

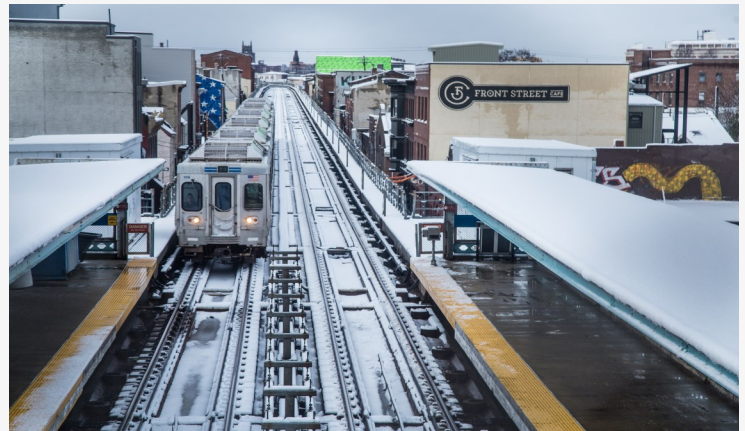
# Public Health Preparedness Newsletter

WINTER 2023



This newsletter is available in Amharic, Arabic, French, Haitian Creole, Indonesian, Khmer, Portuguese, Russian, Simplified Chinese, Spanish, Swahili, and Vietnamese at [bit.ly/CRPNnewsletter](http://bit.ly/CRPNnewsletter).

To request free printed copies, visit: [bit.ly/PHPMaterials](http://bit.ly/PHPMaterials) or leave a message at 215-429-3016.



## Get ReadyPhiladelphia and be the First to Know

The Office of Emergency Management shares information about severe weather through free email and text alerts using the City's mass notification system, ReadyPhiladelphia.

For free text alerts, please text READYPHILA to 888-777 or sign up at [bit.ly/ReadyPhilaAlert](http://bit.ly/ReadyPhilaAlert).

The Office of Homeless Services will send a homeless outreach team to any person on the street who needs transportation to a local shelter or needs other homeless services.

**[Homeless Outreach Hotline](#)**

**215-232-1984**

***Save this number in your phone to request outreach anytime, 365 days a year, 24 hours a day.***

## Prepare for Severe Weather

The climate emergency is causing:

- **more precipitation.** Heavier and more frequent storms can cause rivers, lakes and other bodies of water to overflow more often.
- **storm surge.** Coastal storms are getting stronger, more frequent and can cause water to rise above normal levels.
- **sea level rise.** Some areas of Philadelphia are at risk of sea level rise and flooding.



Read on for information about how to prepare yourself, your loved ones and your home for more severe weather.

Emergency Kits	Utility Assistance
Health Information Card	Seasonal Flu and COVID-19
Mental Health	and more

# Prepare Yourself and Your Loved Ones

## Emergency Supply Kit

Prepare enough supplies to last you and the people you live with for at least three days.

### Make sure your kit has the following items:

- medications
- food and water
- supplies for babies and children
- pet supplies
- cell phone and charger
- flashlight and whistle
- cash
- copies of important documents
- first-aid kit
- battery-operated radio and extra batteries

## Don't forget your pets and service animals!

It is not safe to leave pets alone for a long time. If you need to leave your home in an emergency, find a safe place to take them.

Bring pets inside. If you see animals outside during severe weather or being neglected call the Animal Care and Control Team, 24 hours per day at **267-385-3800**.



## Do you take medication?

Always have at least a one week supply of medications.

Get prescriptions renewed before they run out so you are prepared.

Write down the names of all medications. Include the dose, when and why you take it, and your doctors contact information.

## Health Information Card

A Health Information Card includes all of your important medical history, doctors office information, medications and equipment. It will help emergency medical responders know how to help you in an emergency.

Download and fill one out today: <https://bit.ly/PHPGuidance>

<b>Name</b> (legal name if different)	<b>Allergies</b> (food, medicine, other)	<b>Emergency Contact 1</b>	<b>Health Information Card</b>  Keep this card with you in your wallet, purse, or other safe place. 	<b>YOUR MEDICINE RECORD</b> Write all of the prescription drugs, over the counter drugs, vitamins, and herbal supplements that you take. Keep this list up to date (use a pencil or cross out changes to your medications).  Fill out with the help of your doctor, pharmacist or other healthcare provider. Take medicine as prescribed, and prepare to bring medicine with you in case of an emergency. <b>Equipment, Supplies or Other Supports</b> refrigerated medications, oxygen, or nebulizer, etc.	<b>Medicine</b> Name of medication, purpose and strength	<b>Dose</b> How many pills, puffs, units, drops per dose	<b>Frequency</b> How many times a day
<b>Birthdate</b>	<b>Medical Conditions</b>	Name:					
<b>Phone</b>		Phone:					
<b>Email</b>	<b>Additional medical/communication needs</b>	<b>Emergency Contact 2</b>					
<b>Address</b>		Name:					
<b>Gender</b> (pronouns)		Phone:					
<b>Preferred Language</b>		<b>Important Numbers</b> (doctor, pharmacy, etc.)					
<b>Blood Type</b>							

# Prepare Your Home

Very hot and very cold weather can affect your health if you do not have proper cooling and heating at home.

Utility assistance and other programs help you manage bills, afford necessities, and lower the chance of health and safety challenges during extreme weather events.

## Utility Emergency Services Fund (UESF)

Income-based programs stabilizing homes for families facing a housing crisis.

Case Management - Financial Assistance - Educational Workshops and more.

UESF Benefits Access Center

Learn about and enroll in state and federal benefits.

215.814.6845 - [BAC@uesfacts.org](mailto:BAC@uesfacts.org) - [www.uesfacts.org](http://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/](http://www.phila.gov/programs/benephilly/)

## PECO's Universal Service Programs

Learn about all of PECO's assistance programs.

1.800.774.7040 - [bit.ly/PECOPrograms](http://bit.ly/PECOPrograms)

## Philadelphia Corporation for the Aging (PCA)

Assistance to low-income seniors and caregivers.

Helpline: 215.765.9040 - [www.pcacares.org/contact-us/](http://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: [bit.ly/NeighborhoodEnergyCenters](http://bit.ly/NeighborhoodEnergyCenters)





## Mental Health Resource Corner

Need help with a mental health crisis? Call 215-685-6440.

Mental Health & Addiction Services: 888-545-2600.

**Open 24/7, Interpretation available**

Free, online screening and free resources at [HealthyMindsPhilly.org](https://www.healthy minds philly.org)



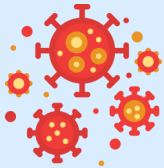
## COVID-19 and Seasonal Flu

The **seasonal flu vaccine** is updated every year to protect against the types of flu expected to be the most common.

The **Bivalent COVID-19 booster** was developed to provide extra protection from the Omicron variant this winter.

Healthy people of any age can get seriously sick, be hospitalized and even die from complications of the COVID-19 or flu viruses.

To update your immunity, it is important to get an annual flu vaccine and a COVID-19 booster to make sure your immune system is in the best shape to protect against illness this winter.



**It is safe to get both vaccines at the same time.**

[bit.ly/FluPHL](https://bit.ly/FluPHL)

[bit.ly/COVIDvaxPHL](https://bit.ly/COVIDvaxPHL)

For more information or if you have any questions, call the PDPH Call Center at 215-685-5488.

For interpretation, press 3 for your language, press 2 for Spanish and dial 711 for TRS/TTY assistance.

It is important to have a primary care provider you trust to help you stay healthy through the winter season, especially if you have a chronic condition.

Use the **Primary Care Finder** at [www.phila.gov/primary-care](https://www.phila.gov/primary-care) to find free or low-cost medical care.

*Search by language, location, specialty and more.*

## Let's stay connected!

Visit our website at [bit.ly/PDPHPreparednessOutreach](https://bit.ly/PDPHPreparednessOutreach).

For printed copies of this newsletter, questions, or problems with the translation, email us at [PublicHealthPreparedness@phila.gov](mailto:PublicHealthPreparedness@phila.gov) or leave a message at 215-429-3016.

**We would love to hear from you!**

Sign up for the **Community Response Partner Network (CRPN)** at

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

Get essential public health information to share with family, friends, and neighbors.

