

# PUBLIC HEALTH PREPAREDNESS NEWSLETTER SUMMER 2024

*This newsletter was created by the Philadelphia Department of Public Health Preparedness Program to better prepare residents for public health emergencies, such as extreme weather, disease outbreaks, and other emergencies.*



***Read on for information about how to protect yourself and your loved ones from the heat.***

Heat Related Illness	[page 2]
Cool Summer Activities	[page 3]
Utility Assistance	[page 4]
Mental Health and COVID-19 Resources	[page 4]

This newsletter is available in Amharic, Arabic, Dari, French, Haitian Creole, Indonesian, Khmer, Portuguese, Russian, Simplified Chinese, Spanish, Swahili, and Vietnamese at [bit.ly/PHPGuidance](https://bit.ly/PHPGuidance).

To request free printed copies, visit [bit.ly/PHPMaterials](https://bit.ly/PHPMaterials) or leave a message at **215-429-3016**.

## It's HOT Outside Philly

### Stay cool

- Spend time in the air conditioning.
  - See page 3 for FREE indoor, summer activities.
- Avoid physical activity in the sun.
- Stand under shade when outside.
- Wear light, loose-fitted clothing and cover your head.

### Look out for others

- Check on older adults and anyone who is homebound or lives alone.
- Call **215-232-1984** for homeless outreach services.
- If you think someone is having a medical emergency, call **911**.

### Stay hydrated

- Drink plenty of water or fruit juice, even if you do not feel thirsty.
- Avoid alcohol, caffeine and drinks with a lot of sugar.

---

## Extreme Heat Guide

Extreme heat can be dangerous for people and pets. It can also cause utility disruptions. Extreme heat is occurring more often due to the climate emergency.

Learn how to prepare for extreme heat events, get heat safety tips, and resources in multiple languages at [www.phila.gov/heat](https://www.phila.gov/heat).

---

## Sign Up for ReadyPhiladelphia and Be the First to Know

The **Office of Emergency Management** shares information about severe weather through free email and text alerts using the City's mass notification system, ReadyPhiladelphia.

For free text alerts, please text **READYPHILA** to **888-777** or sign up at [bit.ly/ReadyPhilaAlert](https://bit.ly/ReadyPhilaAlert).

# PREPARE YOURSELF AND YOUR LOVED ONES

## Who do we worry about when it's hot?

Some people are more likely to get sick during very hot weather.

- People who live alone.
- People without access to air conditioning
- Adults aged 65 and older.
- Infants and young children.
- People who work outside.
- People with some disabilities and medical conditions that make it harder to cool off.
- People experiencing homelessness.

**Make sure someone knows to check on you, and check on family, friends and neighbors.**



## How might I get sick from very hot weather?

Did you know that one hot day can lead to health problems, but a few hot days in a row can be even more dangerous?

### Heat Exhaustion

What you may feel:

- Heavy sweating, headache, weakness, tiredness, dizziness, nausea or vomiting.

What to do:

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

### Heat Stroke

What you may feel:

- Very high body temperature, confusion, pounding headache, nausea, unconsciousness, vomiting.

What to do:

- Heat stroke is an **emergency**. **Call 911.**

## Philadelphia Corporation for the Aging Helpline

**215-765-9040**

Call for assistance with meals, paying for utilities, heat safety tips and other resources.

During a heat emergency, trained nurses will be available to talk through any health issues related to the heat.



## Don't forget your pets and service animals

Bring pets inside. If you see animals that are neglected or left outside during extreme weather, call the Animal Care and Control Team anytime day or night at **267-385-3800**.

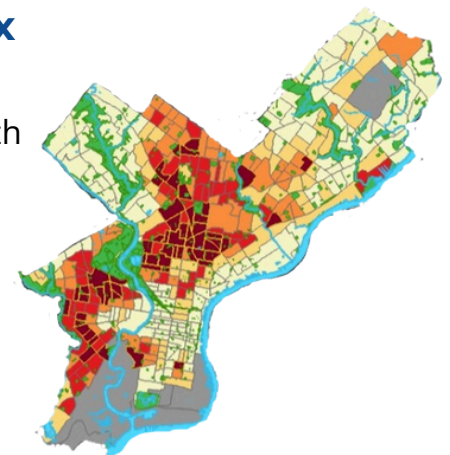
It is not safe to leave pets alone for a long time. If you need to leave your home in an emergency, find a safe place to take them.

## Philly Heat Vulnerability Index

The Philadelphia Heat Vulnerability Index (HVI) shows which areas are hotter in the summer and the key factors causing negative health effects of extremely hot weather.

- Search your address in the map to find resources to help you during extreme heat events.
- Learn more about why heat vulnerability is different across Philadelphia.

Visit the interactive map at [bit.ly/PHLHeatVImap](https://bit.ly/PHLHeatVImap).



# STAY COOL WITH THESE SUMMER ACTIVITIES

## Art Reach

*Helps everyone get access to museums, theaters, gardens, and cultural sites throughout Greater Philadelphia and Delaware.*

- Get \$2 per person admission (for the Cardholder and up to 3 additional people). Bring a valid ACCESS Card and a photo ID to the admissions desk at any participating museum, garden, historical or cultural site.
  - Participating sites:
    - Please Touch Museum
    - Philadelphia Museum of Art
    - Independence Seaport Museum
    - The Academy of Natural Science of Drexel
- Find more participating locations at [art-reach.org](http://art-reach.org) or call **267-515-6720**.
- Through Students at Museums in Philly (STAMP) any Philadelphia high school student can visit 20 museums and cultural sites for FREE. Visit [bit.ly/AR-STAMP](http://bit.ly/AR-STAMP).



## Cooling Centers

- Visit your local library anytime they are open to cool off in the air conditioning.
- During a heat emergency, more locations will open with extended hours.
- Call **3-1-1** to find a cooling center near you.

## Spraygrounds

- Spraygrounds are a free, fun, safe way to enjoy water this summer.
- Philadelphia has more than 90 spraygrounds!
- Call **3-1-1** to find one near you.



## Public Pools

- Free and open for everyone.
- 60 pools across the city, with pool lifts available at 13 pools.
- Visit [bit.ly/PublicPoolFinder](http://bit.ly/PublicPoolFinder) for a detailed schedule, access information and free classes and events.

## 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.
- Residents can apply to close their block to traffic.
- Playstreets take place during the summer from 10 a.m. to 4 p.m.
- To apply to become a Playstreet call **(215) 685-2719** or visit [phila.gov/programs/playstreets](http://phila.gov/programs/playstreets)



## Prepare for Hot Days Indoors

Assistance for more comfortable housing

### **Utility Emergency Services Fund (UESF)**

Case management, financial assistance, educational workshops and more.

1608 Walnut St., Suite 600, Phila., PA 19103  
**215-972-5170** - [uesfacts.org](http://uesfacts.org)

### **UESF Utility Assistance Program**

Utility services endangered or terminated (shut off)

**215-814-6837** - [utility@uesfacts.org](mailto:utility@uesfacts.org)

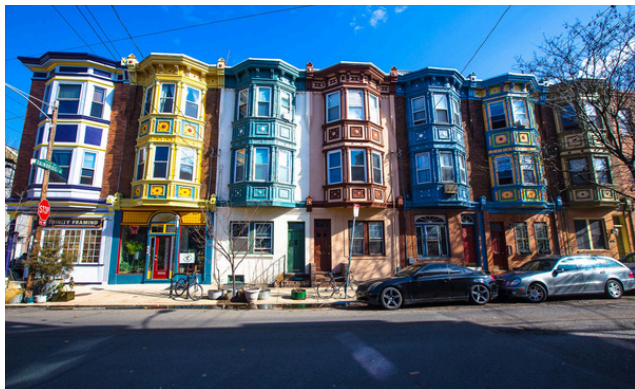
### **BenePhilly**

Offering free, one-on-one support to apply for public benefits.

**844-848-4376** - [bit.ly/BenePhilly](http://bit.ly/BenePhilly)

### **Neighborhood Energy Centers**

Information on how to save on utilities and help paying energy bills. Visit [bit.ly/PHLNECs](http://bit.ly/PHLNECs).



## Mental Health Resources

Need support with a mental health crisis?

Call **215-685-6440**.

For Mental Health and Addiction Services, call **888-545-2600**.

Both hotlines are **open 24/7, with interpretation available**.

Free online screening and resources at [HealthyMindsPhilly.org](http://HealthyMindsPhilly.org).

## COVID-19 Resources

COVID-19 is still circulating in Philadelphia.

Staying up to date on your vaccine is still the best way to protect yourself and the people around you from getting severely sick.

- Find FREE COVID-19 vaccine at [phila.gov/vaccine](http://phila.gov/vaccine).
  - If you are uninsured, find vaccines and a primary care provider at [phila.gov/primarycare](http://phila.gov/primarycare).
- Find FREE PCR testing and rapid tests at [bit.ly/COVIDResourceCalendar](http://bit.ly/COVIDResourceCalendar).
  - You will not be asked for ID or insurance.
- Every month, community groups can get 100 FREE tests and masks to give away at [bit.ly/COVIDTestKitRequest](http://bit.ly/COVIDTestKitRequest).

**Questions? Call the Philadelphia Department of Public Health at 215-685-5488. Press 2 for Spanish; press 3 for interpretation in your language. Dial 711 for TRS/TTY assistance.**

## Let's stay connected

Visit our website at [bit.ly/PDPHPreparednessOutreach](http://bit.ly/PDPHPreparednessOutreach).

For printed copies of this newsletter, questions, or problems with the translation, email us at [PublicHealthPreparedness@phila.gov](mailto:PublicHealthPreparedness@phila.gov) or leave a message at **215-429-3016**.

**We would love to hear from you!**

Sign up for the **Community Response Partner Network (CRPN)** at [bit.ly/phlcommunityresponse](http://bit.ly/phlcommunityresponse).



Get essential public health information to share with family, friends, and neighbors.