

# Health Bulletin

## Public Health Notice: *Recommendations on How to Avoid Heat-Related Illness*

**HEAT WAVE: July 6<sup>th</sup>—July 9<sup>th</sup>**

**In a heat wave, older people and those with pre-existing medical conditions are at greater risk for health problems.**

**Visit older friends, relatives and neighbors to make sure that air conditioners or fans are working and homes are adequately ventilated.**



**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 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
- Shower or bathe in water that is near skin temperature.

### Stay cool outside.

- Avoid being outside during the hottest times of the day (12 p.m. - 6 p.m.)
- Try to rest in the shade to keep cool
- Wear sunscreen, lightweight, loose-fitting clothing, sunglasses, and a wide-brimmed hat or visor

### 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

**Some medications can cause an adverse reaction in hot weather. Those taking regular medication should consult with their physician.**

## The early warning signs of heat stress are:

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



## Serious signs of heat stress include:

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

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

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 Free Library locations listed below will be open for people to escape the heat. Some branches are extending their hours during the current heat wave.

*Residents can visit these locations to escape the heat and rest in an air-conditioned space with access to books, computers and wireless internet.*

- **Charles L. Durham**, 3320 Haverford Avenue, **(215) 685-7436**
- **Falls of Schuylkill**, 3501 Midvale Avenue, **(215) 685-2093**
- **Frankford**, 4634 Frankford Avenue, **(215) 685-1473**
- **Haddington**, 446 North 65th Street, **(215) 685-1970**
- **Independence**, 18 South 7th Street, **(215) 685-1633**
- **Joseph E. Coleman Northwest Regional**, 68 West Cheltenham Avenue, **(215) 685-2150**
- **Katharine Drexel**, 11099 Knights Road, **(215) 685-9383**
- **Kingsessing**, 1201 South 51st Street, **(215) 685-2690**
- **McPherson Square**, 601 East Indiana Avenue, **(215) 685-9995**
- **South Philadelphia**, 1700 South Broad Street, **(215) 685-1866**
- **Welsh Road**, 9233 Roosevelt Boulevard, **(215) 685-0498**
- **Wynnefield**, 5325 Overbrook Avenue, **(215) 685-0298**
- **Wyoming**, 231 East Wyoming Avenue, **(215) 685-9158**

For a list of other public sites with air conditioning, visit:

<https://alpha.phila.gov/media/2015/07/30085333/CoolingCenterLocations-OEM.pdf>

Be sure to call the centers beforehand to make sure they are open.

STAY  
COOL  
WITH  
A  
GOOD BOOK

## STAY IN TOUCH WITH THE HEALTH BULLETIN

You can find the Health Bulletin in many languages at: <http://www.phila.gov/Health/DiseaseControl/healthBulletin.html>.

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