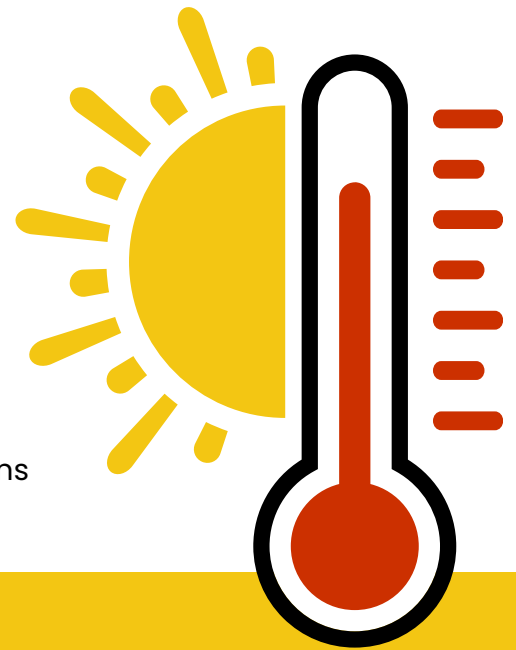


EXTREME HEAT

Key Messages for Response Partners

This document outlines key messages and response actions that community partners can and are encouraged to share with populations they serve before, during, and after an emergency happens.



Before an Event: Be Prepared

- High temperatures quickly become a risk to all age groups. When heat levels become unsafe, the City will declare a Heat Health Emergency. This activates city services for residents. To locate heat-related city services, visit [PDPH's Extreme Heat Guide](#) or call the Heatline at **(215) 765-9040**.
- Extreme heat can be dangerous. Hot temperatures and humidity can cause heat-related illness and disrupt city utilities and services. Sign up for emergency alerts from [ReadyPhiladelphia](#) (text **READYPHILA** to **888-777**).
- Install window air conditioners if possible, and do not rely on fans to reduce body temperature. Cover windows with drapes or use window reflectors during daytime hours.
- If you do not have air conditioning, find a public space that has A/C. [City cooling centers](#) will be activated during heat health emergencies. Sites that identify as cooling centers are open for extended hours only during these events.
- Protect your body and keep it cool by wearing loose clothing that is both lightweight and light-colored. Take cool showers or baths. Drink plenty of water to stay hydrated.
- Older adults, children, those who are pregnant, and people with certain medical conditions may be at higher risk for heat-related illnesses. Talk to your doctor about making a heat emergency plan.
- Know and look out for the signs of heat stroke, heat exhaustion, and heat cramps. Don't know the differences between each? Look at [CDC's graphic](#). Check on friends and family and call for medical assistance if needed.
- Keep up to date with city messaging for more information. Trusted sources from the City will provide updates on conditions and guidance for Philadelphia residents. Sign up for [ReadyPhiladelphia](#) and follow PDPH and OEM on social media to stay informed.

WHAT IS READYPHILADELPHIA?

- ReadyPhiladelphia is the City's emergency notification system.
- You can receive alerts via text, email, or voicemail.
- You can receive alerts for up to 5 addresses - home, work, school, etc.



SOCIAL MEDIA

[@PhilaOEM](#)

[@PhiladelphiaGov](#)

[@PHLPublicHealth](#)

For additional information:
phila.gov/heat



Department of
Public Health
CITY OF PHILADELPHIA

EXTREME HEAT

PCA Heatline: (215) 765-9040

During an Event: Be Aware

- Look out for heat cramps. A person may show signs of heavy sweating or muscle spasms and pains with intense exercise. Stop physical activity and cool down with water or a sports drink. There is an increased risk if a person has heart problems or is on a low sodium diet.
- Look out for heat exhaustion. A person may show signs of heavy sweating, clammy skin, muscle cramps, or may faint. Loosen clothing, sip water, and put a wet cloth on their body. If symptoms become worse, like throwing up or symptoms lasting more than an hour, find medical help.
- Look out for heat stroke. A person may have a high body temperature, fast pulse, hot and/or dry skin, and possible confusion. Help lower body temperature with cool cloths or a bath. Do not give them anything to drink.
- NEVER leave a person or an animal in a car on a warm day. Try to avoid asphalt and dark pavement when walking a pet. If it is too hot, the pavement can burn their paws.

Be aware that kids and teens cannot regulate body temperature as well as adults.

1

Slowly increase activity over one to two weeks.

2

Drink plenty of water.

3

Quickly recognize the signs of heat illness and, if necessary, begin cooling.

SEEKING SHELTER DURING EXTREME HEAT EVENTS



OHS may declare a Code Red event. City-funded shelters offer the option to stay indoors during the day when possible. Outreach teams provide information on daytime service program locations and hand out additional water bottles to people on the street.

If you are worried about someone on the street at any time, please call the City's homeless outreach hotline at (215) 232-1984. Be prepared to share the person's location.

If someone needs urgent medical attention, dial 9-1-1.

After an Event: Stay Safe

- Continue to stay hydrated during and after a heat event and check on family and friends. If a person has symptoms of heat illness that last for over an hour, seek medical attention. Keep up to date on heat events by signing up for [ReadyPhiladelphia](#) (text **READYPHILA** to **888-777**).

For additional information:
phila.gov/heat



Department of
Public Health
CITY OF PHILADELPHIA