

# Public Health Preparedness Newsletter

SUMMER 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](https://bit.ly/CRPNnewsletter).

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



## It's HOT Outside Philly

### Stay cool

- Spend time in air conditioning.
  - ◊ See **page 3** for FREE indoor, summer activities.
- Stand under shade when outside.
- Wear light, loose-fitting clothing and cover your head.

### Look out for others

- Check on older adults and anyone who is homebound or lives alone.
- Call 215-232-1984 for homeless outreach services.
- If you think someone is having a medical emergency, call **911**.

### Stay hydrated

- Drink plenty of water or fruit juice, even if you do not feel thirsty.
- Avoid alcohol, caffeine and drinks with a lot of sugar.

## COVID-19 Vaccine, Masks and Tests

The end of the COVID-19 public health emergency declarations will cause changes to some Medicaid, SNAP and other COVID services. For the latest information, visit

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

- Find FREE COVID-19 vaccine: [phila.gov/vaccine](https://phila.gov/vaccine), [vaccines.gov](https://vaccines.gov)
- Find FREE PCR testing: [bit.ly/COVIDResourceHubs](https://bit.ly/COVIDResourceHubs)
  - ◊ You will not be asked for ID or insurance.
- Every month, community groups can get 100 FREE tests and masks to give away: [bit.ly/COVIDTestKitRequest](https://bit.ly/COVIDTestKitRequest)

Questions? Contact the PDPH call center at **215-685-5488** (*Press 3 for interpretation in your language, press 2 for Spanish. Dial 711 for TRS/TTY assistance.*)

Read on for information about how to protect you and your loved ones from the heat.

Heat related illness

Mental health

Tips to stay cool

Utility assistance

Cool summer activities

and more!

# Heat-Related Illness

## Who do we worry about when it's hot?

Some people are more likely to get sick during very hot weather.

- People who live alone
- People who work outside
- Adults aged 65 and older
- Infants and young children
- People with some disabilities and medical conditions that make it harder for your body to cool off
- People experiencing homelessness
- People without access to air conditioning

**Make sure someone knows to check on you, and check on family, friends and neighbors when the**



## How might I get sick from very hot weather?

Did you know that one hot day can lead to health problems, but a few hot days in a row can be even more dangerous?

### Heat Exhaustion

What you may feel:

- heavy sweating, headache weakness, tiredness, dizziness nausea or vomiting.

What to do:

- **call a doctor or healthcare provider** if symptoms last for more than one hour.
- go to an air-conditioned space.
- sip cool water.
- take a cool shower or bath.

### Heat Stroke

What you may feel:

- very high body temperature, confusion, pounding headache, nausea, unconsciousness.

What to do:

- heat stroke is an **emergency**. **Call 911.**

## More stay cool tips

The hottest part of the day is from about 11am - 4pm.

- Try to avoid difficult physical activity and stay out of the sun.

You may need to drink more water than usual to stay hydrated.

- Sip water or fruit juice even if you are not thirsty.



# Stay **cool** with these summer activities

## Art Reach

*Art and culture for everyone everyday*

- Find participating locations at: [art-reach.org](http://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 Museum of Art
  - ◇ UPenn Museum of Archaeology and Anthropology
  - ◇ Eastern State Penitentiary Historic Site



## 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 near you: [bit.ly/PhillyHeatEmergency](http://bit.ly/PhillyHeatEmergency) or call 3-1-1.

## Spraygrounds

- Spraygrounds are a free, fun, safe way to enjoy water this summer.
- Philadelphia has more than 90 spraygrounds!
- Find one near you: [bit.ly/SpraygroundFinder](http://bit.ly/SpraygroundFinder) 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 [phila.gov/programs/playstreets](http://phila.gov/programs/playstreets)

## Public Pools

- Free and open for everyone.
- A detailed schedule is regularly updated at [phila.gov/ppr](http://phila.gov/ppr).



## Mental Health Resource Corner

Need support 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://HealthyMindsPhilly.org)

### Prepare for hot days indoors

Assistance for more comfortable housing

#### **Utility Emergency Services Fund (UESF)**

Case management, Financial assistance, Educational workshops and more

1608 Walnut St. Suite 600, Phila. PA 19103

215.972.5170 [uesfacts.org](https://uesfacts.org)

#### **UESF Utility Assistance Program**

Utility services endangered or terminated (shut off)

215.814.6837 – [utility@uesfacts.org](mailto:utility@uesfacts.org)

#### **BenePhilly**

Offering free, one-on-one support to apply for public benefits.

(844).848.4376 [bit.ly/BenePhilly](https://bit.ly/BenePhilly)

#### **Neighborhood Energy Centers**

Information on how to save on utilities and help paying energy bills.

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

## PCA Helpline: 215-765-9040

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.

## 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, or interested in providing an info desk or presentation to your community 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.