



Heat-related illness

Heat Exhaustion

Symptoms:

- Heavy sweating
- Headache
- Weakness, fatigue, dizziness
- Nausea or vomiting

What to do:

- Call a doctor if symptoms last for more than one hour
- Go to an air-conditioned space
- Sip cool water
- Take a cool shower or bath

Heat Stroke

Symptoms:

- Very high body temperature
- Confusion
- Pounding headache
- Nausea
- Unconsciousness

**Heat stroke is an emergency.
Call 911 if someone has these signs.**



Prepare for hot days indoors

Utility Emergency Services Fund (UESF)

Front Door Benefits Access Center

Learn about and enroll in state and federal benefits.

215-814-6845 — BAC@uesfacts.org

Utility Assistance Program

Utility services endangered or shut off.

215-814-6837 — utility@uesfacts.org

More heat resources at

phila.gov/heat.

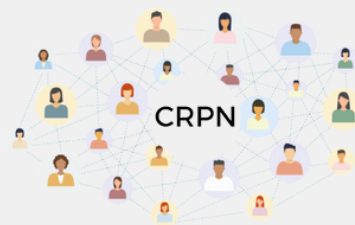
Let's stay connected!

Community Response Partner Network

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



bit.ly/phlcommunityresponse



BEAT THE HEAT!

Essential Tips for Staying Cool in Philly this Summer



Department of
Public Health
CITY OF PHILADELPHIA

Who's at risk?

Very hot weather is dangerous for everyone.

Some people are more likely to get sick:

- Adults aged 65 and older
- Infants and young children
- People with a chronic medical condition (like diabetes or heart disease)
- People experiencing homelessness
- People who work outside or without air conditioning
- Athletes

Hot, humid weather can also decrease air quality.

If you have a respiratory condition, like asthma, you may need to limit your time outside.

Philadelphia Corporation for Aging (PCA) Heatline ☎

Heat safety tips and resources from trained nurses during declared heat emergencies. Call **215-765-9040**.



What you can do

Stay Informed

- Get FREE heat and emergency warnings from @PhilaOEM direct to your phone. Text **READYPHILA** to **888-777** to sign up.
- Stay updated on local weather and air quality.

Stay Cool

- Stay in air-conditioning.
- Avoid direct sunlight.
- Wear light, loose-fitting clothing.

Stay Hydrated

- Drink plenty of water, fruit juice and other fluids.
- Avoid alcohol, caffeine and sugary drinks.

Look Out for Others

- Check on older adults and homebound neighbors.
- If you see someone experiencing homelessness who needs help, call **215-232-1984**.

If you think someone is having a medical emergency, call 911.

City services



Cooling Centers

Places to escape the heat and enjoy some air-conditioning during heat emergencies. To find a cooling center near you, call **3-1-1** or visit [**bit.ly/PHLHeatSafety**](https://bit.ly/PHLHeatSafety).



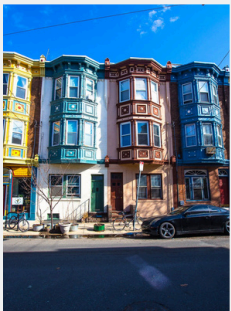
Spray Grounds

Free, fun, safe way to enjoy water this summer—and Philly has more than 90 of them! To find one near you, visit [**bit.ly/SpraygroundFinder**](https://bit.ly/SpraygroundFinder).



Public Pools

Pools are a great way to cool down, have fun, and stay active. For the pool opening schedule, visit [**bit.ly/PublicPoolFinder**](https://bit.ly/PublicPoolFinder).



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. Apply to become a Playstreet! Call **215-685-2719** or visit [**bit.ly/PHLPlaystreets**](https://bit.ly/PHLPlaystreets).