

EMERGENCY SHELTER

Apple Tree Family Center

1430 Cherry St.
Philadelphia, PA 19102
215-686-7150, 7151, or 7153
Mon-Fri, 7AM-5PM; Intake: 7AM-3PM

Roosevelt Darby Center

804 N. Broad St.
Philadelphia, PA 19130
215-685-3700
Mon-Fri, 7AM-5PM; Intake: 7AM-3PM

After 5 PM Daily, Weekends and Holidays

Families:

Salvation Army Red Shield Family Residence
715 N. Broad St.
Philadelphia, PA 19123
215-787-2887

Single Women:

House of Passage, 48th St. & Haverford Ave.
Philadelphia, PA 19139
215-471-2017

Single Men:

Mike Hinson Resource Center, 1701 W. Lehigh Ave.
Philadelphia, PA 19132
267-737-9099

NON-EMERGENCY MEDICAL RESOURCES

Stephen Klein Wellness Center

For medical or dental care, call 215-320-6187
2144 Cecil B. Moore Ave., Philadelphia, PA 19121
Mon-Fri, 9AM-5PM

Courage Medicine

Low-barrier walk-in primary care, recovery care, and sexual health services
267-217-3217

Northeast: 7198 Castor Ave., Ste. 200,
Philadelphia, PA 19149
Mon-Fri, 9AM-5PM; Wed until 8PM

Southwest: 3751 Island Ave., Ste. 201,
Philadelphia, PA 19153
Mon-Fri, 9AM-5PM

Mary Howard Health Center

Walk-in, in-person by appt, and telehealth by appt
215-592-4500
125 S. 9th St.,
Philadelphia, PA 19107
Mon-Fri, 7AM-3:30PM

PHMC Care Clinic

Walk-in, in-person by appt, and telehealth by appt
215-825-8220
1200 Callowhill St., Ste. 101,
Philadelphia, PA 19107
(Use 12th St. entrance)
Mon-Thurs, 8:30AM-4PM; Fri from 7AM-4PM

HEPATITIS A

Hepatitis A is a very contagious liver infection that can spread more in the summer.

Hepatitis A spreads by:

- close contact with an infected person (having sex, caring for someone who is ill, or sharing drugs with others).
- eating contaminated food even after cooking.
- putting something in your mouth that has been contaminated with the feces (poop) of a person infected with hepatitis A virus.

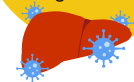
Protect yourself by:

- getting vaccinated.
- having safe sex.
- using clean needles if injecting drugs.
- washing hands with soap and water for 20 seconds. If soap and water are unavailable, use hand sanitizer.

Symptoms can include:

- fever.
- nausea/vomiting.
- dark urine.
- pain under ribs/joint pain.
- yellow skin or eyes (jaundice).
- diarrhea/clay-colored stool.

If you have any of these symptoms, go to a medical center or hospital to get tested.



COOL TIPS FOR HOT WEATHER

For Emergencies

Go to an emergency room or call 911

24-Hour Homeless Outreach Hotline

215-232-1984

Philadelphia Corporation for the Aging Heatline

215-765-9040

Cooling Centers and Other Information

311



When temperatures are high, your body may not be able to keep itself cool. People without access to air conditioning and those with some chronic illnesses are at high risk for serious heat-related illness.



If you are staying outside

- Spend the warmest part of the day, 11AM-4PM, indoors.
- City spraygrounds are great for cooling down outside.
- Sip water, fruit juice, or a sports drink throughout the day even if you are not thirsty.
- Avoid drinking alcohol, caffeine, and sugary drinks. These can make you dehydrated.
- Wear loose-fitting, lightweight, and light-colored clothes.
- Stay in the shade as much as possible and wear sunscreen (30 SPF or higher).
- Wear a hat with a brim to protect your face and head.

HEAT STROKE

Heat stroke happens when you have been hot for too long and your body cannot control its temperature. With heatstroke, your temperature rises quickly, stops producing sweat, and is unable to cool down.

HEAT STROKE IS AN EMERGENCY. CALL 911.

What to look for

- High body temperature (103+)
- Hot, red, dry skin
- Fast heart rate
- Fast, shallow breathing
- Nausea and vomiting
- Dizziness/confusion
- Possible unconsciousness



What to do

- Call 911 immediately. This is an **emergency**.
- Move to shade and a cooler area immediately.
- While waiting for help, loosen/remove clothing. If possible, put a wet sheet or shirt on top and fan the person to move cool air over them.
- Do not give them anything to drink if they are unconscious/unable to swallow. This could cause choking.

HEAT EXHAUSTION

Heat exhaustion happens when you have been hot for too long, and the body has lost lots of water and salt through sweating. It can progress to heat stroke if you don't take care of yourself.

What to look for

- Heavy sweating with cool, pale, or flushed skin
- Fast heart rate
- Fainting or dizziness
- Nausea and vomiting
- Exhaustion and/or headaches
- Fast, weak pulse



What to do

- Lay down in a cool place and elevate your feet.
- Loosen/remove excess clothing, apply cool, wet clothes, if possible, and fan yourself.
- Move to shade and a cooler area immediately.
- Slowly sip water, fruit juice, or a sports drink.
- If you start vomiting or do not feel better after trying to cool down, get immediate medical attention.



Don't wait until you feel sick from the heat to get cool.



DROP-IN CENTERS

Hub of Hope, Project HOME

1400 Arch St., Suburban Station Concourse Lower Level (Enter N.W. corner of Broad St. & JFK Blvd.) Philadelphia, PA 19102
215-309-5225
7 days a week, 7AM-4PM

Grace Café, Arch Street Methodist Church

55 N. Broad St., Philadelphia, PA 19107
215-568-6250
Mon-Thurs, 8:45AM-3PM; Sunday, 3:30PM-6PM
Dinner served 5PM-6PM

SELF Community Room at Mike Hinson Resource Center

1701 W. Lehigh Ave., Philadelphia, PA 19132
267-737-9099
Mon-Fri, 8AM-4PM

The Perimeter (Veterans Services)

213-217 N. 4th St., Philadelphia, PA 19106
215-923-2600
Mon-Fri, 8:30AM-4:30PM