

STAY COOL, PHILLY

Information for People using Substances



Keep cool: take breaks in the air conditioning or shade.



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



If a person appears passed out, **call 911**. Falling asleep in extreme heat can be deadly.

Did you know?

- Bodies can lose a lot of water on hot days. You may need to drink more water than usual to stay hydrated.
- Substance use can make it hard to tell when the temperature is changing. This can make it easier to get heat stroke or sunburns.
- Sunburns can raise your body temperature and make it more difficult to cool down.
- Drugs can make it hard for the body to cool itself down, this can make it easier to get heat stroke. Seek help if you are feeling unwell.

Resources

Find a Cool Place

**24-Hour Homeless Outreach Hotline:
215-232-1984**

**PCA Heatline:
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