

# 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](http://www.phila.gov/health)



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



[freelibrary.org](http://freelibrary.org)



[www.pcaCares.org](http://www.pcaCares.org)



[www.phsonline.org](http://www.phsonline.org)



[www.phila.gov/311](http://www.phila.gov/311)



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



[www.dbhids.org](http://www.dbhids.org)

**Stay Cool, Philly!**



Photo Credit: @cityofphiladelphia

**Did you know?**



**Very hot weather can make you sick.**

**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) 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.



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.**