



Community College *of* Philadelphia

From Your Campus Safety Committee
And The Office of Emergency Management/Philadelphia

Stay Cool This Summer

Follow these simple tips to stay safe in the summer heat:

- Stay out of the sun. When in the sun, wear sunscreen (at least SPF 15).
- Avoid working or playing in the hot sun or other hot areas between 10 a.m. and 2 p.m.
- To prevent sunburn, wear lightweight, light-colored, loose-fitting clothes that cover as much skin as possible.
- Use shades or awnings in your home.
- Wear a wide-brimmed hat or visor, or use an umbrella for shade.
- Slow down. Rest in the shade or a cool place every chance you get.
- Drink plenty of water. Avoid alcohol and caffeine.
- Maintain a normal diet.
- Use air conditioners and fans. If you use a fan, make sure your windows are open to release trapped hot air.
- Visit a friend with air conditioning or go some place cool like a mall, library, or senior center.
- Take a cool shower or bath.
- Read your medication labels. Some medications can cause an adverse reaction in hot weather. Talk to your doctor or pharmacist if you need more information.
- Never leave children, pets, or those who require special care in a parked car during periods of intense summer heat.

Find a spray ground. When the heat index is going to be dangerously high, Philadelphia opens spray grounds to offer relief from the heat. Call the Department of Recreation at 215-683-3663 to find your local spray ground.