

PUBLIC HEALTH PREPAREDNESS NEWSLETTER WINTER 2024

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



Read on for information about how to prepare yourself, your loved ones and your home for severe weather.

Emergency Kits	[page 2]
Health Information Card	[page 2]
Utility Assistance	[page 3]
Mental Health Resources	[page 4]
Respiratory Viruses: Flu, COVID-19, and RSV	[page 4]

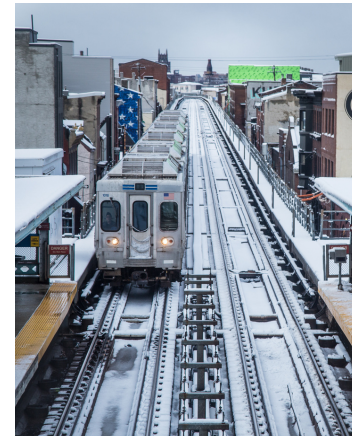
This newsletter is available in Amharic, Arabic, Dari, French, Haitian Creole, Indonesian, Khmer, Portuguese, Russian, Simplified Chinese, Spanish, Swahili, and Vietnamese at bit.ly/CRPNnewsletter.

To request free printed copies, visit bit.ly/PHPMaterials or leave a message at **215-429-3016**.

Prepare for Severe Weather

Climate change is causing:

- **More precipitation.** Heavier and more frequent storms can cause rivers, streams and other bodies of water to overflow more often.
- **Storm surge.** Coastal storms are getting stronger and more frequent and can cause water to rise above normal levels.
- **Sea level rise.** Some areas of Philadelphia are at risk of sea level rise and flooding.



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.

The **Office of Homeless Services** will send a homeless outreach team to any person on the street who needs transportation to a local shelter or needs other homeless services.

Homeless Outreach Hotline
215-232-1984

Save this number in your phone to request outreach any time, 365 days a year, 24 hours a day.

Prepare Yourself and Your Loved Ones

Emergency Supply Kit

Gather enough supplies to last you and the people you live with for at least three days.

Make sure your kit has these items:

- Medications
- Food and water
- Supplies for babies and children
- Pet supplies
- Cell phone and charger
- Flashlight and whistle
- Cash
- Copies of important documents
- First-aid kit
- Battery-operated radio and extra batteries



Emergency Food Supply for Under \$10

If you are unable to leave your home, you want to have food and water on hand.

Here is a suggested list of food you should buy to prepare for an emergency.

The items listed here are essential and are about enough to last 1 adult for 1 day.

For a detailed list, please visit:

<https://www.ready.gov/food>

- 1 gallon of water: \$1.19
- 3 Cans of meat (chicken breast or tuna) 2.6oz: \$1.65
- Plain crackers: \$2.54
- Nutrition bar: \$1.65
- Canned fruit 8oz: \$1.43
- Can opener: \$0.69 *if needed.

Cost: **\$9.15**

Don't forget your pets and service animals.

Bring pets inside. If you see animals that are neglected or left outside during severe 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.

Do you take medication?

Always have at least a one-week supply of medications on hand. Get prescriptions renewed before they run out, so you are prepared for emergencies.

Keep a list of all your medications. Include the dosages, when and why you take them, and your doctors' contact information.

Health Information Card

A Health Information Card includes all of your important medical history, doctors' offices information, medications, and equipment. It will help emergency responders when assisting you.

Print one today or ask us to mail some to you by visiting <https://bit.ly/PHPGuidance>.

Name (legal name if different)	Allergies (food, medicine, other)	Emergency Contact 1	<h3 style="margin: 0;">Health Information Card</h3>  <p style="font-size: 10px; margin: 5px 0;">Keep this card with you in your wallet, purse, or other safe place.</p> <p style="font-size: 8px; margin: 0;">Department of Public Health CITY OF PHILADELPHIA</p>	YOUR MEDICINE RECORD Write all of the prescription drugs, over-the-counter drugs, vitamins, and herbal supplements that you take. Keep this list up to date (use a pencil or cross out changes to your medications).	Medicine Name of medication, purpose and strength	Dose How many pills, puffs, units, or drops per dose	Frequency How many times a day	
Pronouns	Medical Conditions	Emergency Contact 2		Fill this out with the help of your doctor, pharmacist or other healthcare provider. Take medicine as prescribed, and prepare to bring medicine with you in case of an emergency.	Equipment, Supplies, Other Supports (refrigerated meds, oxygen, etc.)			
Birthdate		Important Numbers (doctor, pharmacy, etc.)						
Phone								
Email								
Address								
Gender	Additional medical/communication needs							
Preferred Language								
Blood Type								

PREPARE YOUR HOME

Very cold weather or severe storms can affect your health if you do not have proper heating or if you lose power at home.

Utility assistance and other programs help you manage bills, afford necessities, and lower the chance of health and safety challenges during extreme weather events.



Philadelphia Corporation for the Aging (PCA)

Provides assistance to low-income seniors and caregivers. Call their helpline to learn more about PCA emergency funds program, home-delivered meals, or other assistance.

215-765-9040 — www.pcacares.org/contact-us/

Utility Emergency Services Fund (UESF)

Income-based programs stabilizing homes for families facing a housing crisis.

Case Management – Financial Assistance – Educational Workshops and more.

UESF Benefits Access Center

Learn about and enroll in state and federal benefits.

215-814-6845 — BAC@uesfacts.org — www.uesfacts.org

BenePhilly

Non-income-based, free, one-on-one support to help apply for public benefits.

Prescription Drugs - Health Insurance - Groceries - Childcare Assistance.

Heat & Other Utilities - Property Taxes - Disability Benefits.

1-844-848-4376 — www.phila.gov/programs/benephilly/

PECO's Universal Service Programs

Learn about all of PECO's assistance programs.

1-800-774-7040 — bit.ly/PECOPrograms

Neighborhood Energy Centers

Learn about conserving energy and apply for bill payment assistance.

Heat & Other Utilities - Property Taxes - Disability Benefits and more.

Find an energy center at bit.ly/NeighborhoodEnergyCenters

Prevent Carbon Monoxide Poisoning

- Install carbon monoxide monitors in your home and make sure all monitors have working batteries.
- Gas-powered generators should only be used outdoors, away from vents or windows, and more than 20 feet away from the house.
- It is not safe to use gas ovens to heat your home.

If you have any symptoms and you suspect carbon monoxide poisoning, get outside immediately and call **911** or the Poison Control Center at **1-800-222-1222**.



Respiratory Viruses

To update your immunity this winter and protect yourself from severe illness, get an annual flu vaccine and an updated COVID-19 vaccine.

The seasonal flu vaccine is updated every year to protect against the types of flu expected to be most common.

The COVID-19 vaccine was updated to provide extra protection from current Omicron variants this winter.

RSV Immunization can prevent severe RSV disease in infants and adults aged 60 and older.

It is safe to get all three vaccines at the same time.

To help prevent the spread of respiratory viruses:

- Test for COVID if you have any symptoms.
- Wear a mask in crowded public spaces.
- Stay home if you feel sick.

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.

For information on COVID testing, visit bit.ly/Covid19_test.

For more information about flu, COVID and RSV, visit bit.ly/FluPHL, bit.ly/COVIDvaxPHL, bit.ly/RSV_PHL.

Mental Health Resource Corner

More than 1 out of every 6 adults in Philadelphia has been diagnosed with a mental health condition.

Need help with a mental health crisis?

Call **215-685-6440**.

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

Open 24/7; interpretation available.

Free online screening and resources at HealthyMindsPhilly.org.

Find a Healthcare Provider

It is important to have a primary care provider you trust to help you stay healthy through the winter season, especially if you have a chronic health condition.

Use the **Primary Care Finder** at www.phila.gov/primary-care to find free or low-cost medical care.

Search by language, location, specialty and more.



Let's stay connected

Visit our website at bit.ly/PDPHPreparednessOutreach.

For printed copies of this newsletter, questions, or problems with the translation, email us at 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.



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