

# HEALTH BULLETIN

## Stay Healthy During HEAT HEALTH EMERGENCIES

### What is a Heat Health Emergency?

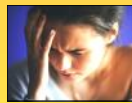
The City will declare a *Heat Health Emergency* when forecasted summer weather will be especially dangerous for the public's health. A Heat Health Emergency means all Philadelphia residents should take actions to stay **cool, hydrated, and informed**.

During a declared heat health emergency, the City will provide the following services to help residents stay safe and healthy:

- Offer extended hours at public designated cooling centers.
- Activate the **Philadelphia Corporation for Aging (PCA) Heatline at (215) 765-9040**.

### What actions can I take to stay cool, hydrated and informed?

- Avoid direct sunlight.
- Stay in air-conditioned buildings.
- Wear light, loose-fitting clothing.
- Drink plenty of water (don't wait until you're thirsty).
- Avoid alcohol, caffeine and other sugary drinks (they can dehydrate you).
- Know the signs of heat-related illness (like heavy sweating, headache, fatigue, nausea, or vomiting).



- **Never leave pets or people in a parked car on a hot day.**
- Check on elderly and homebound neighbors.
- If you see someone experiencing homelessness who needs help, call (215) 232-1984.
- **If you think someone is having a medical emergency, call 911.**



### During a declared heat health emergency:

- Call the Philadelphia Corporation for Aging (PCA) Heatline at (215) 765-9040 for tips on how to stay cool, or talk to a nurse about any medical issues.
- Call 311 to find a cooling center near you, or visit your local library, swimming pool or older adult center with air conditioning.

## REMEMBER: VERY HOT WEATHER IS DANGEROUS FOR EVERYONE.

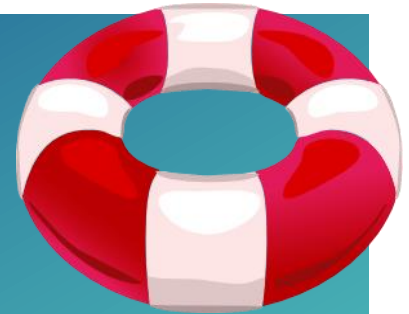
These people are most likely to get sick:

- ◇ Seniors, infants, and young children
- ◇ People with chronic medical conditions (like asthma, diabetes, or heart disease)
- ◇ Athletes
- ◇ Outdoor workers
- ◇ People experiencing homelessness



## Stay Healthy in the POOL

Philly's swimming pools are a great way to keep cool and exercise this summer! Public pools are cleaned routinely, but some germs can live for days even if the water is properly treated. **Recreational water illnesses** are caused by germs found in the water we swim in.



### KNOW THESE FACTS to keep you and your family healthy while swimming:

- Diarrhea is the most common symptom of a recreational water illness.
- Other potential symptoms include rashes, ear infections and respiratory infections.
- Just one person with diarrhea can make the water dirty and make others sick.



### FOLLOW THESE TIPS to keep germs out of the water and out of your mouth:

- Stay out of the water if you have diarrhea or an open wound.
- Shower before you get into the water.
- Don't swallow the water.



## Leave Fireworks to the Experts

The **National Safety Council** advises everyone to stay away from all consumer fireworks and to only enjoy fireworks at a public display conducted by professionals. Why?



- ⇒ Each year, fireworks cause about 1,300 structure fires, 300 vehicle fires, and nearly 17,000 other fires resulting in thousands of injuries.
- ⇒ Firecrackers can cause burns and other serious injuries.
- ⇒ Sparklers burn at about 2,000 degrees (hot enough to burn some metals).
- ⇒ Bottle rockets can cause chest, head, and eye injuries (especially when used improperly).
- ⇒ Roman candles and M-class fireworks can cause even more severe injuries.



For additional safety tips on fireworks, visit the National Safety Council's fireworks web page at <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/fireworks>.



# Stay Healthy Outside—Protect Yourself from Bites

People tend to spend the most time outside in the summer. So do animals and insects! Follow the tips below to prevent yourself from getting bitten.



## Prevent rabies! Protect yourself from ANIMAL BITES.

Animals can inflict even fatal injuries or infections through bites and scratches. **Rabies** is a deadly virus, spread primarily by the bite of an animal.

- Do not try to approach, pet, or capture stray or wild animals.
- Make sure that your pets are up-to-date on their rabies vaccinations.
- Contact animal control professionals if you see or have been bitten by a stray or wild animal.
- Seek prompt medical care when bitten or scratched by an animal.



- In Philadelphia:**
- Call (215) 685-6748 to report animal bites.
  - Call (267) 385-3800 to report wild, vicious, or stray animals.
  - Call (215) 685-9000 to report rodents.



## Prevent West Nile virus and Lyme disease! Protect yourself from MOSQUITO and TICK bites.



**West Nile virus** is the most common disease carried by mosquitoes in our area.



### Protect yourself from mosquito bites.

- Use insect repellents with DEET 20% or higher. Follow label instructions.
- Spray outdoor clothing with permethrin repellent. Follow label instructions.
- Remove standing water where mosquitoes could lay eggs.
- Use window and door screens.
- Keep doors to the outside closed.
- Use air conditioning when possible.
- Wear long-sleeved shirts and long pants if you will be outside at dusk or dawn (when mosquitoes are most active).
- For more information, visit <https://www.cdc.gov/westnile/prevention/index.html>.

**Lyme disease** is spread by deer ticks in our area. **Protect yourself from tick bites.**



- Avoid woody and bushy areas with high grass and leaf litter.
- Shower as soon as possible after coming indoors.
- Conduct a full-body tick check using a mirror to check all parts of your body.
- Remove attached ticks as soon as possible.
- Examine clothes and gear, and tumble clothes in a dryer on high for at least 10 minutes to kill ticks.
- Check your pets, and talk with your vet about using a product to prevent ticks on your animals.
- For more information, visit <https://www.cdc.gov/lyme/prev/index.html>.



**In Philadelphia:**  
If you have questions about West Nile virus or Lyme disease, call (215) 685-6740.



## Stay Healthy Throughout Your TRAVELS - - -



## Protect yourself and your family from MEASLES!

### What is measles?

Measles is a serious respiratory disease. It affects the lungs and breathing tubes, and causes a rash and fever. It spreads very quickly through sick people's coughs and sneezes. Measles germs can remain in a room for 2 hours after a sick person has left!

#### Measles symptoms include:

- Red, blotchy rash covering your whole body
- Spots inside your mouth
- High fever
- Runny nose, cough, and red eyes
- Diarrhea

#### Measles can also cause the following complications:

- Ear infection
- Brain swelling
- Pneumonia (a serious lung infection)
- Seizures



### Is measles dangerous?

Yes. It can lead to **deafness, brain damage, and death** in some babies and young children.

### How do measles outbreaks occur?

Many outbreaks in the U.S. occur when unvaccinated travelers return home and spread measles to their under-vaccinated communities. *Don't let an outbreak happen in our city!*

**If at any time you develop a rash that lasts for more than three days and a fever of 101°F or higher, call your doctor immediately.**

### How can I stay healthy?

## GETTING VACCINATED IS THE BEST WAY TO FIGHT MEASLES.

**Who should get a Measles, Mumps, and Rubella (MMR) shot to protect themselves and others:**

- All children older than 1 who have not yet been vaccinated.
- Children older than 13 months who received their first MMR shot at least 4 weeks ago and are at risk of measles exposure.
- Children between 6 months—1 year who will be traveling internationally or visiting a community with an ongoing measles outbreak.
- Adults born after 1957 who have not yet been vaccinated.
- Adults who will be traveling internationally or visiting a community with an ongoing measles outbreak who have not previously received two doses of MMR.

**For more information about immunizations in Philadelphia, visit <https://vax.phila.gov/>**

### **SIGN UP FOR OUR LISTSERV TODAY!**

The **PDPH Health Bulletin listserv** is used to email information about upcoming events, seminars, trainings, exercises and funding opportunities involving public health and emergency preparedness. To sign up for the listserv, visit

**[Bit.ly/HealthBulletinSignUp](http://Bit.ly/HealthBulletinSignUp)**.