

Public Health Preparedness Newsletter | Summer 2026



Department of
Public Health
CITY OF PHILADELPHIA

About This Newsletter

This newsletter was created by the Public Health Preparedness Program to better prepare residents for public health emergencies, such as severe storms, infectious diseases, and more.

This newsletter is available in Amharic, Arabic, Dari, French, Haitian Creole, Indonesian, Khmer, Polish, Portuguese, Russian, Simplified Chinese, Spanish, Swahili, Vietnamese, and English at bit.ly/CRPNnewsletters.

Request free printed copies.



bit.ly/PHPMaterials



Leave a message at 215-683-0806.

In this newsletter you can expect:

Information on preparing for summer events.

Guidance on preventing the spread of illnesses.

Housing and utility assistance.

Resources for mental health and food access.

Don't Forget to Sign Up for ReadyPhiladelphia!

The Office of Emergency Management shares information about emergencies and severe weather through free email and text alerts using the City's mass notification system, ReadyPhiladelphia.

Alerts are now available in **eleven languages**: English, French, Arabic, Russian, Spanish, Vietnamese, Simplified Chinese, Haitian Creole, Portuguese, Swahili, and American Sign Language.

For free text alerts, please text **READYPHILA** to **888-777** or learn more at phila.gov/ready.





Staying Safe at Outdoor Events

It's HOT Outside Philly!

If you're going to outdoor events this summer, like World Cup matches, FIFA Fan Festival, Wawa Welcome America, the Roots Picnic or a community event, plan ahead. Protect yourself from extreme heat, poor air quality, and illness.

Stay Informed

For free alerts specific to FIFA World Cup, text **CupPHL** to **888-777**. Devices must be registered to a United States phone number to receive texts.

For more information on event safety and planning, visit bit.ly/OEMEventSafetyBlog.

Prepare for the Weather

Before you head out, check the temperature and air quality to understand your risk.

- **Extreme heat:** Temperatures above 90°F for 3 or more days can be dangerous, especially with high humidity.
- **Humidity:** High humidity makes it hard for the body to cool down.
- **Air quality:** Good air quality is vital for health. Pollutants can harm the heart and lungs over time. Check the Breathe Philly dashboard at phila.gov/breathephilly before you go.

Tip: You can also check the actual and feels-like temperature, air quality, and humidity levels in one place on your phone's weather app.

What to Bring Outdoors:

- ☐ Water
 - **Note:** empty, transparent, reusable plastic bottles, up to one litre (33.8 oz.) are permitted into the stadium.
- ☐ Lightweight, breathable clothing
- ☐ Sunscreen (SPF 30 or higher, labeled "broad spectrum")
- ☐ A hat or shade protection
- ☐ Necessary medications (keep insulin cool; avoid direct sun on inhalers)
- ☐ EPA-approved insect repellent
- ☐ A list of medications, conditions, personal information, and emergency contacts.
 - Use our Health Information Card to keep track: bit.ly/HealthInfoCard24.

Be Aware of Heat-related Illnesses

Know the signs of heat exhaustion and heat stroke. Act quickly if you have symptoms.

Visit phila.gov/heat for a list of symptoms.

| Heat Exhaustion | Heat Stroke |
|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| Cool down immediately and hydrate. Seek medical attention if symptoms are not better after one hour. | Heat stroke is an emergency. Call 911 immediately and move to an air conditioned space. |



Protect Yourself and Others From Getting Sick

Prevent the Spread of Illness

Help protect yourself and others by taking simple steps to prevent the spread of illnesses.

Key points:

- Stay home and away from others if you feel sick.
- Wash your hands often with soap or use hand sanitizer.
- Cover your coughs and sneezes with the inner elbow or shoulder.
- Wear a mask in crowded public spaces if you start to feel ill, if you are recovering from being sick, or if you were around people who were sick.

Get Medical Care

Accessing healthcare can be confusing, so it's important to know where, when, and how to seek medical care when needed.

For a medical emergency: Call **911** for an ambulance or go to the nearest emergency room.

For non-emergency medical care, go to an urgent care center.

If You Are Visiting From Outside the U.S.

Healthcare in the U.S. is not universal. Unfortunately, you may need to pay out of pocket.

Travel health insurance will often cover visits to a doctor, urgent care, or the emergency room, as well as prescriptions if needed. Check your policy to confirm what is covered.

Protect Against Mosquitoes

Mosquitoes are common in warm weather. Most bites are just itchy, but some can spread germs that make you sick.

Cover Up

- Wear long sleeves, long pants, and socks to prevent bites.

Use Bug Spray

- Use an EPA-registered insect repellent.
 - Repellent with 20%-30% DEET is most effective and is safe for children and pregnant people.
 - 20% Picaridin is less greasy, smells better than DEET.

To find the right insect repellent for you, visit bit.ly/findrepellent.

Mosquitoes in Philadelphia can carry West Nile Virus.

- Most infected people won't get sick, but some may develop fever and flu-like symptoms. In rare cases, they can have inflammation or swelling of the brain.
- If you have unexplained headaches, weakness, or fatigue, seek medical attention.

For more information, visit bit.ly/FightTheBitePhilly.

Public Health Preparedness Resources

Essential Resources

Utility Emergency Services Fund (UESF)

Utility grant program and housing stabilization.

215-814-6845 — uesfacts.org

BenePhilly

Connects individuals to non income-based, one-on-one support to help apply for public benefits.

1-844-848-4376 —

phila.gov/programs/benephilly

Philadelphia Corporation for Aging (PCA) Heatline

Heat safety tips and resources. Call 215-765-9040.

Heat Vulnerability Index

The Philadelphia Heat Vulnerability Index (HVI) shows which areas are hottest and coolest and most vulnerable to negative health effects during extreme heat. Visit the interactive map at

bit.ly/PhilaHVI.

Primary Care

Find free or low-cost medical care, even if you do not have insurance. Visit phila.gov/primary-care.

Questions? Call the Philadelphia Department of Public Health at 215-685-5488. Press 2 for Spanish; press 3 for interpretation in your language. Dial 711 for TRS/TTY assistance.

Find Free Food Near You

Visit phila.gov/food.

- No ID or proof of income is needed.



Mental Health Resources

Reach out 24/7 (interpretation available).

Suicide and Crisis Lifeline

- Call or text 988

Free online screening and resources

- HealthyMindsPhilly.org



You are not alone.
ASKING FOR HELP IS OK.

Stay Connected

Visit our website.



bit.ly/PDPHPreparednessOutreach

Request a resource table or training.



Contact us for copies of this newsletter, questions, or problems with the translation.



PublicHealthPreparedness@phila.gov



Leave a message at 215-683-0806.

Sign up for the Community Response Partner Network (CRPN).



bit.ly/CRPNnewsletters

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