



The Philadelphia Department of Public Health has declared a **Heat Health Emergency** for Sunday, 6/22 through Wednesday, 6/25. During extreme heat, it's important to check on your neighbors, especially older adults and people with chronic health conditions who are more likely to get sick and anyone who lives alone. Make sure they have access to air conditioning, are staying hydrated, and know how to call for help if they need it.

***These resources are available during the Heat Health Emergency:***

### ***Cooling Centers***

- During a Heat Health Emergency, the City will extend hours and operations at Cooling Centers. Information on locations and hours will be announced by the City.
- These are locations, including libraries, rec centers, and senior centers, that have extended hours during heat health emergencies.
- To find a cooling center near you, call 311.

### ***The Philadelphia Corporation for Aging (PCA) Heatline – (215) 765-9040***

- Residents can call to get heat safety tips and resources as well as talk to a nurse about any health needs.
- The Heatline will be open from 12pm through 8:30pm on 6/22 (Sunday) and 8:30am through 8:30pm on 6/23, 6/24 and 6/25 (Monday-Wednesday).

### ***Office of Homeless Services (OHS) Street Outreach Teams - (215) 232-1984***

- If you see someone on the street who needs help, call (215) 232-1984 or call 911 for a medical emergency.

***More information about the Heat Health Emergency can be found [here](#).***

## STAY COOL

- Stay in air conditioning at home or in a cool public space. Visit [www.art-reach.org](http://www.art-reach.org) or call (267) 515-6720 for free or discounted indoor activities.
- The hottest part of the day is from about 11am – 4pm; try to stay out of the sun and avoid strenuous activities, if possible.
- Stay hydrated. Drink water or fruit juice even if you don't feel thirsty.

## STAY INFORMED

- Stay connected with emergency information by signing up for free alerts from the city. Text READYPHILA to 888-777 for texts direct to your phone.
- **Extreme Heat Guide** – [www.phila.gov/heat](http://www.phila.gov/heat): This includes information about health risks during extreme heat and tools to help you stay cool.
- **Utility Emergency Services Fund** – (215) 814-6835 or visit [www.uesfacts.org](http://www.uesfacts.org): Utility and housing assistance and more. Residents can call to learn about and enroll in state and federal benefits.

## STAY #SUMMERREADY

### Beat the Heat! Brochure

- Available in: [English](#), [Spanish](#), [Arabic](#), [Amharic](#), [Chinese](#), [French](#), [Haitian Creole](#), [Indonesian](#), [Khmer](#), [Korean](#), [Portuguese](#), [Russian](#), and [Vietnamese](#)

### Extreme Heat Fact Sheets

- Available in [English](#), [Spanish](#), [Chinese](#), [French](#), [Haitian Creole](#), [Indonesian](#), [Khmer](#), [Kiswahili](#), [Korean](#), [Portuguese](#), [Russian](#), [Swahili](#), [Ukrainian](#), and [Vietnamese](#)

### Summer 2025 Newsletter

- Available in [English](#), [Spanish](#), [Arabic](#), [Amharic](#), [Chinese](#), [French](#), [Haitian Creole](#), [Indonesian](#), [Khmer](#), [Kiswahili](#), [Korean](#), [Pashto](#), [Polish](#), [Portuguese](#), [Russian](#), [Swahili](#), [Ukrainian](#), and [Vietnamese](#)

### [Heat Safety Social Media Toolkit](#)

- Help us to raise awareness about heat-related illnesses and emphasize the importance of preparing for extreme heat!

Additional translations of all heat materials are available [here](#) and can be ordered [here](#).

## STAY CONNECTED

Contact the Public Health Preparedness Program at [publichealthpreparedness@phila.gov](mailto:publichealthpreparedness@phila.gov) or (215) 429-3016 to schedule an in-person or virtual workshop about staying safe during extreme heat, get printed copies of heat flyers and brochures mailed to your organization, and discuss your ideas of how we can support your community to stay safe from extreme heat this summer.