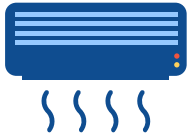


STAY COOL, PHILLY

Information for People with Infants and Young Children



Stay cool. Spend time in air conditioned spaces.



NEVER leave children, babies or pets in a parked car on a hot day.



Know the signs of heat exhaustion: heavy sweating, dizziness, nausea, muscle aches.

Did you know?

- Bodies can lose a lot of water on hot days. Make sure your child is drinking plenty of fluids.
- Inside the car can rise almost 20 degrees Fahrenheit within the first 10 minutes, even with a window cracked open. Children who are left unattended in parked cars are at risk for heat stroke, and possibly death.
- Sunburns can raise your body temperature and make it more difficult to cool down. Use sunscreen whenever your child is outside and reapply sunscreen as indicated on the package.
- Dressing your child light-colored, loose clothing on hot days can help keep your child cool when playing outside.

Resources

**Find cooling centers,
public pools, spray
grounds and
Free Public Libraries**

**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**