

# Tips During A Heat Wave

## Tips To Stay Cool

- Drink plenty of water and bring water on the go
- Avoid drinks with sugar, caffeine, and alcohol
- Check on babies and older adults frequently
- Use a buddy system if you have to work outside



## HELPFUL LINKS



### Heat Index App

Provides important heat info and tips on how to stay safe.



**LIHEAP**  
1-866-857-7095  
TTY 711

Utility bill assistance. Annual application open Nov 1<sup>st</sup> – Apr 1<sup>st</sup>.



### Cooling Centers Map

A business with air conditioning that you can go to during heat emergencies. Use the map to find a location near you.



**ReadyPhila text alerts**  
Text READYPHILA to  
888-777

Get text message updates on extreme heat and other alerts.



**Free Street Tree**  
215-685-4363

Help your neighborhood stay cool in the future! Get a free tree planted on your sidewalk.



**Code Red Heat Hotline**  
(215) 765-9040

During declared Heat Emergencies, call to get health safety tips and talk to health department nurses.