

A Checklist for Neighbors and Block Captains

Use the checklist to identify who is most likely to get sick, how to help your neighbors stay cool, and what resources are available during extreme heat events.

For more information on heat safety, visit www.phila.gov/heat.

Who Is Most At-Risk?

Some of your neighbors may be more likely to get sick 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?

When checking on neighbors, observe how your neighbors can stay cool and prevent their home from becoming too hot:

- Neighbor lives alone and has at least one person who can check on them during extreme heat.
- Neighbor is wearing loose fitting clothing, made from breathable fabric (e.g., cotton).
- Neighbor is staying hydrated and drinking cool water or fruit juice throughout the day. Note: caffeine, alcohol, and sugary drinks can cause dehydration.
- Neighbor tries not to engage in outdoor activities during extremely hot days.
- Neighbor avoids using an oven or stove during very hot weather, which can heat the home.
- Neighbor closes curtains or blinds during the hottest part of the day (typically 10am–4pm) to block direct sunlight and avoid heating up the home.
- Neighbor opens windows when it's cooler outside than indoors to help regulate indoor temperature.
- 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.
- 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. You have asked them why and discussed options to make a/c more accessible to them, such as utility assistance or an alternative location.
- 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 a plan to access cooling in case power goes out in their home.
- Neighbor knows where the closest cooling site is and how to check if it is open during an extreme heat event. (Call 311 or visit bit.ly/PHLHeatSafety).

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

Exposure to extreme heat can 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

- 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 one hour.

How Can You Plan to Keep Neighbors Safe?

To help keep neighbors safe and healthy this summer, ensure your community has a plan, stays informed, and shares resources about available services.

- Sign up for [Ready Philadelphia](#): To receive free text alerts to your phone on emergencies and severe weather, text “[ReadyPhila](#)” to [888-777](#). Alerts are now available in eleven languages.
- Enroll in the PDPH Community Response Partner Network at [bit.ly/CRPNnewsletters](#) to receive notifications when the City declares a Heat Health Emergency and details about public health emergencies in Philadelphia.

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/PHLHeatSafety](#) 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.

- Talk to your neighbors about heat-related illness and heat safety each spring.
- Review the risk factors associated with heat-related illness. Before or during times of extreme heat, frequently check on community members with these risk factors, especially those who live alone.
- Notify neighbors when extreme heat is in the forecast.
- Provide neighbors with educational materials, including the PDPH Heat Brochure, available at [bit.ly/PHPmaterials](#).
- Provide neighbors with utility assistance information early in the season, so they can prepare to afford air conditioning. Offer the summer utility assistance flyer, available at [bit.ly/PHPmaterials](#).