



RECOMMENDATIONS ON HOW TO AVOID HEAT-RELATED ILLNESS

During hot weather, stay safe from the heat by following these tips:

Drink lots of fluids.

- Drink water throughout the day
- Avoid caffeinated drinks like soda, tea or alcohol (they can dehydrate you)

Stay cool outside.

- Avoid being outside during the hottest times of the day (10 a.m. - 2 p.m.)
- Try to rest in the shade and wear sunscreen, 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 the library, shopping centers, movie theaters or senior centers that have air conditioning

Watch out for others.

- Check on your neighbors and people you know who have medical problems
- Never leave seniors, children or pets alone in a car
- Be sure pets have plenty of cool water to drink, and are kept out of the sun



The early warning signs of heat stress are:

- Tiredness
- Loss of appetite
- Faintness
- Light-headedness
- Nausea

If you or someone you know is experiencing these symptoms, go to a cool environment, drink liquids, remove excess clothing and rest.

Serious signs of heat stress include:

- Unconsciousness
- Rapid heartbeat
- Throbbing headache
- Dry skin
- Chest pain
- Irritability
- Vomiting
- Diarrhea
- Muscle cramps
- Staggering
- Difficulty breathing

If you or someone you know is experiencing these symptoms, call 911. While waiting for help, move the person to a cool area, remove excess clothing, spray water and fan the person.

The City of Philadelphia operates several summer heat programs, including home visits by field teams, daytime outreach for the homeless, and the "Heatline." You can call the Philadelphia Corporation for Aging's "Heatline" at 215-765-9040.