house statement at: <https://bit.ly/0130WhiteHouseStatement>
- Applications open: Philly Forward Summer Internship
 - This eight-week paid internship is designed to provide pre-professional training to those interested in pursuing careers in public health. Each Philly Forward intern will work directly with Health Department leaders on a specific project or projects involving data collection, data analysis, program implementation, grant-writing, preparation of reports, and/or community engagement.
 - The internship will begin on June 12 and conclude on August 4, 2023.
 - Application available at: <https://bit.ly/PDPHinternship>
- The Overdose Prevention and Community Healing Fund
 - Awards up to \$100K for local non-profit orgs to spread awareness, reduce stigma and heal trauma in communities.
 - Learn more and apply at: <bit.ly/preventionfund>

Frequently Asked Questions on Staying Warm in Cold Weather

- Why should I get prepared for extremely cold weather?
 - Severe cold can make it more expensive and harder to heat your home and protect your water pipes from freezing or bursting.
 - Plan to prepare your home to be as safe and comfortable as possible before the weather turns cold.

- Prolonged exposure to harsh cold can cause serious health issues, even for healthy adults.
 - Plan to prevent health problems during extremely cold weather.
- How can I stay warm if I must go out in cold weather?
 - Excessive cold can cause serious ailments such as frostbite and hypothermia.
 - Dress warm and stay dry:
 - Make sure to dress in layers.
 - Wear hats, scarves, and water-repellent coats.
 - Wear mittens instead of gloves; they'll keep your hands warmer.
- What do I do if I see someone who may need shelter during extremely cold weather?
 - Call the Homeless Outreach Hotline at 215-232-1984, open 24/7.
 - The Office of Homeless Services will send their homeless outreach team to any person on the street who needs to be transported to a local shelter or who needs other services.
- How can I stay informed about severe weather and how it will affect Philadelphia?
 - Sign up for ReadyPhila Alerts
 - The Office of Emergency Management shares information about severe weather through free email and text alerts via the City's mass notification system, ReadyPhiladelphia. You can also sign up for COVID-19 alerts too.
 - For free text alerts, please text READYPHILA to 888-777 or sign up at <https://bit.ly/ReadyPhilaAlert>
- Report heating issues in a rented property
 - If you are a renter and do not have working heat, inform your building owner of the issue as soon as possible.
 - If your landlord does not repair the problem, contact Philly311.
 - A request will be sent to Licenses and Inspections, which inspects heating issues in residential rented properties.
- Heat your home safely
 - Heating sources are the second-leading cause of home fires. It is imperative that you heat your home safely to prevent an emergency.
 - Here are a few quick safety tips:
 - Keep any object that could catch fire at least 3 feet away from a heat source.
 - Plug only one heat-producing appliance (such as a space heater) into an electrical outlet at a time.
 - Never plug a space heater into an extension cord.
 - Never use an oven to heat your home.
- Get utility assistance programs can help you afford to heat your home safely.
 - Utility Emergency Services Fund (UESF) - Benefits Access Center
 - Income based programs stabilizing homes for families facing a housing crisis.
 - Case management - Financial assistance - Educational workshops and more.
 - 215.814.6845 — BAC@uesfacts.org — www.uesfacts.org
 - BenePhilly
 - Non-income-based, free, one-on-one support to help apply for public benefits.
 - Prescription Drugs - Health insurance - Groceries - Childcare Assistance Heat & Other Utilities - Property Taxes - Disability Benefits
 - 1.844.848.4376 — www.phila.gov/programs/benephilly/

- Universal Service Programs
 - Learn about all of PECO's assistance programs
 - 1.800.774.7040—bit.ly/PECOPrograms
- Philadelphia Corporation of the Aging (PCA)
 - Assistance to low-income seniors and caregivers
 - Helpline: 215.765.9040 — www.pcacares.org/contact-us/
- Neighborhood Energy Centers
 - Learn about conserving energy and apply for bill payment assistance.
 - Heat & Other Utilities - Property Taxes - Disability Benefits and more.
 - Find an energy center near you: <http://bit.ly/NeighborhoodEnergyCenters>
- Philadelphia Water Department
 - The Water Department also offers customer assistance programs for those struggling to pay their water bill.
 - Call 215-685-3500 — <https://water.phila.gov>
- Winterize your home and protect your pipes
 - Excessive cold can wreak havoc on your home's piping if not treated correctly. Along with cutting costs on your heating bill, winterizing your home can prevent your pipes from freezing or bursting.
 - Check out the Water Department's helpful guide on protecting your pipes and avoiding costly repairs: <https://water.phila.gov/drops/frozen-pipes/#avoid>
 - Severe winter weather can also lead to water main breaks. Find out everything you need to know about reporting main breaks here.
- Keep your pets safe and warm
 - Pets can also suffer from lengthy exposure to severe cold. Here are a few quick tips to keep your furry friends safe during the winter months:
 - Keep your cat inside.
 - Thoroughly wipe off your dog's paws, legs, and stomach after they come in from the sleet, snow, or ice.
 - Make sure your pet has a warm place to sleep, off the floor and away from drafts.
 - It is against City ordinance to leave a dog outside in severe cold. Owners can face a \$500 fine (and can put their pets in grave danger) if they don't follow ACCT Philly's requirements.
 - Make sure to familiarize yourself with ACCT Philly's extreme weather information.
 - Visit <https://www.acctphilly.org>
 - If you see an animal that does not have adequate water and shelter during extreme weather call 267-385-3800 and dial 1 to speak with a dispatcher or file a report online with all the details you have available.
- More information available at: <https://bit.ly/StayWarmPHL>

COVID-19: Resources and Services

- Where to find COVID-19 vaccine, including booster doses:
 - 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.

- More information on booster doses available at <https://bit.ly/UpdatedBoosterPHL>
- 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
- **Free COVID Testing Kits available for distribution by CBOs**
 - PDPH has procured a supply of at-home COVID-9 test kits and will be offering these tests to community-based organizations (CBOs) serving clients and patrons in areas of high COVID-19 risk.
 - Request your free test kits here: <https://bit.ly/CBOtestDistro>
- **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 cards.
- **Stock up on FREE N95 masks**
 - Visit <https://bit.ly/FreeN95s> for free masks from the Strategic National Stockpile.
- **Stock up on home tests**
 - 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.
 - For more information, visit: <https://go.cms.gov/3Lqo0Yk>.
 - Includes information on how to get tests if you don't have insurance or if you cannot afford to pay for your test up front.

Mpox: Resources and Services

- People who are concerned that they've been exposed, or believe they are at high risk of being exposed to mpox, should call the PDPH Call Center at 215-685-5488 to see if they are eligible to be vaccinated.
- Find the latest information on cases and vaccine at <https://bit.ly/MPXDashboard>.
- If you would like to receive the monthly mpox newsletter update, email publichealthpreparedness@phila.gov.

Public Health Preparedness: Resources and Services

- **Sign up for Ready Philadelphia**
 - To receive free text alerts to your phone on emergencies or severe weather, text "ReadyPhila" to 888-7777.
 - Be the first to know, then spread the word to family and neighbors.
- **Text-to-911 in Philadelphia:** <https://bit.ly/PATextTo911>
 - 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

- **PDPH COVID-19 website and social media**
 - Information on the ongoing COVID-19 pandemic, vaccines and testing resources: phila.gov/COVID, facebook.com/phillyhealth and [twitter@PHLPublicHealth](https://twitter.com/PHLPublicHealth).

- **PDPH Seasonal Flu website**
 - Information on the seasonal flu and how to get vaccinated: <https://bit.ly/FluPHL>
- **PDPH Mpox website**
 - Information on the latest updates, information on vaccine and testing and the data dashboard: <https://www.phila.gov/monkeypox>
- **PDPH Call Center**
 - Call 215-685-5488. Press 3 for interpretation in your language, press 2 for Spanish. Dial 711 for TRS/TTY assistance.

How to Stay Connected

- **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 publichealthpreparedness@phila.gov
 - Leave a message with the Public Health Preparedness Program Outreach Team at 215-429-3016.

Be safe,
Philadelphia Department of Public Health