

STAY COOL, PHILLY

Information for Older Adults



Stay cool. Spend time in air conditioned spaces.



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



Seek medical care if you start to feel unwell.

Did you know?

- One hot day can lead to health problems, but a number of hot days in a row bring the most risk.
- Chronic medical conditions and some medications can affect the body's ability to control its temperature or sweat properly. Talk to your doctor in advance and seek help early if you feel unwell.
- Mobility issues may be worsened by hot weather, which can make it more difficult to travel to places with air conditioning when it's hot. Contact **CCT (215) 580-7700** for transportation services.
- 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

Utility Assistance

USEF: Utility Grant Program

Call 215.814.6837 for more information

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