



KEEP COOL!

PROTECT YOUR HEALTH WHEN IT'S HOT!

- Drink plenty of water. Avoid alcohol and caffeine.
- Wear lightweight, light-colored, loose clothing.
- Wear a wide-brimmed hat, or use an umbrella for shade.
- Slow down—rest in the shade or a cool place every chance you get.
- Stay out of the heat during the hottest part of the day (10 am to 2 pm).
- If you do not have an air conditioner, use a fan. Make sure your windows are open.
- When it is hotter than 90°, visit a friend with air conditioning or someplace cool like a mall, a library or senior center.
- Take a cool shower or bath.
- Never leave a person or animal alone in a hot car.
- Check on your friends and neighbors who are elderly or have medical conditions. For help, call the Philadelphia Corporation for Aging Senior Helpline:

215-765-9040

Older people are at higher risk for problems when it's very hot. You are also at high risk if you:

- have certain medical conditions
- take medicine for high blood pressure
- have mental health conditions
- have been drinking alcohol
- use IV drugs
- have had a previous heat-related illness