Many Philly residents who could get very sick from COVID-19 are also at higher risk of heat-related illnesses, like heat stroke. These include older adults and people with chronic conditions. Learn more about how to stay healthy this summer.

**Keep Your Home Cool**
Air conditioning is the best way to stay cool and prevent heat-related illness when it's very hot outside.

**If you don't have A/C:**
- Open windows at night to let in cool air.
- Close blinds or curtains during the day to limit sunlight.
- Limit use of your stove/oven.

**Keep Yourself Cool**
- Drink plenty of water and avoid caffeine and alcohol.
- Stay in the shade as much as possible when outside on a hot day.
- Avoid intense physical activity.
- Wear light, loose fitting clothing.
- Take cool showers or baths.

**Stay Informed**
- Check the weather in your area.
- Text READYPhila to 888-777 to receive alerts about:
  - Heat advisories, COVID-19 updates, and severe storms.
  - Phone call and email alerts also available.

**Stay Safe**
You can catch COVID no matter how sunny or hot the weather is!
- Stay home if you can, and stay at least 6 feet away from anyone you don't live with.
- Wash hands often with soap and water.
- Wear a breathable mask when in public.
  - Choose a lightweight material, like cotton.
  - Change your mask if it gets damp.