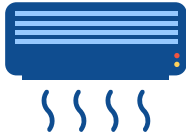


STAY COOL, PHILLY

Information for People with Disabilities



Stay cool. Spend time in air conditioned spaces.



Make sure a friend or neighbor knows to check on you.



Talk to a doctor; medications can affect the body's response to heat.

Did you know?

- One hot day can lead to health problems, but a number of hot days in a row bring the most risk.
- Some disabilities can make it difficult to regulate body temperature. Difficulty with sweating or trouble with breathing can put you at higher risk for overheating. Talk to a doctor and plan ahead for hot days.
- Before traveling to a cooling center, **call 3-1-1** to check if they have accommodations for people with limited mobility.
- Have a clear plan to notify friends or neighbors if you need assistance.
- Those who live alone are at higher risk. Make a plan ahead of time to check on your loved ones and ask them to check on you.

Resources

Need a ride?
Contact CCT Services:
(215) 580-7700

Plan ahead and get **FREE** heat and weather warnings from @PhilaOEM direct to your phone. Text **READYPHILA** to **888-777** to sign up.

PCA Hotline:
215-765-9040
Heat safety tips and resources from trained nurses.

For more heat-related resources, or to find the nearest cooling center call 3-1-1 or visit bit.ly/PhillyHeatEmergency