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Derrick J.V. Sawyer
Fire Commissioner

FOR IMMEDIATE RELEASE:

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Hot Weather Safety Tips

Philadelphia, PA: Fire Commissioner Derrick J.V. Sawyer advises all citizens to be aware of the dangers of extreme hot weather. During a heat wave or extreme hot summer days, failing to maintain proper body temperature can lead to heat related illness and/or death.

Attached are tips to help citizens stay safe during extreme hot weather conditions.

Fire Commissioner Sawyer wishes to remind all that Fire is Everyone's Fight™

**1 COMMUNITY
+
1 DEPARTMENT**

Together We Are Safer!



Reminding You to

Be Cool & Safe

MESSAGE FROM FIRE COMMISSIONER SAWYER

Please be aware of the dangers of extreme hot weather. Keep the following guidelines in mind to stay safe during extreme hot weather conditions.

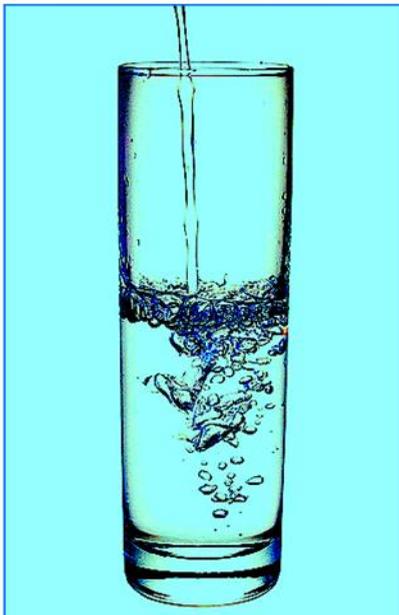
WHEN ALL ELSE FAILS... BE COOL

Extreme heat, humid air and long days can be unsafe, especially for older adults and people with health problems. Know the signs to look for and how to prevent heat related illness.

SIGNS OF HEALTH ILLNESSES

- Extreme sweating
- Nausea
- (upset stomach)
- Feeling very weak
- Feeling tired
- Being Thirsty
- Light-headed or dizzy

If you have any of these signs, get to a cool spot and drink plenty of fluids. Using a fan and putting wet towels on your skin may also help. If you do not feel better or symptoms worsen, seek medical attention.



PROTECT YOURSELF FROM EXTREME HEAT...

- Drink lots of fluids
- Drink water throughout the day
- Avoid caffeinated drinks like soda, tea or alcohol (they can dehydrate you)
- Try to rest in the shade

STAY COOL OUTSIDE

Avoid being outside during the hottest times of the day (10 am - 2 pm)

Remember to wear light clothing, hats and sunglasses to keep cool

STAY COOL INSIDE

Use a fan with the windows open or an air conditioner. Visit places

like libraries, shopping centers, movie theaters and senior centers that have air conditioning

WATCH OUT FOR OTHERS

Check on your neighbors, friends and family members to ensure their safety from the heat.

Never leave seniors, children or pets alone in a car.

Remember that if you are on medication you may be at high risk for heat-related problems. Be sure to ask your doctor, and be careful to avoid situations where you might overheat.



"Please remember to check on seniors and children, they are our most vulnerable citizens, especially in the heat."

Fire Commissioner Derrick J.V. Sawyer