



Department of
Public Health
CITY OF PHILADELPHIA



Summer in the City:

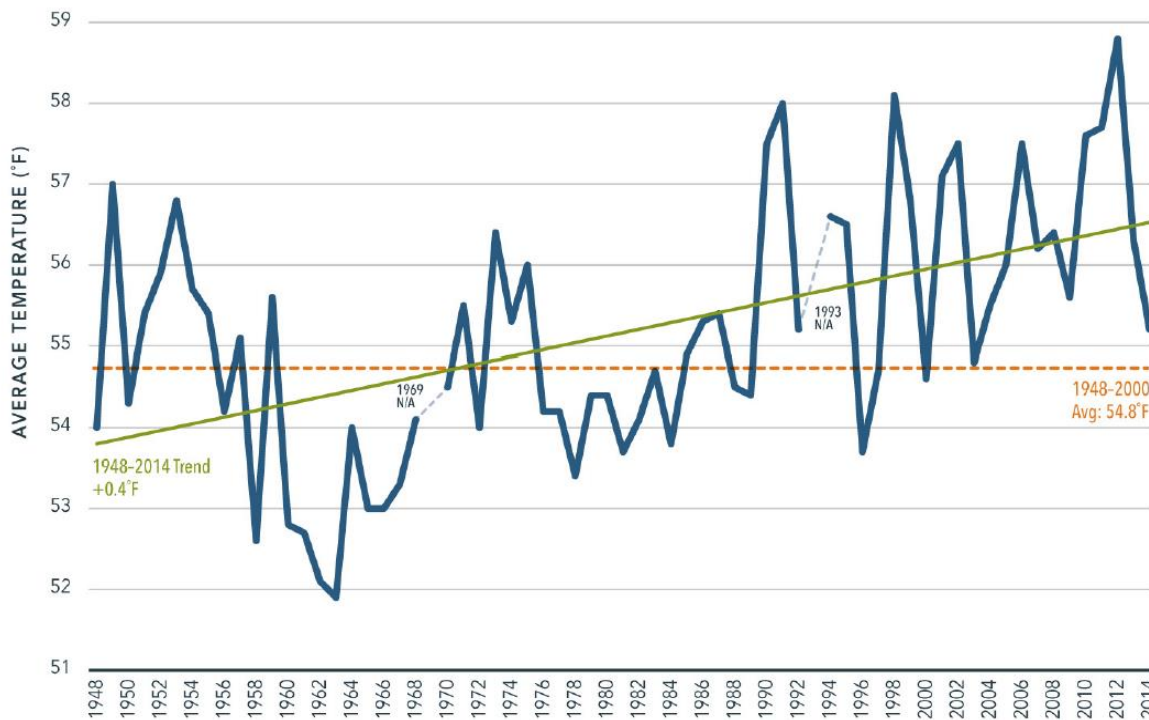
Staying Healthy and Safe
During Very Hot Weather



Summer in Philadelphia

- Summers in Philadelphia are always hot
- Philadelphia is getting hotter over time

ANNUAL TEMPERATURE TREND FOR PHILADELPHIA, 1948–2014



The horizontal line represents the average temperature in Philadelphia from 1948–2000.²

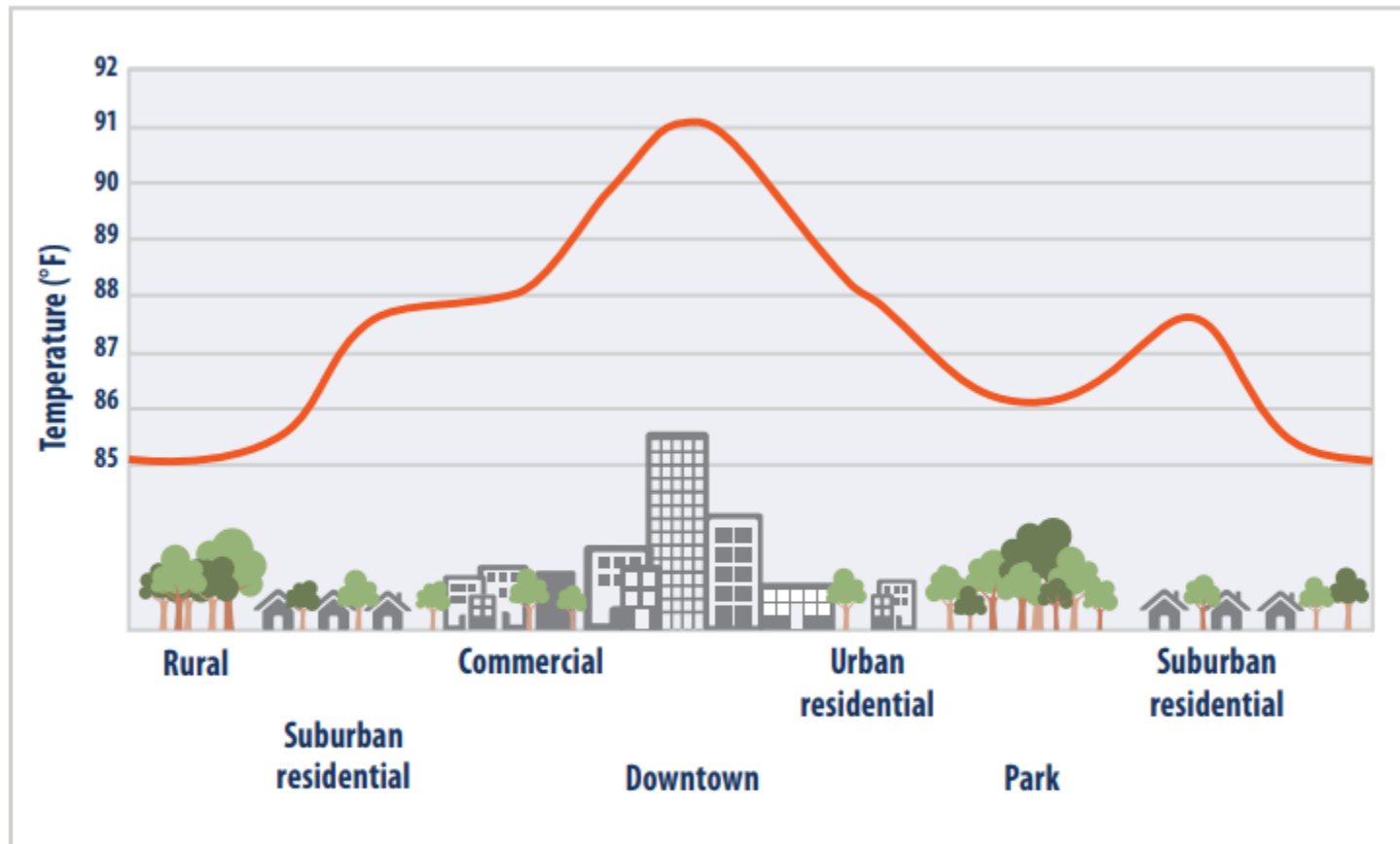
TABLE 1

HISTORICAL AND PROJECTED FUTURE TEMPERATURE INDICATORS FOR PHILADELPHIA

	OBSERVED (1950– 1999)	PROJECTIONS FOR 2081–2099
Average summer temperature	84.5°F	89–93.7°F
Average number of days above 95°F	3	17–52
Average number of days above 100°F	0	2–16
Hottest 7-day average temperature	92°F	97–102°F

SOURCE: *Useful Climate Information for Philadelphia: Past and Future*

Urban Heat Islands



This diagram represents how an urban heat island can increase local air temperatures by several degrees.
Source: U.S. EPA, 2006¹⁶

When Is Hot Weather Dangerous?

- Extreme heat is a series of unusually hot days (hotter than average for a specific time and place).
- Heat-related Illnesses:
 - Dehydration
 - Heat Rash
 - Sunburn
 - Muscle cramps
 - May be the first sign of heat-related illness
 - Heat exhaustion
 - Heat stroke
 - Death

Health Effects: Heat Stroke

WHAT TO LOOK FOR

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

WHAT TO DO

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT STROKE

Who's Most At Risk?



- People age 65 and older
- Infants and young children
- Pregnant women
- People who work outside
- People who live alone
- People without A/C
- People experiencing homelessness
- Athletes
- People with some chronic medical conditions

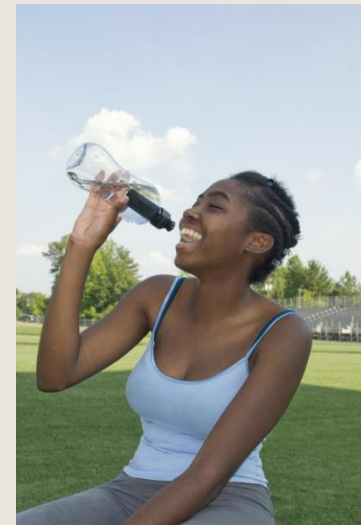
Heat and Chronic Health Conditions

- Conditions of concern:
 - Diabetes
 - Heart disease
 - Kidney disease
 - Respiratory disease
 - Mental health conditions
- Some medications, like beta blockers and diuretics (water pills), may affect the way your body responds to heat
- Talk to your healthcare provider to learn more



What You Can Do

- Stay informed
- Stay cool
 - Stay in the shade
 - Stay in air-conditioning
 - Wear light, loose-fitting clothing
 - Take a cool shower or bath
- Stay hydrated
 - Drink plenty of water
 - Avoid alcohol, caffeine and sugary drinks— they can dehydrate you!



Look Out for Others



BEAT THE HEAT

Protect Others

Keep an eye on people most likely to become ill from heat:

- Babies and young children
- Older Adults
- People who live alone
- People with a disability, disease, or mental illness



Centers for Disease Control and Prevention
National Center for Environmental Health

Call 911 if you think you or someone else is having a medical emergency

Heat Health Emergency

- Philadelphia's warning system
- Activates some City services:
 - PCA Heatline
 - Cooling Centers



PCA Heatline: 215-765-9040

- During a Heat Health Emergency, the Philadelphia Corporation for Aging (PCA) operates a call center for people to get heat safety tips
- Health Department nurses can speak with you about medical problems related to the heat
- The Heatline does not give out free air conditioners or fans

Cooling Centers, Pools & Spray-grounds

- The City may keep some air-conditioned spaces, like libraries and recreational centers, open later during a Heat Health Emergency
- **Call 311** to find a cooling center or pool close to you



Resources

- Websites:

- <https://www.phila.gov/2018-05-20-heat-awareness-and-safety/>
- <http://www.cdc.gov/disasters/extreme-heat/>

- For public health and emergency preparedness opportunities:
 - <http://bit.ly/HealthBulletinSignUp>

Stay Cool, Philly!

Photo Credit: @cityofphiladelphia

Did you know?

Very hot weather can make you sick.

BE COOL 😎 STAY COOL