

Stay Cool Checklist



Department of
Public Health

How will you stay cool and escape the heat this summer?

What do I use to keep myself cool?

Air Conditioner (a/c) Fan

What else do you use to keep cool?

Air conditioning is the best way to stay cool.

Where do I go when it is very hot during the day?

At home with the fan or a/c on

A senior center, library, or other place with a/c

A swimming pool

Where else do you go to stay cool?

Call 311 for cooling center locations during a heat health emergency.

Where would I go if my electricity went out on a hot day?

Family/friend's home with a/c

Who? Name: _____

Public space with a/c

Where? Address: _____

Call PECO at 1-800-494-4000 for information on the power outage.

Who can I call if I need help getting to a cool place?

Name: _____

Phone: _____

Name: _____

Phone: _____

Remember to call 911 immediately, in the case of an emergency.

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How does my health affect my safety in extreme heat?

Do I have any of these chronic health conditions?

Some chronic health conditions may make you more vulnerable to the harmful effects of extreme heat. Do you have one or more of the following: high blood pressure, diabetes, obesity, or heart, lung, or kidney diseases?

Yes No

Do I take any of these medications?

Certain medications can prevent your body from cooling down. Do you take one or more of the following: medications for high blood pressure, heart disease, diabetes, or colds and allergies, tranquilizers, water pills, or antidepressants?

Yes No

Do I drink enough water each day?

Don't wait until you're thirsty- drink cool water throughout the day. On hot days, avoid caffeine, alcohol, and sugary drinks because they can dehydrate you. Do you drink enough fluids to stay hydrated?

Yes No

What should you do next?

- Talk to your doctor about how you can stay cool and safe this summer.
- Make sure your home is ready for the summer and you have your a/c or fan.
- Know where you can go to cool off, and who to call if you need help getting there.
- Check on your family and friends during days of extreme heat.