

Watch for signs of heat-related illness

HEAT EXHAUSTION

Symptoms:

- Heavy sweating
- Headache
- Weakness, fatigue, 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



Prepare for hot days indoors

UESF

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.



Sign up
online

bit.ly/phcommunityresponse

Stay Cool This Summer

Stay Cool, Philly!



Did you know?

Very hot
weather can
make you
sick.

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

- Drink plenty of water, fruit juice and other fluids
- 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/

