

Heat Health & Emergency



Extreme Heat: high humidity and temperatures above 90°F. **Humidity** above 60% makes the body feel 10-20° hotter.

City Heat Emergency: when extreme heat persist for 2 or more days. Can cause dehydration, heat exhaustion, or heat stroke.

Heat stroke is when the body is unable to regulate excess heat. This is a life threatening medical emergency.

Heat Emergency Resources:

**Environmental Health Service
Department (EHS) of Philadelphia:
(215)-685- 7342, or 7495**

- Information and assistance on excessive heat
- Mon-Fri: 8 am - 4:30 pm

**** Heatline Hotline:
(215)-765-9040**

- Get heat health safety tips
- Assistance with heat related medical problems

** only available during a declared heat health emergency



Seek Medical Attention or Call 911:

**If symptoms are severe or
last more than an hour**

Beat the Heat



Seek an air conditioned environment or shading

Wear light colored & breathable clothing



Stay hydrated with water or electrolytes



Limit sun exposure during 10 am to 4 pm



Take cold showers when overheated



Want To Get Involved?

Visit <https://drexel.edu/dornsife> or scan the QR code below to provide feedback and learn how to become involved:



Talk to one of our team members directly at:
267-359-6000 or dsph@drexel.edu
or by mail:
**3215 Market Street
Philadelphia, PA 19104**

Extreme Urban Heat

A GUIDE TO HEAT MITIGATION, RISK FACTORS, AND WAYS TO STAY COOL





Who Is at Extreme Risk?

Infants & Children

- A child's sweat rate is lower than adults, making it harder for them to cool down
- Children four years and younger are the greatest risk for heat-related illness



Pregnant Women



- If a mother becomes dehydrated, fluid in her amniotic sac will reduce, preventing her baby from being able to move freely
- Any stress that the mother endures, the baby will face as well

Respiratory Illnesses

- Examples include Asthma and any other pre-existing conditions
- Hot weather can stir up air pollutants, creating prior problems to worsen



Symptoms of Heat Exhaustion



Infants



- Concentrated urine
- Flushed and red skin
- Any sweating
- If a baby is sweating, they are too warm

Children



- Flushed and dry skin
- Muscle cramps
- Nausea or vomiting
- Fainting, dizziness, or weakness

Adults



- Dizziness and Confusion
- Loss of appetite, nausea
- Intense thirst and sweat
- Pale skin
- Muscle cramps
- Rapid and strong pulse

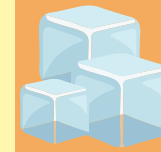
Immediate Action:

Move to an air conditioned place

Lie down and elevate feet above head

Hydrate on drinks with electrolytes

In an emergency, call 911



DIY Cooling Kit

Gel Ice Pack

Freeze then place on the body, face, or under a pillow

Ice Cube Trays

Make ice water to prepare for hot, sunny days

Spray Fan

Spray the face and body when feeling warm

Bandana

Soak bandana in ice water and place on body or face
Cover face, neck, and shoulders when in direct sun

Cooling Stations

Near Belmont, Philadelphia



Public Splash Parks

720 N 39th St Philadelphia, PA
3541 Aspen St Philadelphia, PA
3300-26 Wallace St Philadelphia, PA

Splash parks are free parks that are designed for interactive water play. Pack dry clothes, sandals/water shoes, sunscreen, and toys!

Libraries and Community Centers with Air Conditioning

Lava Community Center:

4134 Lancaster Ave, Philadelphia, PA 19104

Charles L. Durham Library:

3320 Haverford Ave, Philadelphia, PA 19104