

Trusted Messenger Checklists

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A Checklist for Home Health Care Workers

Home Care Workers, Medical Case Managers, Caregivers

Staying Safe during Extreme Heat

This checklist will help you support the health and safety of patients during very hot weather. Use this document to learn more about who is most at-risk, the health effects of extreme heat, methods to keep cool and stay safe at home, and how your organization can prepare for the dangerously hot weather.

Who Is Most At-Risk?

Some of your patients may be more prone to experiencing adverse health effects during very hot weather and some may have multiple risk factors:

- | | |
|---|--|
| <input type="checkbox"/> People who work outside | <input type="checkbox"/> People who are homebound |
| <input type="checkbox"/> People experiencing homelessness | <input type="checkbox"/> Older adults |
| <input type="checkbox"/> Athletes | <input type="checkbox"/> Infants and young children |
| <input type="checkbox"/> People without A/C | <input type="checkbox"/> Pregnant people |
| <input type="checkbox"/> People who live alone | <input type="checkbox"/> People with some chronic medical conditions |

How can you check on your clients?

Preparing the home to be cool and safe is especially important. On your home visit, observe how your patient can stay cool and prevent their home from becoming too hot:

- Patient has access to working air conditioning (a/c). Using a/c is the best way to stay safe and healthy.
- Patient frequently uses a/c.
- Patient does not use a/c, even though they have access.
- Patient has access to transportation to go somewhere else when it is very hot, if they do not have a/c. If so, where:
 - A family member or friend's home with a/c.
 - A library, senior center, or other public space with a/c or Another location: _____
- Follow-up with medical provider regarding diet, fluid, and medication intake (i.e fluid and/or salt restrictions).
- Patient's medications are being stored properly throughout the summer.
- Patient has access to an electric fan to help circulate cool air. Note: fans will not prevent heat-related illness in temperatures greater than 95°F.
- Patient's windows, curtains, and blinds are opened at night if temperatures are cooler, if able (e.g., safety concerns).
- Patient's windows, curtains, and blinds are closed during the hottest part of the day (typically 11am—4pm).
- Patient has an indoor thermometer and knows to monitor the temperature.
- Patient minimizes use of an oven or stove during very hot weather, which can heat the home.
- Patient is staying hydrated and has access to cold, healthy beverages. Note: caffeine, alcohol, and sugary drinks can cause dehydration.
- Patient is wearing loose fitting clothing, made from breathable fabric (e.g., cotton).

What are the Signs and Symptoms of Heat-Related Illness?

Exposure to extreme heat can cause make some people extremely sick and make some chronic conditions worse. Note if your patient is experiencing any of the following signs and symptoms of heat-related illness and respond appropriately.

| Heat Stroke | Heat Exhaustion |
|---|--|
| <input type="checkbox"/> Very high body temperature (103 F or higher) | <input type="checkbox"/> Heavy sweating |
| <input type="checkbox"/> Confusion | <input type="checkbox"/> Cold, pale, and clammy skin |
| <input type="checkbox"/> Hot, red, dry, or damp skin | <input type="checkbox"/> Fast, weak pulse |
| <input type="checkbox"/> Fast, strong pulse | <input type="checkbox"/> Nausea or vomiting |
| <input type="checkbox"/> Pounding Headache | <input type="checkbox"/> Muscle Cramps |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Tiredness or weakness |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Losing consciousness | <input type="checkbox"/> Fainting |

Heat stroke is an emergency, call 911.

Cool down immediately and seek medical attention if the person does not feel better after an hour.

How Can You Plan to Keep Your Patients Safe?

To help keep patient patients safe and healthy this summer, ensure your organization has a plan, stays informed, and knows of the below resources:

- Ensure that your organization is enrolled in the PDPH Community Response Partner Network at bit.ly/PhillyCRPN to receive notifications when the City declares a Heat Health Emergency. During a Heat Health Emergency, the following services are activated:
 - The [Philadelphia Corporation for Aging's Heatline](#) is open for calls. Any Philadelphia resident can call (215) 765-9040 to get safety tips and talk to medical professionals to discuss health issues.
 - City-operated [cooling centers](#) are open for extended hours. Cooling centers are air conditioned public spaces like libraries, senior centers, and recreation centers. Call 311 or go to bit.ly/PhilaCoolingCenters for cooling center locations.
 - Philadelphia's power utility company PECO [halts utility shut-offs](#). For the duration of the Heat Health Emergency, PECO will not turn off the power of customers' homes due to unpaid bills.
- Sign up for [Ready Philadelphia](#): To receive free text alerts to your phone on emergencies and severe weather, text "ReadyPhila" to 888-777.
- Prepare and train staff on summer heat safety and heat-related illness each spring.
- Review the risk factors associated with heat-related illness with staff during extreme heat events.
- Review the signs and symptoms of heat-related illness during extreme heat events.
- Help develop a heat emergency plan for your organization, which addresses special operations to ensure at risk populations stay healthy during extreme heat events.
- Notify patients when extreme heat is in the forecast.
- Provide patients with educational materials, including the PDPH Heat Brochure and Summer Newsletter, available at bit.ly/PHPmaterials.

Preventing Heat-Related Illness

A Checklist for People working with Children & Infants

Teachers, School Liaisons, Caregivers and Parents

Staying Safe during Extreme Heat

This checklist will help you support the health and safety of children during very hot weather. Use this document to learn more about who is most at-risk, the health effects of extreme heat, methods to keep cool and stay safe at home, and how you can prepare for the dangerously hot weather.

Who Is Most At-Risk?

Infants and young children are more at risk of experiencing negative health effects during very hot weather and some may have multiple risk factors:

- | | |
|---|--|
| <input type="checkbox"/> People who work outside | <input type="checkbox"/> People who are homebound |
| <input type="checkbox"/> People experiencing homelessness | <input type="checkbox"/> Older adults |
| <input type="checkbox"/> Athletes | <input type="checkbox"/> Infants and young children |
| <input type="checkbox"/> People without A/C | <input type="checkbox"/> Pregnant people |
| <input type="checkbox"/> People who live alone | <input type="checkbox"/> People with some chronic medical conditions |

How can you check on young children?

Keeping children healthy and safe from heat-related illnesses is especially important during times of extreme heat. Check off these boxes to ensure that children have the resources they need to stay healthy and comfortable during very hot days.

- Children and caregivers have access to working air conditioning (a/c). Using a/c is the best way to stay safe and healthy.
- Children and caregivers frequently uses a/c.
- Children and caregivers does not use a/c, even though they have access.
- Children and caregivers have access to transportation to go somewhere else when it is very hot, if they do not have a/c. If so, where:
 - A family member or friend's home with a/c.
 - A library, rec center, or other public space with a/c.
 - Another location: _____
- Spend as much time indoors, in air conditioning as possible.
- Teach children to take frequent drink breaks and “wet down” or mist themselves with a spray bottle to avoid becoming overheated.
- Strenuous activities should be reduced, eliminated or rescheduled to the coolest time of the day. Make sure children get lots of rest when they are active.
- Children covers their head, wears sunglasses and dresses in light colored, lightweight, loose-fitting clothing.
- Children are staying hydrated and drinking cool water or healthy beverages throughout the day. Note: caffeine and sugary drinks can cause dehydration.
- Children with medical condition or taking medications, should follow up with their primary care provider for further advice on preventing heat-related illnesses and considerations specific to their condition or medication.

What are the Signs and Symptoms of Heat-Related Illness?

Exposure to extreme heat can cause make some people extremely sick and make some chronic conditions worse. Note if your child, client or student is experiencing any of the following signs and symptoms of heat-related illness and respond appropriately.

Heat Stroke

- Very high body temperature (103 F or higher)
- Confusion
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Pounding Headache
- Nausea
- Dizziness
- Losing consciousness

Heat stroke is an emergency, call 911.

Heat Exhaustion

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle Cramps
- Tiredness or weakness
- Headache
- Fainting

Cool down immediately and seek medical attention if the person does not feel better after an hour.

How Can You Plan to Keep Infants/Young Children Safe?

To help keep infants and children safe and healthy this summer, have a plan, stay informed, and share the below resources:

- Ensure that your organization is enrolled in the PDPH Community Response Partner Network at bit.ly/PhillyCRPN to receive notifications when the City declares a Heat Health Emergency. During a Heat Health Emergency, the following services are activated:
 - The [Philadelphia Corporation for Aging's Heatline](#) is open for calls. Any Philadelphia resident can call [\(215\) 765-9040](tel:2157659040) to get safety tips and talk to medical professionals to discuss health issues.
 - City-operated [cooling centers](#) are open for extended hours. Cooling centers are air conditioned public spaces like libraries, senior centers, and recreation centers. Call [311](tel:311) or go to bit.ly/PhilaCoolingCenters for cooling center locations.
 - Philadelphia's power utility company PECO [halts utility shut-offs](#). For the duration of the Heat Health Emergency, PECO will not turn off the power of customers' homes due to unpaid bills.
- Sign up for [Ready Philadelphia](#): To receive free text alerts to your phone on emergencies and severe weather, text "[ReadyPhila](#)" to [888-777](tel:888777).
- Prepare and train staff on summer heat safety and heat-related illness each spring.
- Review the risk factors associated with heat-related illness with staff during extreme heat events.
- Review the signs and symptoms of heat-related illness during extreme heat events.
- Help develop a heat emergency plan for your organization, which addresses special operations to ensure at risk populations stay healthy during extreme heat events.
- Notify clients when extreme heat is in the forecast.
- Provide families and staff with educational materials, including the PDPH Heat Brochure and Summer Newsletter, available at bit.ly/PHPmaterials.

A Checklist for Neighbors and Block Captains

Staying Safe during Extreme Heat

This checklist will help you support the health and safety of clients during very hot weather. Use this document to learn more about who is most at-risk, the health effects of extreme heat, methods to keep cool and stay safe at home, and how your organization can prepare for the dangerously hot weather.

Who Is Most At-Risk?

Some of your neighbors may be more likely to experience negative health effects during very hot weather and some may have multiple risk factors:

- | | |
|---|--|
| <input type="checkbox"/> People who work outside | <input type="checkbox"/> People who are homebound |
| <input type="checkbox"/> People experiencing homelessness | <input type="checkbox"/> Older adults |
| <input type="checkbox"/> Athletes | <input type="checkbox"/> Infants and young children |
| <input type="checkbox"/> People without A/C | <input type="checkbox"/> Pregnant people |
| <input type="checkbox"/> People who live alone | <input type="checkbox"/> People with some chronic medical conditions |

How can you check on your neighbors?

Keeping the home cool and safe is especially important during times of extreme heat. When checking on neighbors, observe how your neighbors can stay cool and prevent their home from becoming too hot:

- Neighbor has access to working air conditioning (a/c). Using a/c is the best way to stay safe and healthy.
- Neighbor frequently uses a/c.
- Neighbor does not use a/c, even though they have access.
- Neighbor has access to transportation to go somewhere else when it is very hot, if they do not have a/c. If so, where:
 - A family member or friend's home with a/c.
 - A library, senior center, or other public space with a/c.
 - Another location: _____
- Neighbor has access to an electric fan to help circulate cool air. Note: fans will not prevent heat-related illness in temperatures greater than 95°F.
- Remind neighbors not to engage in outdoor activities during extremely hot days.
- Neighbor's windows, curtains, and blinds are closed during the hottest part of the day (typically 11am—4pm).
- Neighbor has a plan to access cooling in case power goes out in their home.
- Neighbor avoids using an oven or stove during very hot weather, which can heat the home.
- Neighbor is staying hydrated and drinking cool water throughout the day. Note: caffeine, alcohol, and sugary drinks can cause dehydration.
- Neighbor is wearing loose fitting clothing, made from breathable fabric (e.g., cotton).
- Frequently check on community members who live alone.

What are the Signs and Symptoms of Heat-Related Illness?

Exposure to extreme heat can cause make some people extremely sick and make some chronic conditions worse. Note if your neighbor or loved one is experiencing any of the following signs and symptoms of heat-related illness and respond appropriately.

| Heat Stroke | Heat Exhaustion |
|---|--|
| <input type="checkbox"/> Very high body temperature (103 F or higher) | <input type="checkbox"/> Heavy sweating |
| <input type="checkbox"/> Confusion | <input type="checkbox"/> Cold, pale, and clammy skin |
| <input type="checkbox"/> Hot, red, dry, or damp skin | <input type="checkbox"/> Fast, weak pulse |
| <input type="checkbox"/> Fast, strong pulse | <input type="checkbox"/> Nausea or vomiting |
| <input type="checkbox"/> Pounding Headache | <input type="checkbox"/> Muscle Cramps |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Tiredness or weakness |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Losing consciousness | <input type="checkbox"/> Fainting |

Heat stroke is an emergency, call 911.

Cool down immediately and seek medical attention if the person does not feel better after an hour.

How Can You Plan to Keep Neighbors Safe?

To help keep neighbors safe and healthy this summer, ensure your block has a plan, stays informed, and share the below resources:

- Ensure that your organization is enrolled in the PDPH Community Response Partner Network at bit.ly/PhillyCRPN to receive notifications when the City declares a Heat Health Emergency. During a Heat Health Emergency, the following services are activated:
 - The [Philadelphia Corporation for Aging’s Heatline](#) is open for calls. Any Philadelphia resident can call (215) 765-9040 to get safety tips and talk to medical professionals to discuss health issues.
 - City-operated [cooling centers](#) are open for extended hours. Cooling centers are air conditioned public spaces like libraries, senior centers, and recreation centers. Call 311 or go to bit.ly/PhilaCoolingCenters for cooling center locations.
 - Philadelphia’s power utility company PECO [halts utility shut-offs](#). For the duration of the Heat Health Emergency, PECO will not turn off the power of customers’ homes due to unpaid bills.
- Sign up for [Ready Philadelphia](#): To receive free text alerts to your phone on emergencies and severe weather, text “[ReadyPhila](#)” to 888-777.
- Prepare and train neighbors on summer heat safety and heat-related illness each spring.
- Review the risk factors associated with heat-related illness during extreme heat events.
- Review the signs and symptoms of heat-related illness during extreme heat events.
- Help develop a heat emergency plan for your organization, which addresses special operations to ensure at risk populations stay healthy during extreme heat events.
- Notify neighbors when extreme heat is in the forecast.
- Provide neighbors with educational materials, including the PDPH Heat Brochure and Summer Newsletter, available at bit.ly/PHPmaterials.

Preventing Heat-Related Illness

A Checklist for Faith Leaders



Staying Safe during Extreme Heat

This checklist will help you support the health and safety of clients during very hot weather. Use this document to learn more about who is most at-risk, the health effects of extreme heat, methods to keep cool and stay safe at home, and how your organization can prepare for the dangerously hot weather.

Who Is Most At-Risk?

Some of your community members and loved ones may be more likely to experience negative health effects during very hot weather and some may have multiple risk factors:

- | | |
|---|--|
| <input type="checkbox"/> People who work outside | <input type="checkbox"/> People who are homebound |
| <input type="checkbox"/> People experiencing homelessness | <input type="checkbox"/> Older adults |
| <input type="checkbox"/> Athletes | <input type="checkbox"/> Infants and young children |
| <input type="checkbox"/> People without A/C | <input type="checkbox"/> Pregnant people |
| <input type="checkbox"/> People who live alone | <input type="checkbox"/> People with some chronic medical conditions |

How can you check on your community members?

Keeping the home cool and safe is especially important during times of extreme heat. When checking on community members, observe how your neighbors can stay cool and prevent their home from becoming too hot:

- Community member has access to working air conditioning (a/c). Using a/c is the best way to stay safe and healthy.
- Community member frequently uses a/c.
- Community member does not use a/c, even though they have access.
- Community member has access to transportation to go somewhere else when it is very hot, if they do not have a/c. If so, where:
 - A family member or friend's home with a/c.
 - A library, senior center, or other public space with a/c.
 - Another location: _____
- Community members knows where the nearest cooling center is located and how to get there.
- Check to see if community members have access to an electric fan to help circulate cool air. Note: fans will not prevent heat-related illness in temperatures greater than 95°F.
- Remind community members not to engage in outdoor activities during extremely hot days.
- Neighbor's windows, curtains, and blinds are closed during the hottest part of the day (typically 11am—4pm).
- Remind community members to stay hydrated and drinking cool water throughout the day. Note: caffeine, alcohol, and sugary drinks can cause dehydration.
- Frequently check on community members who live alone.

What are the Signs and Symptoms of Heat-Related Illness?

Exposure to extreme heat can cause make some people extremely sick and make some chronic conditions worse. Note if your community member or loved one is experiencing any of the following sign and symptoms of heat-related illness and respond appropriately.

Heat Stroke

- Very high body temperature (103 F or higher)
- Confusion
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Pounding Headache
- Nausea
- Dizziness
- Losing consciousness

Heat stroke is an emergency, call 911.

Heat Exhaustion

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle Cramps
- Tiredness or weakness
- Headache
- Fainting

Cool down immediately and seek medical attention if the person does not feel better after an hour.

How Can Your Organization Plan to Keep Your Community Safe?

To help keep your community members safe and healthy this summer, ensure your organization has a plan, stays informed, and knows of the below resources.

- Ensure that your organization is enrolled in the PDPH Community Response Partner Network at bit.ly/PhillyCRPN to receive notifications when the City declares a Heat Health Emergency. During a Heat Health Emergency, the following services are activated:
 - The [Philadelphia Corporation for Aging's Heatline](#) is open for calls. Any Philadelphia resident can call (215) 765-9040 to get safety tips and talk to medical professionals to discuss health issues.
 - City-operated [cooling centers](#) are open for extended hours. Cooling centers are air conditioned public spaces like libraries, senior centers, and recreation centers. Call 311 or go to bit.ly/PhilaCoolingCenters for cooling center locations.
 - Philadelphia's power utility company PECO [halts utility shut-offs](#). For the duration of the Heat Health Emergency, PECO will not turn off the power of customers' homes due to unpaid bills.
- Sign up for [Ready Philadelphia](#): To receive free text alerts to your phone on emergencies and severe weather, text "[ReadyPhila](#)" to 888-777.
- Prepare and train staff on summer heat safety and heat-related illness each spring.
- Review the risk factors associated with heat-related illness with staff during extreme heat events.
- Review the signs and symptoms of heat-related illness during extreme heat events.
- Help develop a heat emergency plan for your organization, which addresses special operations to ensure at risk populations stay healthy during extreme heat events.
- Notify clients when extreme heat is in the forecast.
- Provide community members with educational materials, including the PDPH Heat Brochure and Summer Newsletter, available at bit.ly/PHPmaterials.

A Checklist for working with Community Members

Community Leaders, Case Managers, Social Workers, and Advocates

Staying Safe during Extreme Heat

This checklist will help you support the health and safety of patients during very hot weather. Use this document to learn more about who is most at-risk, the health effects of extreme heat, methods to keep cool and stay safe at home, and how your organization can prepare for the dangerously hot weather.

Who Is Most At-Risk?

Some of your clients, neighbors and community members are more likely to experience negative health effects during very hot weather and some may have multiple risk factors:

- | | |
|---|--|
| <input type="checkbox"/> People who work outside | <input type="checkbox"/> People who are homebound |
| <input type="checkbox"/> People experiencing homelessness | <input type="checkbox"/> Older adults |
| <input type="checkbox"/> Athletes | <input type="checkbox"/> Infants and young children |
| <input type="checkbox"/> People without A/C | <input type="checkbox"/> Pregnant people |
| <input type="checkbox"/> People who live alone | <input type="checkbox"/> People with some chronic medical conditions |

How can you check on your clients?

Keeping the home cool and safe is especially important during times of extreme heat. When checking on clients, neighbors or community members, observe how they can stay cool and prevent their home from becoming too hot:

- Community member has access to working air conditioning (a/c). Using a/c is the best way to stay safe and healthy.
- Community member frequently uses a/c.
- Community member does not use a/c, even though they have access.
- Community member has access to transportation to go somewhere else when it is very hot, if they do not have a/c. If so, where:
 - A family member or friend's home with a/c.
 - A library, senior center, or other public space with a/c.
 - Another location: _____
- Community member has access to an electric fan to help circulate cool air. Note: fans will not prevent heat-related illness in temperatures greater than 95°F.
- Community member's windows, curtains, and blinds are closed during the hottest part of the day (typically 11am—4pm).
- Community member knows where the nearest cooling center is located and how to get there.
- Community member avoids using an oven or stove during very hot weather, which can heat the home.
- Community member is staying hydrated and drinking cool water throughout the day. Note: caffeine, alcohol, and sugary drinks can cause dehydration.
- Community member is wearing loose fitting clothing, made from breathable fabric (e.g., cotton).

What are the Signs and Symptoms of Heat-Related Illness?

Exposure to extreme heat can cause make some people extremely sick and make some chronic conditions worse. Note if your client, community member or loved one is experiencing any of the following sign and symptoms of heat-related illness and respond appropriately.

| Heat Stroke | Heat Exhaustion |
|---|--|
| <input type="checkbox"/> Very high body temperature (103 F or higher) | <input type="checkbox"/> Heavy sweating |
| <input type="checkbox"/> Confusion | <input type="checkbox"/> Cold, pale, and clammy skin |
| <input type="checkbox"/> Hot, red, dry, or damp skin | <input type="checkbox"/> Fast, weak pulse |
| <input type="checkbox"/> Fast, strong pulse | <input type="checkbox"/> Nausea or vomiting |
| <input type="checkbox"/> Pounding Headache | <input type="checkbox"/> Muscle Cramps |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Tiredness or weakness |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Losing consciousness | <input type="checkbox"/> Fainting |

Heat stroke is an emergency, call 911.

Cool down immediately and seek medical attention if the person does not feel better after an hour.

How Can Your Organization Plan to Keep Your Clients Safe?

To help keep your clients, neighbors or community members safe and healthy this summer, ensure your organization has a plan, stays informed, and knows of the below resources:

- Ensure that your organization is enrolled in the PDPH Community Response Partner Network at bit.ly/PhillyCRPN to receive notifications when the City declares a Heat Health Emergency. During a Heat Health Emergency, the following services are activated:
 - The [Philadelphia Corporation for Aging’s Heatline](#) is open for calls. Any Philadelphia resident can call **(215) 765-9040** to get safety tips and talk to medical professionals to discuss health issues.
 - City-operated [cooling centers](#) are open for extended hours. Cooling centers are air conditioned public spaces like libraries, senior centers, and recreation centers. Call **311** or go to bit.ly/PhilaCoolingCenters for cooling center locations.
 - Philadelphia’s power utility company PECO [halts utility shut-offs](#). For the duration of the Heat Health Emergency, PECO will not turn off the power of customers’ homes due to unpaid bills.
- Sign up for [Ready Philadelphia](#): To receive free text alerts to your phone on emergencies and severe weather, text “[ReadyPhila](#)” to **888-777**.
- Prepare and train staff on summer heat safety and heat-related illness each spring.
- Review the risk factors associated with heat-related illness with staff during extreme heat events.
- Review the signs and symptoms of heat-related illness during extreme heat events.
- Help develop a heat emergency plan for your organization, which addresses special operations to ensure at risk populations stay healthy during extreme heat events.
- Notify clients when extreme heat is in the forecast.
- Provide clients with educational materials, including the PDPH Heat Brochure and Summer Newsletter, available at bit.ly/PHPmaterials.

Preventing Heat-Related Illness

A Checklist for working with People Experiencing Homelessness and People who use Drugs

Staying Safe during Extreme Heat

This checklist will help you support the health and safety of clients during very hot weather. Use this document to learn more about who is most at-risk, the health effects of extreme heat, methods to keep cool and stay safe at home, and how your organization can prepare for the dangerously hot weather.

Who Is Most At-Risk?

Some of your clients, neighbors and community members are more likely to experience negative health effects during very hot weather and some may have multiple risk factors:

- | | |
|--|---|
| <input type="checkbox"/> People who work outside | <input type="checkbox"/> People who are homebound |
| <input checked="" type="checkbox"/> People experiencing homelessness | <input type="checkbox"/> Older adults |
| <input type="checkbox"/> Athletes | <input type="checkbox"/> Infants and young children |
| <input checked="" type="checkbox"/> People without A/C | <input type="checkbox"/> Pregnant people |
| <input type="checkbox"/> People who live alone | <input checked="" type="checkbox"/> People with some chronic medical conditions |

How can you check on your clients?

Keeping the living area cool and safe is especially important during times of extreme heat. When checking on clients, neighbors or community members, observe how they can stay cool and prevent the area they are staying or sleeping from becoming too hot:

- Community member has access to working air conditioning (a/c). Using a/c is the best way to stay safe and healthy.
- Community member has knowledge of city spray grounds and how to get to them.
- Community member does not use a/c because they do not have access.
- Community member has access to transportation to go somewhere else when it is very hot, if they are living outside. If so, where:
 - A shelter, drop-in center, or other resource hub.
 - A library, senior center, or other public space with a/c.
 - Another location: _____
- Community member has protective items, like a brimmed hat to wear when out in the sun to protect their face and head.
- Community member stays in the shade as much as possible and wears sunscreen with SPF 30 or higher.
- Community member knows where the nearest cooling center is located and how to get there.
- Community member avoids being outside during the hottest part of the day, usually between 11am and 4pm.
- Community member is staying hydrated and drinking cool water throughout the day. Note: caffeine, alcohol, and sugary drinks can cause dehydration.
- Community member is wearing loose fitting clothing, made from breathable fabric (e.g., cotton), and is not overdressed for the weather.

What are the Signs and Symptoms of Heat-Related Illness?

Exposure to extreme heat can cause make some people extremely sick and make some chronic conditions worse. Note if your client, community member or loved one is experiencing any of the following sign and symptoms of heat-related illness and respond appropriately.

| Heat Stroke | Heat Exhaustion |
|---|--|
| <input type="checkbox"/> Very high body temperature (103 F or higher) | <input type="checkbox"/> Heavy sweating |
| <input type="checkbox"/> Confusion | <input type="checkbox"/> Cold, pale, and clammy skin |
| <input type="checkbox"/> Hot, red, dry, or damp skin | <input type="checkbox"/> Fast, weak pulse |
| <input type="checkbox"/> Fast, strong pulse | <input type="checkbox"/> Nausea or vomiting |
| <input type="checkbox"/> Pounding Headache | <input type="checkbox"/> Muscle Cramps |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Tiredness or weakness |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Losing consciousness | <input type="checkbox"/> Fainting |

Heat stroke is an emergency, call 911.

Cool down immediately and seek medical attention if the person does not feel better after an hour.

How Can Your Organization Plan to Keep Your Clients Safe?

To help keep your clients, neighbors or community members safe and healthy this summer, ensure your organization has a plan, stays informed, and knows of the below resources:

- Ensure that your organization is enrolled in the PDPH Community Response Partner Network at bit.ly/PhillyCRPN to receive notifications when the City declares a Heat Health Emergency. During a Heat Health Emergency, the following services are activated:
 - The [Philadelphia Corporation for Aging's Heatline](#) is open for calls. Any Philadelphia resident can call **(215) 765-9040** to get safety tips and talk to medical professionals to discuss health issues.
 - City-operated [cooling centers](#) are open for extended hours. Cooling centers are air-conditioned public spaces like libraries, senior centers, and recreation centers. Call **311** or go to bit.ly/PhilaCoolingCenters for cooling center locations.
 - During a **Code Red**, the City performs **24-hour outreach** to find people who are unhoused and help transport them to safe indoor spaces. All available beds are also open for those in need.
- Sign up for [Ready Philadelphia](#): To receive free text alerts to your phone on emergencies and severe weather, text "[ReadyPhila](#)" to **888-777**.
- Prepare and train staff on summer heat safety and heat-related illness each spring.
- Review the signs, symptoms, and risk factors associated with heat-related illness with staff during extreme heat events.
- Notify community members when extreme heat is in the forecast, and where City-funded homeless shelters and daytime homeless service programs that offer the option to be indoors are located.
- On very hot days, make sure your team has water bottles to hand out to community members.
- During an excessive heat event, call the **City's Homeless Outreach Hotline** at **(215)-232-1984**.
- Help develop a heat emergency plan for your organization, which addresses special operations to ensure at risk populations stay healthy during extreme heat events.