

# Stay Cool During COVID-19

Many Philly residents who are at risk of more severe effects of COVID-19 are also at risk of getting heat illnesses, like heat stroke. These include older adults and people with chronic conditions. **Learn more about how to stay safe and healthy this summer.**



## Keep Your Home Cool

- Use A/C if possible. It's the best way to prevent heat-related illness when it's very hot.
- Open windows at night to let in cool air.
- Close blinds or curtains during the day to limit sunlight.
- Turn off electric devices.



## Keep Yourself Cool

- Drink water often and avoid caffeine and alcohol.
- Stay in the shade as much as possible when outside on a hot day.
- Avoid tough physical activity.
- Wear light, loose fitting clothing.
- Take cool showers or baths.



## Stay Informed

- Check the weather in your area.
- Sign up for Ready Philadelphia alerts by texting **READYPhila** to **888-777**.
- Severe storms, heat advisories, and COVID-19 updates.
- Phone call and email alerts also available.



## Stay Safe

**You can catch COVID no matter how sunny or hot the weather is!**

- Practice social distancing.
  - Stay at least 6 feet away from others in public spaces.
- Wash hands often with soap and water.
- Wear a breathable mask.
  - Choose a lightweight cotton material when in public.
  - Change your mask if it gets damp.

