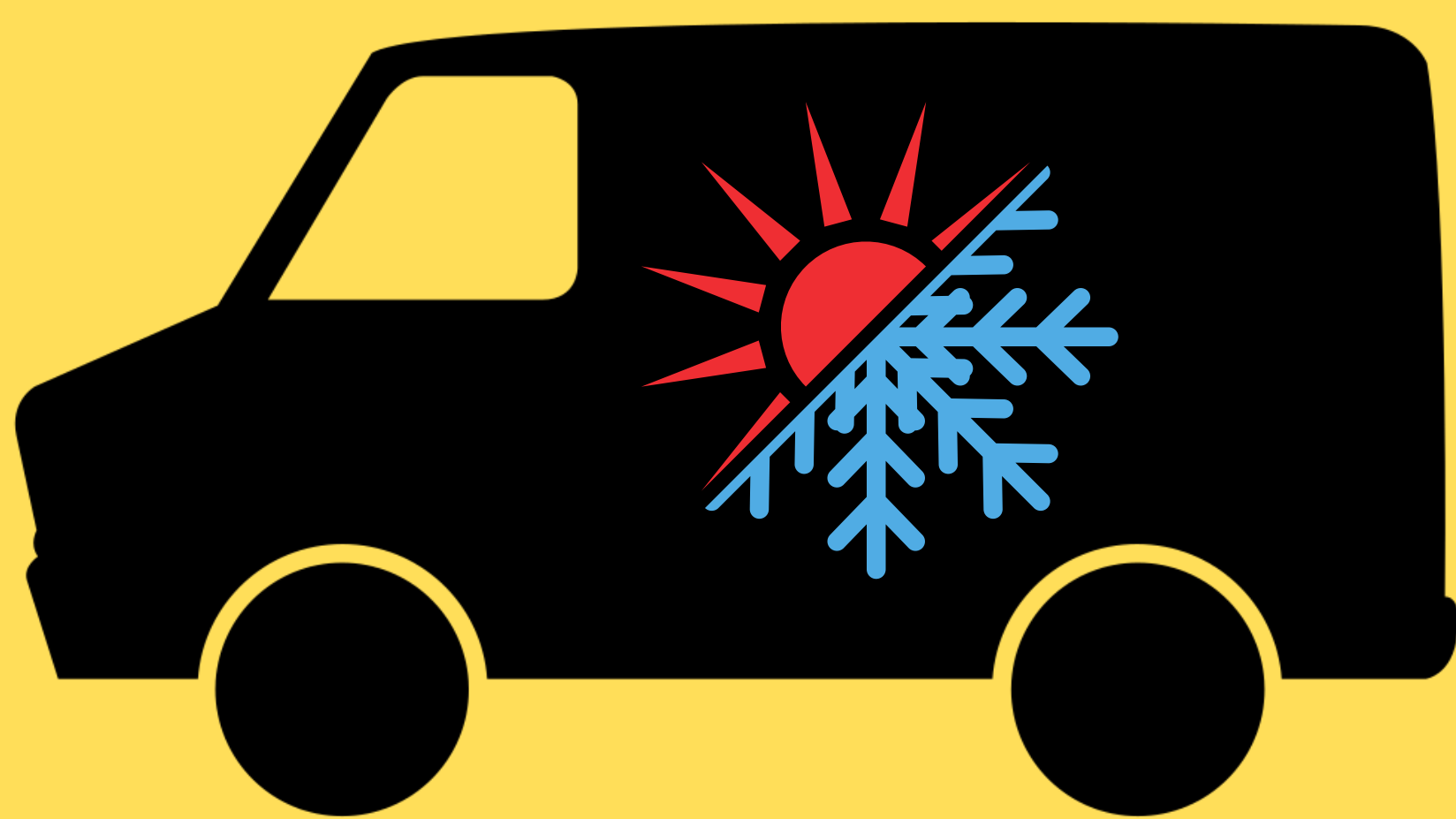


Beat the Heat with Cool Seats

Are you unsheltered on an unusually hot day? Come find and use a **Cool Seat Van** between 10AM-6PM at:

- Somerset and Allegheny SEPTA stops
- Harrowgate Park
- McPherson Square



Cool Seat Vans offer:

- air conditioning
- water
- ice packs
- snacks
- Narcan/naloxone
- emergency medical aid
- community resources
- frequent shuttles to shelters and cooling centers

KNOW THE SIGNS TO SAVE A LIFE

Someone experiencing **HEAT STRESS** may have a **headache, nausea, vomiting,** and **increased heart rate.** **If you have signs of a heat stroke, seek immediate medical attention.**

Heat Exhaustion

- dizziness or fainting
- heavy sweating
- cold, pale or clammy skin
- weakness or cramping
- excessive thirst



Direct the person to a mobile cooling center and alert a staff member.

⚠ Heat Stroke

- confusion
- no sweating/dry skin
- hot, red skin
- potential unconsciousness
- high body temperature



Call 911. Douse with cool water if possible and wait for help.