

STAY COOL, PHILLY

Information for People Experiencing Homelessness



Keep cool: take breaks in the air conditioning or shade.



Know the signs of heat exhaustion: heavy sweating, dizziness, nausea, muscle aches.



If a person appears passed out, **call 911**. Falling asleep in extreme heat can be deadly.

Did you know?

- Even just a couple hours a day in a public air-conditioned space can help prevent heat-related illness. Find a cooling center by calling **3-1-1**.
- Bodies can lose a lot of water on hot days. Try and drink water even when you are not thirsty so you don't get dehydrated. Water, fruit juice and other fluids with no caffeine or sugar are best.
- Sunburns can make it more difficult to cool down. Wear sunscreen and avoid standing in the sun. Look for shade when you are outside.
- Anyone passed out or badly sunburned has higher chances of dehydration or heat related illness and should seek help quickly. **Call 911** if it is an emergency.

Resources

Find a Cool Place

**24-Hour Homeless Outreach Hotline:
215-232-1984**

**PCA Heatline:
215-765-9040
Heat safety tips and resources from trained nurses.**

For more heat-related resources, or to find the nearest cooling center call 3-1-1 or visit bit.ly/PhillyHeatEmergency