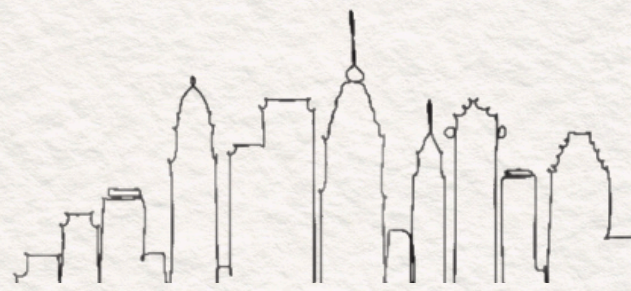


# IT'S A HOT PHILLY SUMMER



**IT'S GOING TO BE A HOT SUMMER IN THE CITY. STAY SAFE IN THE HEAT TO MAXIMIZE SUMMER FUN.**

## **KNOW THE SIGNS OF HEAT EXHAUSTION**

Heavy sweating, dizziness, nausea, and muscle aches are all signs of heat exhaustion. If you have these symptoms, ask someone for help to get to a cool space with AC. Sip cool water, or take a cool shower or bath. If you still feel sick after an hour, call a doctor.

## **KNOW THE SIGNS OF HEAT STROKE**

Very high body temperature, confusion, pounding headache, nausea, and unconsciousness are all signs of heat stroke.

**Heat stroke is an emergency.**

**Call 911 if someone has signs of heat stroke.**

## **COOL DOWN**

Air conditioning is the best way to prevent heat-related illnesses.

## **THE CITY HAS SERVICES TO HELP YOU STAY COOL!**



### **COOLING CENTERS**

Escape the heat and enjoy some air-conditioning during heat emergencies. Visit your local Free Library or call 311 to find a cooling center near you.



### **SPRAY GROUNDS**

Spray Grounds provide a free, safe way to enjoy the water this summer - and Philly has more than 90 of them! To find one near you, visit [bit.ly/SpraygroundFinder](http://bit.ly/SpraygroundFinder).



### **PUBLIC POOLS**

Pools are a beloved part of summer in the City and a great way to cool down, have fun, and stay active. For pool schedules, visit [phila.gov/ppr](http://phila.gov/ppr).

**DID YOU KNOW?**



Climate change is making Philadelphia hotter and wetter, which could mean more heat-related illnesses.

