

Texting Templates (Plain Text Version): Extreme Heat

This document outlines essential messages community leaders can share with their networks before, during or after a public health emergency. It is designed for partners to quickly copy and paste messaging into text threads or to quickly translate. Thank you for helping to keep your community safer!

Pre-Event: BE PREPARED

High temperatures can become a risk to all age groups. When the heat becomes dangerous, the City will declare a Heat Health Emergency. This activates free city services for residents, including cooling centers. To locate heat health emergency services, visit [PDPH's Extreme Heat Guide](#) or call the Heatline at (215) 765-9040.

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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).

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Install window air conditioners if possible, and do not rely on fans to reduce body temperature. Cover windows with drapes or use window reflectors to block out sunlight during daytime hours.

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If you do not have air conditioning, find a public space that has A/C, like a library. [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.

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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.

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Older adults, children, pregnant people, and people with certain medical conditions can have a harder time staying cool and may be at higher risk for heat-related illnesses. Talk to your doctor about how to stay safe in extreme heat. Call the PCA Heatline at (215) 765-9040 for heat safety tips.

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Know and look out for the signs of heat-related illness like heat stroke or heat exhaustion. Don't know the signs? Look at [CDC's graphic](#). Check on friends and family and call for medical assistance if needed.

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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](#) to stay informed. Follow @PhilaOEM, @PhiladelphiaGov, and @PHLPublicHealth on Twitter for updates.

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During Event: BE AWARE

Look out for heat cramps. A person may show signs of heavy sweating or muscle spasms and pains, sometimes 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.

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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 last more than one hour or become worse, like throwing up, find medical help immediately.

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Look out for heat stroke. A person may have a fast, strong pulse; hot, red, dry or damp skin, nausea possible confusion and may pass out. This is an emergency. Call 911, then help lower body temperature with cool cloths or a bath. Do not give them anything to drink.

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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.

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Be aware that kids and teens cannot regulate body temperature as well as adults and usually do not take enough breaks from physical activity. To avoid heat illness, slowly increase activity over one to two weeks. Have them drink plenty of water. Make sure to quickly recognize the signs of heat illness and, if necessary, begin cooling.

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The hottest time of day is usually between 10am and 4pm. Try to plan your day so you are indoors as much as possible during this time. If you do have to go out, try to be in the shade as much as possible and take breaks in air conditioning.

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Stay cool. Spend time in the air conditioning. Avoid physical activity in the sun. Stand under shade when outside. Wear light, loose-fitted clothing and cover your head. Drink plenty of water or fruit juice, even if you do not feel thirsty. Avoid alcohol, caffeine and drinks with a lot of sugar.

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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. Look out for others when it is hot outside.

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Extreme heat can be dangerous for people and pets. It can also limit electricity availability. Extreme heat events are occurring more often due to the climate emergency. Learn how to prepare for extreme heat events, get heat safety tips, and resources in multiple languages at www.phila.gov/heat.

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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).

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