

# Public Health Preparedness Newsletter | Summer 2025



Department of  
**Public Health**  
CITY OF PHILADELPHIA

## About This Newsletter

This newsletter was created by the Public Health Preparedness Program to better prepare residents for public health emergencies, such as severe storms, infectious diseases, and more.

This newsletter is available in Amharic, Arabic, Dari, French, Haitian Creole, Indonesian, Khmer, Portuguese, Russian, Simplified Chinese, Spanish, Swahili, Vietnamese, and English at [bit.ly/CRPNnewsletter](https://bit.ly/CRPNnewsletter).

**Request free printed copies.**



[bit.ly/PHPMaterials](https://bit.ly/PHPMaterials)



Leave a message at 215-429-3016.

## In this newsletter you can expect:

Heat-related  
illnesses.

Cool summer  
activities.

Utility assistance.

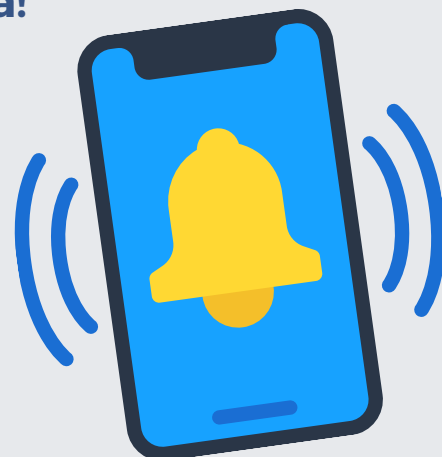
Mental health  
resources and  
COVID-19  
information.

## Don't Forget to Sign Up for ReadyPhiladelphia!

The Office of Emergency Management shares information about severe weather through free email and text alerts using the City's mass notification system, ReadyPhiladelphia.

Alerts are now available in **eleven languages**: English, French, Arabic, Russian, Spanish, Vietnamese, Simplified Chinese, Haitian Creole, Portuguese, Swahili, and American Sign Language.

For free text alerts, please text **READYPHILA** to **888-777** or sign up at [bit.ly/ReadyPhila](https://bit.ly/ReadyPhila).



# Protect Yourself and Your Loved Ones

## Heat-Related Illnesses

Did you know that one hot day can lead to health problems, but a few hot days in a row can be even more dangerous?

### Who is at risk?

- People who live alone.
- People without access to air conditioning at work or home.
- Adults aged 65 and older.
- Infants and young children.
- People who work outside.
- People with some disabilities and medical conditions that make it harder to cool off.
- People experiencing homelessness.

## Heat Exhaustion

### Symptoms can include:

- Heavy sweating, headache, weakness, fatigue, fast but weak pulse, dizziness, nausea or vomiting.

### What to do:

- Rest in an air-conditioned space.
- Sip cool water.
- Use a cooled towel on your neck.
- Take a cool shower or bath.
- **Call 911** or seek medical attention if you are **vomiting, your symptoms worsen, or they last more than one hour.**

## Heat Stroke

### Symptoms can include:

- Throbbing headache, very high body temperature (above 103°F), red, hot, dry skin (no sweating), confusion, fast but strong pulse, vomiting, unconsciousness.

### What to do:

- Heat stroke is an **emergency**. **Call 911.**
- Do **NOT** give the person anything to drink.

## It's HOT Outside Philly!

Extreme heat can be dangerous for people and pets. It can also cause utility disruptions. Extreme heat is 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 [phila.gov/heat](https://phila.gov/heat).

## Philadelphia Corporation for the Aging Helpline

**215-765-9040**

Call for assistance with meals, paying for utilities, heat safety tips, and other resources.

During a heat emergency, trained nurses will be available to talk through any health issues related to the heat.

## Don't Forget Your Pets and Service Animals

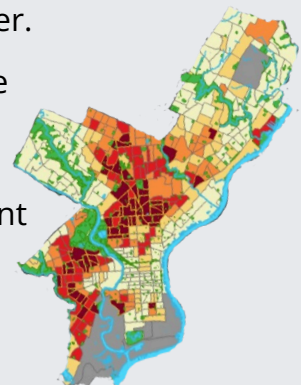
- Bring pets indoors and do not leave them alone for long periods.
- Call animal control, **267-385-3800**, for animals left outside.

## Heat Vulnerability Index (HVI)

The **Philadelphia Heat Vulnerability Index (HVI)** shows which areas are most vulnerable to extreme heat and the key factors causing negative health effects of extremely hot weather.

- Search your address on the map to find resources and to learn more about why heat vulnerability is different across Philadelphia.

Visit the interactive map at [bit.ly/PHLHeatVImap](https://bit.ly/PHLHeatVImap).





# Stay Cool This Summer

## Art Reach

*Helps everyone get access to museums, theaters, gardens, and cultural sites throughout Greater Philadelphia and Delaware.*

- **Art Reach** provides \$2 admission to over 80 cultural sites in Philadelphia and Delaware for individuals receiving public assistance for food or medical benefits.
  - Find participating locations at [art-reach.org](http://art-reach.org) or call **267-515-6720**.
- The following museums provide FREE admission with an EBT or ACCESS card for up to 4 adults, kids under 18 are free:
  - Please Touch Museum
  - Philadelphia Art Museum
  - UPenn Museum of Archeology and Anthropology
  - Eastern State Penitentiary History Site
- Through Students at Museums in Philly (STAMP) any Philadelphia high school student can visit 20 museums and cultural sites for FREE. Visit [bit.ly/AR-STAMP](http://bit.ly/AR-STAMP).



## Cooling Centers

- Visit your local library anytime they are open to cool off in the air conditioning.
- During a heat emergency, more locations will open with extended hours.
- Call **3-1-1** to find a cooling center near you or visit [bit.ly/CoolingCenterPHL](http://bit.ly/CoolingCenterPHL).

## Spraygrounds

- Spraygrounds are a free, fun, safe way to enjoy water this summer.
- Philadelphia has more than 90 spraygrounds!
- Call **3-1-1** to find one near you or visit [bit.ly/SpraygroundFinder](http://bit.ly/SpraygroundFinder).



## Public Pools

- Free and open for everyone.
- 60 pools across the city, with pool lifts available at 13 pools.
- Visit [bit.ly/PublicPoolFinder](http://bit.ly/PublicPoolFinder) for a detailed schedule, access information, and free classes and events.

## Playstreets

- Each weekday during the summer your street can be closed to serve free meals to kids on the block and allow them to play outside.
- Residents can apply to close their block to traffic.
- Playstreets take place during the summer from 10 a.m. to 4 p.m.
- To apply to become a Playstreet call **(215) 685-2719** or visit [phila.gov/programs/playstreets](http://phila.gov/programs/playstreets).



# Prepare for Hot Days

## Housing and Other Resources

Stay safe and cool at home this summer.

### **Utility Emergency Services Fund (UESF)**

Case management, financial assistance, educational workshops and more.

**215-972-5170** - [uesfacts.org](https://uesfacts.org)

### **UESF Utility Assistance Program**

Utility services endangered or shut off.

**215-814-6837** - [utility@uesfacts.org](mailto:utility@uesfacts.org)

### **BenePhilly**

Free, one-on-one support to apply for public benefits.

**844-848-4376** - [bit.ly/BenePhilly](https://bit.ly/BenePhilly)

### **Neighborhood Energy Centers**

Information on how to save on utilities and help paying energy bills. Visit [bit.ly/PHLNECs](https://bit.ly/PHLNECs).

## Respiratory Viruses

Respiratory illnesses are still circulating, help prevent the spread.

- Stay up to date on vaccines.
- If you have symptoms, test for COVID-19, if possible.
- Wear a mask in crowded public spaces.
- Stay home if you feel sick.
- Visit [bit.ly/Get\\_vaccinated](https://bit.ly/Get_vaccinated)

**Find free or low-cost medical care, even if you do not have insurance.**

- [phila.gov/primary-care](https://phila.gov/primary-care)

Questions? Call the Philadelphia Department of Public Health at **215-685-5488**. Press **2** for Spanish; press **3** for interpretation in your language. Dial 711 for TRS/TTY assistance.

## Mental Health Resources

- You are not alone.
- Reach out 24/7 (interpretation available).

### **Mental Health Crisis Hotline**

- 215-685-6440

### **Mental Health and Addiction Services**

- 888-545-2600

### **Free online screening and resources**

- [HealthyMindsPhilly.org](https://HealthyMindsPhilly.org)

More than 1 in 6 adults in Philadelphia has a diagnosed mental health condition.



## Stay Connected

Visit our website.



[bit.ly/PDPHPreparednessOutreach](https://bit.ly/PDPHPreparednessOutreach)

Request a resource table or training.



**Contact us for copies of this newsletter, questions, or problems with the translation.**



[PublicHealthPreparedness@phila.gov](mailto:PublicHealthPreparedness@phila.gov)



Leave a message at 215-429-3016.

**Sign up for the Community Response Partner Network (CRPN).**



[bit.ly/phlcommunityresponse](https://bit.ly/phlcommunityresponse)

Get essential public health information to share with family, friends, and neighbors.

