

# Know Before You Go

## Staying Cool at Special Events this Summer

Philadelphia can get **hot** in the summer. Fewer trees, more paved surfaces, and tall buildings make the city hotter and more humid during the day and into the night.

Hot weather can make people sick, even healthy adults. Here are some ways you can stay cool this summer.



### **Drink more water and stay hydrated.**

- Don't wait until you're thirsty to drink.
- Carry a reusable bottle with you when you're outside and keep it filled with cool liquids.
- Visit hydration stations at parks and libraries in your area to fill up water bottles for free.
- Avoid sugary drinks and alcohol, which can cause you to lose body fluids, leaving you dehydrated.

### **Wear lightweight, light-colored, and loose-fitting clothing.**

Lightweight fabrics, like cotton and linen, are breathable, absorb sweat, and dry quickly. They also allow your skin to breathe, helping to prevent overheating.

### **Find ways to stay cool, both indoors and outside.**

#### **Enjoy air conditioning.**

- Visit a cool, public place that has air conditioning, like a library or shopping center.
- When it's extremely hot, the City may open additional spaces for people to stay cool.

#### **Cool off at a sprayground or pool.**

- The City's Department of Parks and Recreation opens over 90 spraygrounds and water features for residents and visitors to stay cool.
- Pools will also be open across the city as temperatures heat up.

**Find a pool or sprayground near you: [www.phila.gov/parks-rec-finder/](http://www.phila.gov/parks-rec-finder/)**

## Limit outdoor activity to the morning and evening hours.

If the temperature is above 90 degrees for a few days, even the morning and evening hours can be extremely hot and dangerous. If you are outside during hot weather:

- Seek shade, when possible, to avoid direct sunlight.
- Make sure you are protected from the sun's rays by applying sunscreen regularly.
- Wear a wide-brimmed hat or sunglasses.

## Know the signs of heat exhaustion and heat stroke.

One hot day can lead to health problems, but a few days in a row can be even more dangerous. Spending too much time outside in the heat can cause heat exhaustion or heat stroke.

### Heat exhaustion

Someone with heat exhaustion may experience:

- Heavy sweating
- Headache
- Weakness
- Fatigue
- Dizziness
- Vomiting

**Seek medical attention if symptoms last for longer than one hour.**



### Heat stroke

Someone with heat stroke may experience:

- A throbbing headache
- Very high body temperature (103 Fahrenheit or above)
- Red, hot, and dry skin without sweating
- Loss of consciousness

**Call 911. Heat stroke is an emergency.**

## Stay Cool and Connected



**FIFA 2026 Philadelphia**  
**Philadelphia Office of Emergency Management**



**City of Philadelphia** (@cityofphiladelphia)  
**Philadelphia Office of Special Events** (@phillymdoevents)



**Philadelphia Office of Emergency Management** (@PhilaOEM)



Text CUPPHL to 888-777 for texts on severe weather, mass transit, emergency info, and more.

For more #StayCoolPHL tips:



[www.phila.gov/heat](http://www.phila.gov/heat)