



# Summer Heat Fact Sheets



Department of  
**Public Health**

CITY OF PHILADELPHIA

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# STAY COOL, PHILLY

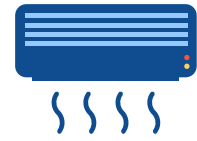
*Information for People with Chronic Illnesses*



Know the signs of heat exhaustion: heavy sweating, dizziness, nausea, muscle aches.



Stay hydrated, drink plenty of fluids throughout the day.



Stay cool. Spend time in air conditioned spaces.

## Did you know?

- One hot day can lead to health problems, but a number of hot days in a row bring the most risk.
- Some medications can make it difficult to regulate body temperature. Inability to sweat or trouble with breathing can put you at higher risk for overheating. Talk to a doctor and plan ahead for hot days.
- Conditions like heart disease, mental illness, poor blood circulation, obesity, and others put you more at risk for heat-related illness.
- Your body can lose a lot of water on hot days. You may need to drink more water than usual to stay hydrated.

## Resources

**Find cooling centers,  
public pools, spray  
grounds and  
Free Public Libraries**

**Plan ahead and get FREE  
heat and weather  
warnings from  
@PhilaOEM direct to your  
phone. Text READYPHILA  
to 888-777 to sign up.**

**PCA Hotline:  
215-765-9040  
Heat safety tips and  
resources from trained  
nurses.**

**For more heat-related resources, or to find the  
nearest cooling center call 3-1-1 or visit [www.phila.gov/heat](http://www.phila.gov/heat)**

# STAY COOL, PHILLY

## *Information for People using Substances*



Keep cool: take breaks in the air conditioning or shade.



Know the signs of heat exhaustion: heavy sweating, dizziness, nausea, muscle aches.



If a person appears passed out, **call 911**. Falling asleep in extreme heat can be deadly.

### Did you know?

- Bodies can lose a lot of water on hot days. You may need to drink more water than usual to stay hydrated.
- Substance use can make it hard to tell when the temperature is changing. This can make it easier to get heat stroke or sunburns.
- Sunburns can raise your body temperature and make it more difficult to cool down.
- Drugs can make it hard for the body to cool itself down, this can make it easier to get heat stroke. Seek help if you are feeling unwell.

## Resources

**Find a Cool Place**

**24-Hour Homeless  
Outreach Hotline:  
215-232-1984**

**PCA Heatline:  
215-765-9040  
Heat safety tips and  
resources from trained  
nurses.**

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# STAY COOL, PHILLY

*Information for People who Work Outdoors*



Know the signs of heat exhaustion: heavy sweating, dizziness, nausea, muscle aches.



Stay hydrated, drink plenty of fluids throughout the day and the day before.



Keep cool: take breaks in the air conditioning or shade.

## Did you know?

- One hot day can lead to health problems, but a number of hot days in a row bring the most risk.
- It's best to avoid strenuous activity during the hottest part of the day, around 10am - 2pm. If you must work outside in hot weather, try to work in the shade and make shade with an umbrella or tarp.
- Sunburns can raise your body temperature and make it more difficult to cool down. Wear and reapply sunscreen as indicated on the package.
- Bodies can lose a lot of water on hot days. You may need to drink more water than usual to stay hydrated. Drink a lot of fluids the day before you will be in hot weather and drink fluids in hot weather even when you are not thirsty. Water, natural fruit juice or sports drinks are best. Try to avoid sugary drinks or drinks with caffeine.

## Resources

**Download OSHA-NIOSH  
Heat Safety Tool App**

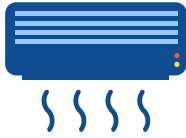
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# STAY COOL, PHILLY

## *Information for Older Adults*



Stay cool. Spend time in air conditioned spaces.



Make sure a friend or neighbor knows to check on you.



Seek medical care if you start to feel unwell.

### Did you know?

- One hot day can lead to health problems, but a number of hot days in a row bring the most risk.
- Chronic medical conditions and some medications can affect the body's ability to control its temperature or sweat properly. Talk to your doctor in advance and seek help early if you feel unwell.
- Mobility issues may be worsened by hot weather, which can make it more difficult to travel to places with air conditioning when it's hot. Contact **CCT (215) 580-7700** for transportation services.
- Those who live alone are at higher risk. Make a plan ahead of time to check on your loved ones and ask them to check on you.

### Resources

#### Utility Assistance

USEF: Utility Grant Program  
Call 215.814.6837 for more information

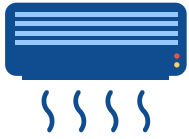
Plan ahead and get FREE heat and weather warnings from @PhilaOEM direct to your phone. Text READYPHILA to 888-777 to sign up.

PCA Hotline:  
215-765-9040  
Heat safety tips and resources from trained nurses.

**For more heat-related resources, or to find the nearest cooling center call 3-1-1 or visit [www.phila.gov/heat](http://www.phila.gov/heat)**

# STAY COOL, PHILLY

*Information for People with Infants and Young Children*



Stay cool. Spend time in air conditioned spaces.



**NEVER** leave children, babies or pets in a parked car on a hot day.



Know the signs of heat exhaustion: heavy sweating, dizziness, nausea, muscle aches.

## Did you know?

- Bodies can lose a lot of water on hot days. Make sure your child is drinking plenty of fluids.
- Inside the car can rise almost 20 degrees Fahrenheit within the first 10 minutes, even with a window cracked open. Children who are left unattended in parked cars are at risk for heat stroke, and possibly death.
- Sunburns can raise your body temperature and make it more difficult to cool down. Use sunscreen whenever your child is outside and reapply sunscreen as indicated on the package.
- Dressing your child light-colored, loose clothing on hot days can help keep your child cool when playing outside.

## Resources

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# STAY COOL, PHILLY

*Information for People Experiencing Homelessness*



Keep cool: take breaks in the air conditioning or shade.



Know the signs of heat exhaustion: heavy sweating, dizziness, nausea, muscle aches.



If a person appears passed out, **call 911**. Falling asleep in extreme heat can be deadly.

## Did you know?

- Even just a couple hours a day in a public air-conditioned space can help prevent heat-related illness. Find a cooling center by calling **3-1-1**.
- Bodies can lose a lot of water on hot days. Try and drink water even when you are not thirsty so you don't get dehydrated. Water, fruit juice and other fluids with no caffeine or sugar are best.
- Sunburns can make it more difficult to cool down. Wear sunscreen and avoid standing in the sun. Look for shade when you are outside.
- Anyone passed out or badly sunburned has higher chances of dehydration or heat related illness and should seek help quickly. **Call 911** if it is an emergency.

## Resources

**Find a Cool Place**

**24-Hour Homeless Outreach Hotline:**  
**215-232-1984**

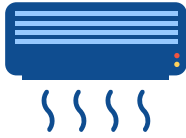
**PCA Heatline:**  
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Heat safety tips and resources from trained nurses.

**For more heat-related resources, or to find the nearest cooling center call 3-1-1 or visit [www.phila.gov/heat](http://www.phila.gov/heat)**



# STAY COOL, PHILLY

## *Information for People with Disabilities*



Stay cool. Spend time in air conditioned spaces.



Make sure a friend or neighbor knows to check on you.



Talk to a doctor; medications can affect the body's response to heat.

### Did you know?

- One hot day can lead to health problems, but a number of hot days in a row bring the most risk.
- Some disabilities can make it difficult to regulate body temperature. Difficulty with sweating or trouble with breathing can put you at higher risk for overheating. Talk to a doctor and plan ahead for hot days.
- Before traveling to a cooling center, **call 3-1-1** to check if they have accommodations for people with limited mobility.
- Have a clear plan to notify friends or neighbors if you need assistance.
- Those who live alone are at higher risk. Make a plan ahead of time to check on your loved ones and ask them to check on you.

### Resources

**Need a ride?**  
**Contact CCT Services:**  
**(215) 580-7700**

Plan ahead and get **FREE** heat and weather warnings from @PhilaOEM direct to your phone. Text **READYPHILA** to 888-777 to sign up.

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