

Panel 1

Ready or Not?

Stay Cool Guide:

How To Protect Your Health When It's Hot

## Panel 2

### **How To Protect Your Health When It's Hot**

#### **Stay Healthy!**

During summer months, hot weather can be hard to take. High heat can cause health problems, especially for seniors, pregnant women, infants, and children. You also need to be careful if you:

- Have chronic medical conditions, such as heart disease.
- Are overweight.
- Take certain prescription and non-prescription medications.

Always check the label.

- Have had a previous heat-related illness.
- Have been drinking alcohol.
- Use IV drugs.
- Work in a high-heat environment.
- Engage in strenuous physical activity.

#### **Be a Buddy!**

Check elderly friends and neighbors when it is very hot. Also check those who have medical conditions. For more help, call the Philadelphia Corporation for Aging Senior Helpline at 215-765-9040.

### **Ozone and Your Health**

When ground level ozone is high, an Ozone Advisory will be issued. Limit your outdoor activity. People with respiratory problems (such as asthma) should be very careful to avoid strenuous activity.

## Panel 3

### **Tips To Stay Cool**

- Drink plenty of water. Avoid alcohol and caffeine.
- Maintain a normal diet.
- Wear lightweight, light-colored, loose clothing.
- Wear a wide-brimmed hat or visor, or use an umbrella for shade.
- Wear sunscreen, SPF 15 or higher.
- Slow down. Rest in the shade or a cool place every chance you get.
- Stay out of the heat. Avoid working or playing in the hot sun or other hot areas from 10:00 a.m. to 2:00 p.m.
- Use air conditioners and fans. If you use a fan, make sure your windows are open to release trapped hot air.
- Visit a friend with air conditioning or go someplace cool like a mall, library, or senior center.
- Take a cool shower or bath.

- Read your medication labels. Some medications can cause an adverse reaction in hot weather. Talk to your doctor or pharmacist if you need more information.
- Never leave seniors, children, or pets alone in cars.

## Panel 4

### **Heat-Related Illnesses**

**Heat Exhaustion** is a type of heat-related illness. It can develop after several days of exposure to high temperatures or by not drinking enough fluids.

#### **Warning Signs of Heat Exhaustion:**

- Decreased energy
- Nausea
- Feeling Faint
- Slight loss of appetite
- Light-headedness
- Tiredness
- Weakness
- Headache
- Muscle cramps

If you have any of these symptoms, go to a cool place, drink fluids, remove excess clothing, and rest. If symptoms get worse, seek medical attention.

**Heat Stroke** occurs when the body is not able to cool down. It is very serious and can cause death or long-term disability.

**Warning Signs of Heat Stroke:**

- Very high body temperature (above 103° F)
- Red, hot, and dry skin with no sweating
- Rapid heartbeat
- Throbbing headache
- Feeling dizzy
- Nausea
- Confusion
- Unconsciousness

People who have symptoms should get **immediate medical attention**. In an emergency, dial 9-1-1. While waiting for help,

move the person to a cool area, remove excess clothing, spray with water, and fan the person.

## Panel 5

### **Stay Cool and Save Energy**

When the weather gets very hot and humid, we often use more electricity to stay cool. Saving energy saves you money. It's good for the environment and it's easy.

- Clean or change your air conditioner filter at least once a month.
- Only use the air conditioner when you are home.
- Set your air conditioner's thermostat to no lower than 78° F.

### **Keep these items on hand in case of a power outage:**

- Flashlight and extra batteries
- Blankets
- Battery-powered AM/FM radio and extra batteries
- Battery-powered or wind-up clock
- Cellular phone or non-cordless phone with a phone jack that does not need electricity to work.

- Drinking water and ice
- First-aid kit
- Styrofoam coolers
- Canned goods and powdered or boxed milk
- Manual can opener
- Digital quick-response thermometer

In the event of a power outage, do not open your refrigerator or freezer. Your refrigerator will keep foods cool for about four hours. Your freezer will keep foods frozen or safely cold for 24 to 48 hours. You can eat thawed food safely only if it is still “refrigerator cold,” meaning it is below 41 ° F.

If the power outage is expected to last more than four hours, keep refrigerated milk, dairy products, meats, fish, poultry, eggs, gravy, stuffing, and left-over food in a cooler packed and surrounded by ice to keep food longer. Use a cooler that will allow you to drain melting ice easily to prevent food from being in water from the melting ice.

When in doubt, throw it out. Discard any food that has an unusual odor, color or texture.

## Panel 6

### **Slow the Flow**

While water is everywhere around us, it's important to use it wisely, especially during the summer when there is a greater demand for more water.

#### **To conserve water, follow these easy steps:**

- Repair leaky toilets and faucets. Close your taps tightly.
- Install low-flow showerheads. They save thousands of gallons of water every year.
- Save two to four gallons of water by shutting off the faucet while shaving. Save one to two gallons by shutting off the faucet while brushing your teeth.
- Take short showers—a bath uses more water. If you must take baths, fill the tub only half way.
- Make sure your washing machines and dishwashers are full before you run them.



Panel 7

## **Hydrants Are for Fires, Not for Fun!**

### **Play Safely**

Cool off this summer the safe way. Take a swim at one of the city's public swimming pools or play in the spray at city spray grounds. Children also enjoy cooling off by using a garden hose and lawn sprinkler. For a list of public swimming pools or spray grounds, call 3-1-1.

### **Swim Healthy!**

Swimming is not permitted in Philadelphia creeks. Sewers may overflow. During and right after it rains, polluted water may flow from sewer pipes into creeks. To protect your health, do not come in contact with rivers and streams during and right after it rains.

## **Hydrants are for Fires, Not for Fun!**

Opening fire hydrants to cool off in the summer is never a good idea and it is illegal. Using the wrong tools can damage hydrants

and they may not work when firefighters need to use them. It's important that fire hydrants are ready and in good working condition in the event of a fire, to protect you and your neighbors.

An open hydrant wastes 1,000 gallons of water per minute and causes low-water pressure in homes, hospitals and businesses.

So, remember that hydrants are for fires, not for fun!

Panel 8

## **Ready Notify PA Find out First!**

### **Sign up for ReadyNotifyPA**

When situations arise in Southeastern Pennsylvania that may affect you and your family, ReadyNotifyPA lets local officials notify you quickly by E-mail, or text message to your cell phone or other E-mail enabled device. Be among the first to find out and stay informed during an emergency. For more information about what to do during an emergency and to sign up for ReadyNotifyPA, visit:

[www.phila.gov/ready](http://www.phila.gov/ready)

Or call 3-1-1