HEAT EXHAUSTION

**Symptoms:**
- Heavy sweating
- Headache
- Weakness, fatigue, dizziness
- Nausea or vomiting

**What to do:**
- Go to an air-conditioned space
- Sip cool water
- Take a cool shower or bath
- Call your doctor if symptoms last for more than one hour

**Watch for signs of heat-related illness**

HEAT STROKE

**Symptoms:**
- Very high body temperature
- Confusion
- Pounding headache
- Nausea
- Unconsciousness

If you see someone with these signs, call 911- this is a medical emergency!

Stay Cool, Philly!

Did you know?

Very hot weather can make you sick.

BE COOL 😎 STAY COOL

Summers are getting hotter in Philadelphia. Trees can help.

Cool your neighborhood: plant a tree!

Find out how to get a tree:
215.988.8844 · mmaslin@pennhort.org
phsonline.org/programs/tree-tenders/

www.phila.gov/health

www.phila.gov/ready

freelibrary.org

www.pha.gov

www.pcaCares.org

www.phila.gov

www.phila.gov/311

www.phila.gov/homelessservices

www.dbhids.org
Who's at Risk?

Very hot weather is dangerous for everyone. Some people are more likely to get sick:

- People aged 65 and older
- Infants and young children
- People with a chronic medical condition (like diabetes or heart disease)
- People experiencing homelessness
- Outdoor workers
- Athletes

Hot, humid weather can also decrease air quality.

If you have a respiratory condition, like asthma, you may need to limit your time outside.

Visit AirNow.gov for the latest air quality alerts.

What You Can Do

**STAY COOL**
- Avoid direct sunlight
- Stay in air-conditioned buildings
- Wear light, loose-fitting clothing

**STAY HYDRATED**
- Drink plenty of water—don't wait until you're thirsty
- Avoid alcohol, caffeine and sugary drinks (they can dehydrate you)

**STAY INFORMED**
- Stay updated on local weather
- Know the signs of heat-related illness

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

City Services

When the hot weather becomes dangerous, the City will take steps to protect the health of residents.

**Philadelphia Corporation for Aging (PCA) Heatline**

During very hot weather, PCA has a call center for people to get heat safety tips. Health Department nurses can speak with you about medical problems related to the heat.

PCA Heatline: 215-765-9040

**Cooling Centers**

Some air-conditioned spaces, like select Free Library locations and recreational centers, will stay open later. Even a few hours in air-conditioning during the hottest part of the day (usually 12pm-5pm) can help your body recover.

Be Cool, Stay Cool Tip: You can also visit public pools or spray grounds.

Call 311 to find a cooling center near you.

Photo Credit: @cityofphiladelphia