

# HEAT EXHAUSTION

## Symptoms:

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

## What to do:

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



## Watch for signs of heat-related illness

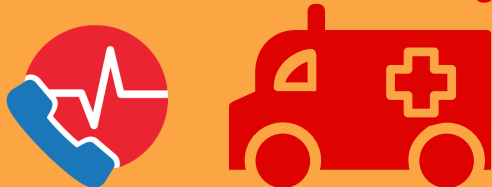
# HEAT STROKE

## Symptoms:

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



**If you see someone with these signs, call 911- this is a medical emergency!**



Summers are getting hotter in Philadelphia.  
Trees can help.



**PHS** PENNSYLVANIA  
HORTICULTURAL  
SOCIETY

**Cool your  
neighborhood:  
plant a tree!**

Find out how to get a tree:  
215.988.8844 · [mmaslin@pennhort.org](mailto:mmaslin@pennhort.org)  
[phsonline.org/programs/tree-tenders/](http://phsonline.org/programs/tree-tenders/)



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[www.pcaCares.org](http://www.pcaCares.org)



[www.phila.gov/311](http://www.phila.gov/311)



[www.dbhids.org](http://www.dbhids.org)

# Stay Cool, Philly!



Photo Credit: @cityofphiladelphia

## Did you know?



BE COOL  STAY COOL

## Who's at Risk?

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



- People 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.

Visit [AirNow.gov](https://www.airnow.gov) for the latest air quality alerts.

## What You Can Do

### STAY COOL

- Avoid direct sunlight
- Stay in air-conditioned buildings
- Wear light, loose-fitting clothing



### STAY HYDRATED

- Drink plenty of water- don't wait until you're thirsty
- Avoid alcohol, caffeine and sugary drinks (they can dehydrate you)



### STAY INFORMED

- Stay updated on local weather
- Know the signs of heat-related illness



### LOOK OUT FOR OTHERS

- Check on elderly and homebound neighbors
- NEVER leave people or pets in a parked car on a hot day
- 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

When the hot weather becomes dangerous, the City will take steps to protect the health of residents.

### Philadelphia Corporation for Aging (PCA) Heatline

During very hot weather, PCA has a call center for people to get heat safety tips. Health Department nurses can speak with you about medical problems related to the heat.

**PCA Heatline: 215-765-9040**



### Cooling Centers

Some air-conditioned spaces, like select Free Library locations and recreational centers, will stay open later. Even a few hours in air-conditioning during the hottest part of the day (usually 12pm-5pm) can help your body recover.



Photo Credit: @cityofphiladelphia

**Be Cool,  
Stay Cool Tip:**  
You can also visit public pools or spray grounds.



**Call 311 to find a cooling center near you.**