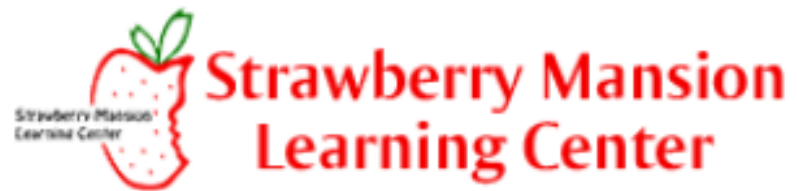


## 5 TIPS TO BEAT THE

# HEAT

- 1 Stay Hydrated!
- 2 Seek shade or a local cooling center
- 3 Wear lightweight, light-colored clothing
- 4 Take cool showers
- 5 Treat yourself to a fresh, cold snack



## STRAWBERRY MANSION SUMMER CAMP AND READING PROGRAM, JULY – AUGUST



Strawberry Mansion Learning Center hosts a Summer Reading Program from July through August for students. Students will read on a daily basis and participate in other activities like field trips, pool days, tennis lessons, and bookstore visits.

Call For More Information: 215.356.3767

<https://strawberrymansionlearningcenter.com/>

## STAY

# Cool,

## STRAWBERRY MANSION



## QUICK TIPS

## ON BEATING THE

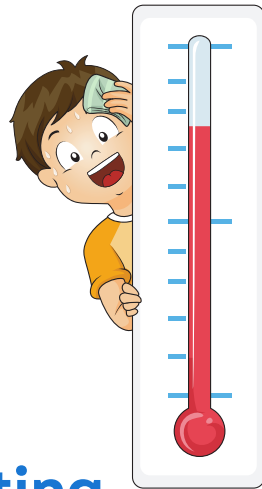
# HEAT





# SIGNS OF **HEAT** EXHAUSTION

- Elevated body temperature (100°-104°)
- Increased thirst
- Fainting or dizziness
- Headache
- Irritability
- Muscle cramps or weakness
- Nausea and/or vomiting
- Cool, clammy skin



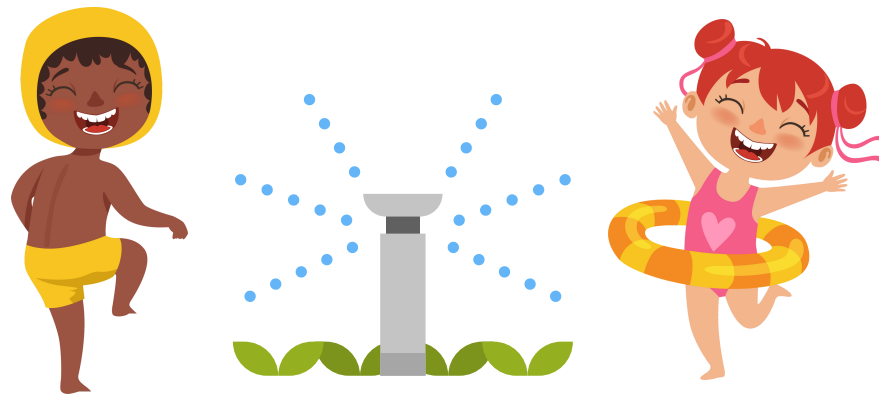
**CAUTION: HEAT EXHAUSTION CAN LEAD TO HEAT STROKE.**

**IF SYMPTOMS DON'T RESOLVE OR WORSEN, SEEK MEDICAL ATTENTION OR CALL 911.**

## FUN PLACES TO



## MANDER PLAYGROUND & RECREATION CENTER SPRAYGROUND



**WHERE: 33RD ST. AND DIAMOND ST., 19121**

**WHAT TO BRING : SUNSCREEN OR T-SHIRT, SANDALS OR WATER SHOES, TOWEL, AND DRY CLOTHES.**

**OPEN FOR THE SEASON ON SATURDAY, MAY 28, 2022, OPERATING SEVEN DAYS A WEEK BETWEEN MEMORIAL DAY AND LABOR DAY, WEATHER DEPENDENT.**



**MONITOR EXCESSIVE HEAT AND STAY INFORMED BY SIGNING UP FOR **READYPHILADELPHIA** TODAY AND FOLLOW **@PHILAOEM** FOR UPDATES.**

**ReadyPhiladelphia** is an easy way to stay informed before, during, and after severe weather, an emergency, or special-event.

Text **READYPHILA** to **888-777**.

Or Scan the **QR code** to customize your free text or email alerts.



**PHILA.GOV/READY**

## READYPHILADELPHIA



**311**



**[oem@phila.gov](mailto:oem@phila.gov)**