Heat Safety Resources

Below is a list of some of the heat safety resources available to the Philadelphia this year.

1. **Heatline and the Philadelphia Dept. of Public Heath (PDPH) Environmental Health Services** When the PDPH declares a heat health emergency, a citywide heat emergency hotline is activated: (215) 765-9040. The Heatline is sponsored by the PDPH and Philadelphia Corp. for the Aging and is used as a resource for Philadelphians of all ages for information and access to assistance with excessive heat. Persons who are already exhibiting symptoms of serious heat-stress disorders should contact 911 immediately.

For assistance in assessing the risk of a specific situation when the heat emergency hotline is not activated, the PDPH Environmental Health Services Unit may be contacted during regular business hours (215-685-7342, or 7495). They can also be accessed after hours through the City of Philadelphia Municipal operator (311).

Conditions of high heat (in excess of 81°F) noted in a person's place of residence (e.g. CRR, PDR, SIL apartment, licensed personal care home, halfway houses) should be reported to the same agencies mentioned above and are listed below with times they are open:

<table>
<thead>
<tr>
<th>Situation</th>
<th>Who to Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>If a Medical Emergency (e.g. fever, panting, disorientation, profuse or lack of sweating)</td>
<td>911</td>
</tr>
<tr>
<td>During an official heat emergency or warning</td>
<td>PCA Heatline at 215-765-9040</td>
</tr>
<tr>
<td>During regular business hours</td>
<td>Environmental Health Services Dept (EHS) of the Philadelphia Health Dept at 215-685-7342, or 7495</td>
</tr>
<tr>
<td>Staffed Mon – Fri, 8:00 a.m. to 4:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>after hours – Dial 311 for the Municipal Operator</td>
<td>They will contact the EHS on-call staff person.</td>
</tr>
<tr>
<td>Staffed Mon - Fri</td>
<td>Calls from outside of Philadelphia dial 215-686-8686</td>
</tr>
</tbody>
</table>

**Note:** The Philadelphia Property Maintenance Code requires that when a heat emergency is declared by the Philadelphia Department of Public Health, an indoor temperature not to exceed 81°F Fahrenheit must be maintained at Group A-1 (supervised living) facilities. DBHIDS has interpreted Group A-1 facilities to include LTSRs, behavior shaping residences, CRRs, PDRs, SROs, SIL/MPRS apartments, shelter plus care units, specialized living arrangements, licensed personal care homes, and halfway houses.


3. **PECO/PGW programs:**
   - The LIURP of PECO/CMC Energy Services is available to qualified low-income PECO customers who are homeowners and offers free weatherization services and conservation education to help reduce the amount of electricity and natural gas used in the home. Phone number: 800-675-0222. Information about this and other PECO assistance programs can be accessed at: [PECO.com/MyAccount(CustomerSupport/Pages/AssistancePrograms.aspx](PECO.com/MyAccount(CustomerSupport/Pages/AssistancePrograms.aspx)
   - PGW assistance programs may be accessed at: [PGWorks.com/residential/customer-care/payment-assistance](PGWorks.com/residential/customer-care/payment-assistance). During Excessive Heat Warnings issued by the National Weather Service, PECO, PWD, and PGW (in the case of gas-fired air conditioning) may cease service suspension for non-payment.

4. **Sprinklers:** Sprinkler parks may be open this summer. Please check the Parks and Recreation website periodically for updated information. [phila.gov/departments/philadelphia-parks-recreation](phila.gov/departments/philadelphia-parks-recreation)

5. **For more information on how to prevent, recognize, and treat heat-related illnesses**, please see the CDC’s publication, *Extreme Heat: A Prevention Guide to Promote Your Personal Health and Safety* available at [Wonder.cdc.gov/wonder/prevguid/p0000449/p0000449.asp](Wonder.cdc.gov/wonder/prevguid/p0000449/p0000449.asp)
When you’re feeling the heat this can be a lifesaver.

Tips on keeping cooler and healthier during summer heat waves.

**Drink lots of water.**
Eight glasses a day will keep you hydrated.

**Avoid coffee or alcohol.**
They cause your body to lose water.

**Stay air-conditioned.**
If you don’t have air conditioning, seek it out at a friend’s house or the mall. If you can’t get out, stay on a lower floor where it’s cooler and open the windows.

**Dress cool.**
Wear loose, light-colored clothing and a hat during peak sunlight. Use sunblock of SPF 30 or greater.

**Call a neighbor.**
Have a friend or neighbor check on you twice a day during heat waves.

**Know the signs of heat stroke.**
If you experience high fever, flushed face, throbbing headache, confusion, little or no perspiration, rapid pulse—seek medical help.

Cut out and save.
For more tips on how to beat the heat, call the PCA Helpline.

215-765-9040

PCA

PHILADELPHIA CORPORATION FOR AGING

*Enriching lives, preserving dignity.*
Beat the Heat!

You are more at risk for Heat Stress if you:

(✓) Check all that apply

☐ Have heart or kidney failure
☐ Have high blood pressure
☐ Have diabetes
☐ Take “water pills”
☐ Are overweight or underweight
☐ Have had a stroke
☐ Have an infection or fever
☐ Have vomiting or diarrhea
☐ Drink alcohol or caffeine
☐ Have no air conditioning

Talk to your doctor about your medications and medical conditions to see if you are at a higher risk for Heat Stress.

Prevent Heat Stress INDOORS by:

- Staying in cool areas. (If you do not have an air conditioner, consider a visit to a senior center, shopping mall, or public library for a few hours.)
- Using a fan, but only when there is cooler air blowing.
- Taking a cool shower or bath. It is an effective way to cool off.
- Using your stove/oven less to maintain a cooler temperature in your home.
- Avoiding hot foods and heavy meals. They add heat to your body.
- Keeping insulated curtains, drapes, or blinds closed during daylight hours.
- Having a friend, relative or neighbor check on you twice a day during heat waves.

Prevent Heat Stress OUTDOORS by:

- Drinking plenty of water. Avoid alcohol or caffeine (they are dehydrating).
- Wearing lightweight, light-colored, loose clothing (cotton blends are best).
- Wearing a wide-brimmed hat, or using an umbrella for shade.
- Using a sun block with SPF 15 or higher. Sunburn affects your body’s ability to cool itself and causes loss of fluids.
- Pacing yourself. Take frequent rest periods in the shade or a cool area.
- Limiting your physical activity.
- Limiting your time outdoors in the heat. Go out early morning or late afternoon.
Heat Stress

Warning Signs

- Loss of energy
- Loss of appetite
- Sick to stomach
- Lightheadedness
- Prickly heat
- Muscle cramps
- Heavy sweating
- Thirst
- Confusion/giddiness
- Headache

**If any warning signs of Heat Stress are present, do the following:**

- Go to a cool environment
- Drink fluids
- Remove excess clothing
- Rest

The following symptoms are signs of severe Heat Stress:

- No sweating
- Hot, dry, flushed skin
- Throbbing headache
- Confusion
- Staggering
- Combative
- Body temperature 104°F or higher
- Rapid heartbeat or breathing
- Convulsions
- Loss of consciousness

If the symptoms become severe you may not be able to recognize them in yourself.

If you notice the above symptoms in yourself or others,

CALL 9-1-1

*(To prevent Heat Stress, see Part 2)*
DON'T HAVE AIR CONDITIONING AT HOME?

Air conditioning is the best way to prevent heat related illness in the summer. If you do not have air conditioning at home, follow these tips to keep cool,

**Keep Your Home Cool**

- Fans WILL NOT prevent heat-related illness in temperatures greater than 95°F.
- Keep blinds or curtains closed during the day.
- If it cools down at night, open windows to let in a breeze.
- Plant trees around your home for shade and cleaner air.

**Keep Yourself Cool**

- Go to a place that has air conditioning, like a library, mall, or senior center.
- Drink plenty of water, and avoid caffeine and alcohol.
- Cool your skin by taking cool showers or baths.
- Avoid physical activity and the sun from 11 am - 4 pm.
Tell me about HEAT EXHAUSTION

WHAT IS HEAT EXHAUSTION?

Heat exhaustion is when your body overheats so much that it is dangerous to your health. High humidity, working outside, or playing sports outside can increase your risk. If not treated, it can lead to heat stroke which is life-threatening.

SYMPTOMS

- Dizziness
- Heavy sweating
- Nausea or vomiting
- Weakness or fatigue
- Headache

PREVENTION

- Stay out of the sun
- Stay in air-conditioned buildings
- Wear light, loose-fitting clothing
- Drink plenty of water
- Avoid alcohol, caffeine and sugary drinks
- Check on elderly neighbors

SOURCES


Philly Health Prepared  @PHILHiHlthPrepared
Tell me about

HEAT STROKE

WHAT IS HEAT STROKE?

Heat stroke is when your body overheats so much that it is life-threatening. Heat stroke requires emergency treatment, can damage many organs and if not treated can lead to death.

SYMPTOMS

Unconsciousness
Nausea or vomiting
Headache
High body temperature
Confusion

WHO IS AT RISK?

Elderly
Outdoor workers
People experiencing homelessness
Athletes
People with chronic illness
People taking certain medication
People without access to air conditioning
Children

SOURCES

Philly Health Prepared
@PHLHlthPrepare
Preventing Heat-Related Illness at Home
A Checklist for Home Health Care Workers

Staying Safe during Extreme Heat
This checklist serves as a tool to monitor the health and safety of clients during very hot weather. While extreme heat is dangerous for everyone, some populations are more at-risk for developing heat-related illnesses. Use this document to learn more about which populations are most at-risk, the health effects of extreme heat, methods to keep cool and stay safe at home, and how your organization can prepare for the summer weather.

Who Is Most At-Risk?
Your clients may be more prone to experiencing adverse health effects during very hot weather. The following populations are more at risk during extreme heat. Note if your client has one or more of these risk factors:

☐ People aged 65 or older
☐ People with certain chronic medical conditions, including cardiovascular, pulmonary, renal, and psychiatric conditions
☐ People who use medications for health conditions such as hypertension, heart disease, and diabetes. These include (but are not limited to) antihistamines, tranquilizers, water pills, and antidepressants
☐ People who are confined to their bed or have reduced ability for self-care
☐ People who are living alone and without a social support network

What Should You Look for During Your Home Visit?
Keeping the home cool and safe is especially important during times of extreme heat. On your home visit, observe how your client can stay cool and prevent their home from becoming too hot:

☐ Client has access to working air conditioning (a/c). Using a/c is the best way to stay safe and healthy
  ☐ Client frequently uses a/c
  ☐ Client does not use a/c, even though they have access
☐ Client has access to transportation to go somewhere else when it is very hot, if they do not have a/c. If so, where:
  ☐ A family member or friend’s home with a/c
  ☐ A library, senior center, or other public space with a/c
  ☐ Another location: ____________________
☐ Client has access to an electric fan to help circulate cool air. Note: fans will not prevent heat-related illness in temperatures greater than 95°F
☐ Client’s windows, curtains, and blinds are open at night if temperatures are cooler, if able (e.g., safety concerns)
☐ Client’s windows, curtains, and blinds are closed during the hottest part of the day (typically 11am—4pm)
☐ Client has an indoor thermometer
☐ Client avoids using an oven or stove during very hot weather, which can heat the home
☐ Client is staying hydrated and drinking cool water throughout the day. Note: caffeine, alcohol, and sugary drinks can cause dehydration
☐ Client is wearing loose fitting clothing, made from breathable fabric (e.g., cotton)
# What are the Signs and Symptoms of Heat-Related Illness?

Exposure to extreme heat can cause serious adverse health effects, as well as exacerbate chronic medical conditions. Note if your client is experiencing any of the following signs and symptoms of heat-related illness, and respond appropriately.

<table>
<thead>
<tr>
<th>Heat Stroke</th>
<th>Heat Exhaustion</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Very high body temperature (103°F or higher)</td>
<td>☐ Heavy sweating</td>
</tr>
<tr>
<td>☐ Confusion</td>
<td>☐ Cold, pale, and clammy skin</td>
</tr>
<tr>
<td>☐ Hot, red, dry, or damp skin</td>
<td>☐ Fast, weak pulse</td>
</tr>
<tr>
<td>☐ Fast, strong pulse</td>
<td>☐ Nausea or vomiting</td>
</tr>
<tr>
<td>☐ Pounding headache</td>
<td>☐ Muscle cramps</td>
</tr>
<tr>
<td>☐ Nausea</td>
<td>☐ Tiredness or weakness</td>
</tr>
<tr>
<td>☐ Dizziness</td>
<td>☐ Headache</td>
</tr>
<tr>
<td>☐ Losing consciousness</td>
<td>☐ Fainting</td>
</tr>
</tbody>
</table>

If you believe your client is showing signs of heat stroke, call 911 immediately.

# How Can Your Organization Plan to Keep Your Clients Safe?

In order to help keep your clients healthy during times of extreme heat, ensure your organization has a plan, stays informed, and knows what resources are available. Consider the following when preparing for the summer season:

- Ensure that your organization is enrolled in the PDPH Community Response Partner Network at [bit.ly/CommunityResponsePartner](http://bit.ly/CommunityResponsePartner) to receive heat notifications when the City declares a Heat Health Emergency. During a Heat Health Emergency, the following services are activated:
  - The Philadelphia Corporation for Aging’s Heatline is open for calls. Any Philadelphia resident can call the Heatline at (215) 765-9040 to get health and safety tips and talk to medical professionals to discuss health issues.
  - City-operated cooling centers are open for extended hours. Cooling centers are air conditioned public spaces like libraries, senior centers, and recreation centers. Call 311 or go to [bit.ly/PhilaCoolingCenters](http://bit.ly/PhilaCoolingCenters) for cooling center locations.
  - Philadelphia’s power utility company PECO halts utility shut-offs. For the duration of the Heat Health Emergency, PECO will not turn off the power of customers’ homes due to unpaid bills.

- Train staff on summer heat safety and heat-related illness each spring
- Review the risk factors associated with heat-related illness with staff during extreme heat events
- Review the signs and symptoms of heat-related illness with staff during extreme heat events
- Identify other City and organizational partners to coordinate and keep in contact with during extreme heat events
- Develop a heat emergency plan for your organization, which addresses special operations and staffing needs during extreme heat events
- Notify clients when extreme heat is in the forecast

For more information on heat safety, visit: [www.cdc.gov/disasters/extremeheat/](http://www.cdc.gov/disasters/extremeheat/)
# Stay Cool Checklist

**How will you stay cool and escape the heat this summer?**

### What do I use to keep myself cool?
- ☐ Air Conditioner (a/c)
- ☐ Fan

**What else do you use to keep cool?**

### Where do I go when it is very hot during the day?
- ☐ At home with the fan or a/c on
- ☐ A senior center, library, or other place with a/c
- ☐ A swimming pool

**Where else do you go to stay cool?**

### Where would I go if my electricity went out on a hot day?
- ☐ Family/friend's home with a/c

**Who? Name:** ________________

**Where? Address:** ___________________________

### Who can I call if I need help getting to a cool place?
- ☐ Name: ________________  ☐ Phone: ________________
- ☐ Name: ________________  ☐ Phone: ________________

**Remember to call 911 immediately, in the case of an emergency**

**Air conditioning is the best way to stay cool**

**Call 311 for cooling center locations during a heat health emergency**

**Call PECO at 1-800-494-4000 for information on the power outage**
## Stay Cool Checklist

### How does my health affect my safety in extreme heat?

<table>
<thead>
<tr>
<th>Question</th>
<th>Information</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do I have any of these chronic health conditions?</td>
<td>Some chronic health conditions may make you more vulnerable to the harmful effects of extreme heat. Do you have one or more of the following: high blood pressure, diabetes, obesity, or heart, lung, or kidney diseases?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do I take any of these medications?</td>
<td>Certain medications can prevent your body from cooling down. Do you take one or more of the following: medications for high blood pressure, heart disease, diabetes, or colds and allergies, tranquilizers, water pills, or antidepressants?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do I drink enough water each day?</td>
<td>Don't wait until you're thirsty- drink cool water throughout the day. On hot days, avoid caffeine, alcohol, and sugary drinks because they can dehydrate you. Do you drink enough fluids to stay hydrated?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### What should you do next?

- Talk to your doctor about how you can stay cool and safe this summer
- Make sure your home is ready for the summer and you have your a/c or fan
- Know where you can go to cool off, and who to call if you need help getting there
- Check on your family and friends during days of extreme heat