# Watch for signs of heat-related illness

### **HEAT EXHAUSTION**

### **Symptoms:**

- Heavy sweating
- Headache
- Weakness, fatique, dizziness
- Nausea or vomiting

#### What to do:

- Call a doctor if symptoms last for more than one hour
- Go to an air-conditioned space
- Sip cool water
- Take a cool shower or bath

### **HEAT STROKE**

### **Symptoms:**

- Very high body temperature
- Confusion
- Pounding headache
- Nausea
- Unconsciousness



🌉 Heat stroke is an emergency 📜 Call 911 if someone has these signs





#### UESE

#### **Front Door Benefits Access Center**

Learn about and enroll in state and federal benefits 215.814.6845 — BAC@uesfacts.org

### **Utility Assistance Program**

Utility services endangered or shut off 215.814.6837 — utility@uesfacts.org

# More heat resources at phila.gov/heat

# Let's stay connected!

#### **Community Response Partner Network**

Join for updates on heat warnings and other Public Health Emergencies.



bit.ly/phlcommunityresponse

**Stay Cool This Summer** 



# Did you know?





## Who's at Risk?

Very hot weather is dangerous for everyone. Some people are more likely to get sick:

- Adults 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.



Philadelphia Corporation for Aging (PCA) Heatline

Heat safety tips and resources from trained nurses.



PCA Heatline: 215-765-9040

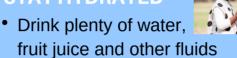


# What You Can Do

### STAY COOL

- Stay in air-conditioning
- · Avoid direct sunlight
- · Wear light, loose-fitting clothing

# STAY HYDRATED



 Avoid alcohol, caffeine and sugary drinks

# STAY INFORMED

- Get FREE heat and emergency warnings from @PhilaOEM direct to your phone. Text READYPHILA to 888-777 to sign up.
- Stay updated on local weather

### LOOK OUT FOR OTHERS

- Check on older adults and home-bound neighbors
- 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**

## **Cooling Centers**

Places to escape the heat and enjoy some air-conditioning during heat emergencies. Visit your local Free Library or call **3-1-1 to find a cooling center near you.** 

### **Spray Grounds**

Free, fun, safe way to enjoy water this summer—and Philly has more than 90 of them! Find one near you: bit.ly/SpraygroundFinder

### **Public Pools**

Pools are a beloved part of summer in the City and a great way to cool down, have fun, and stay active. For pool opening schedule visit: phila.gov/ppr

### **Play Streets**

Each weekday during the summer your street can be closed to serve free meals to kids on the block and allow them to play outside.

To apply to become a Playstreet call (215) 685-2719 or visit www.phila.gov/programs/playstreets/

