

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!



Summers are getting hotter in Philadelphia.
Trees can help.



PHS PENNSYLVANIA HORTICULTURAL SOCIETY

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.pcaCares.org



www.phsonline.org



www.phila.gov/311



www.phila.gov/homelesservices



www.dbhids.org

Stay Cool, Philly!



Photo Credit: @cityofphiladelphia

Did you know?



BE COOL  **STAY COOL**

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](https://www.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) Hotline

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 Hotline: 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.



Photo Credit: @cityofphiladelphia

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



Call 311 to find a cooling center near you.