



What can you do?

- ☐ **Discuss your risk factors and make a plan with a healthcare provider.**
- ☐ **Keep medications and supplies safe from the heat. Take medications as prescribed.**
- ☐ **Stay hydrated.** Drink water or fruit juice even when you do not feel thirsty.
- ☐ **Avoid outdoor activity during the hottest part of the day (10am-4pm).** Make a plan for where to access air conditioning.
- ☐ **Monitor your health.** Check for signs that chronic conditions may be worsening or for symptoms of heat illness.
- ☐ **Use sun protection like sunscreen, hats, and loose-fitting, long-sleeved clothes.** Choose sunscreens with SPF 30 or higher that say "broad spectrum" or "UVA/UVB protection."
- ☐ **Coping with extreme heat is stressful.** Take steps to care for your mental health.
- ☐ **Check the local air quality every day.** If you have breathing or heart issues, adjust your activities at the **orange** level. You might also feel sensitive at the **yellow** level.



Prepare for hot days indoors

Utility Emergency Services Fund (UESF)

Offers income-based programs for utility bills, case management, educational workshops, and housing help.

215-814-6845 — uesfacts.org

BenePhilly

Connects residents to non-income-based benefits for prescriptions, utilities, disability benefits, and more.

1-844-848-4376 —

phila.gov/programs/benephilly

Cooling Centers

Places to get out of the heat and enjoy air-conditioning during heat health emergencies. Call **3-1-1** or visit

bit.ly/PHLHeatSafety.

Let's stay connected!



publichealthpreparedness@phila.gov



Leave a message at 215-683-0806



bit.ly/PDPHPreparednessOutreach

More heat resources at

phila.gov/heat



HEAT AND CHRONIC ILLNESS

Tips to prepare for extreme heat



Department of
Public Health

CITY OF PHILADELPHIA

Diabetes

Diabetes can damage blood vessels and nerves, which can affect the body's ability to cool down. Damage to the blood vessels and nerves can lead to unnoticed cuts or burns - *Always wear shoes, even at the pool or beach!*



Hot weather leads to sweating and dehydration. Dehydration can raise your blood sugar.

Mental Health Conditions

Extreme heat is stressful for everyone and can disrupt your usual self-care routine. This can worsen symptoms of mental health issues like anxiety, irritability, or trouble sleeping.



Some medications for mental health conditions can make it harder for your body to cool off.

Obesity

Excess body fat acts as insulation and traps heat, which makes it harder for the body to cool down.



Obesity raises the risk of heart disease and other illnesses. This also makes it easier to get sick from heat.



Kidney Disease and Heart Disease



The body cools down by sending more blood to the skin. This shift in blood flow can put strain on the heart and kidneys, causing both to work harder.

Dehydration can put strain on the heart and kidneys.

As air quality worsens, risk of heart attacks, stroke, and heart failure increases.

Respiratory Diseases

Warmer temperatures boost ground-level ozone and other pollutants. This can irritate the lungs, especially for those with respiratory diseases like asthma or COPD.



Hot and humid air can make it harder to breathe.

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

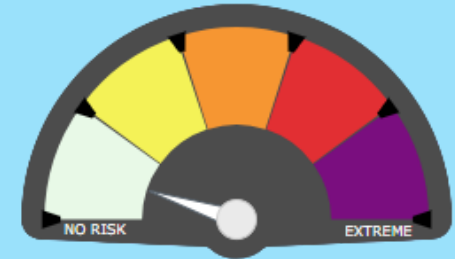


bit.ly/CRPNnewsletters

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

Stay Safe Outdoors

Check the air quality daily with most weather apps or the Breathe Philly dashboard at phila.gov/breathephilly.



For information on Philadelphia's Heat Vulnerability Index (HVI) visit: bit.ly/PhilaHVI.



STAY UP TO DATE AND RECEIVE FREE EMERGENCY AND WEATHER ALERTS FROM THE CITY OF PHILADELPHIA.

TEXT READYPHILA TO 888-777

ALERTS ARE AVAILABLE IN ELEVEN LANGUAGES.



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