



I-PREPARE

Increasing Personal Readiness, Enhancing Preparedness, Affecting Resilience
in Emergencies

Prepared People Save Lives.

Stay Safe in Extreme Heat and Know Your Plan:

If it's very hot, these steps help keep you and the people you support safe. Review this [Extreme Heat Safety Social Story](#) ahead of time to consider steps to be safe.

Build Your Kit:

3 things to do now

- 1. Find a cool place:** Identify a nearby cooling location (home Air Conditioner (AC), community center, library). Write the address and phone number here: _____.
- 2. Keep medicines cool:** Store medicines as directed; ask your provider if you need help keeping meds at the right temperature.
- 3. Stay hydrated & check often:** Drink water regularly; check on people who are older, have health issues, or take certain medicines. For more Extreme Heat Tips at Ready PA: [Extreme Heat | Ready PA | Commonwealth of Pennsylvania](#)

Seasonal Tips:

Warning signs of heat illness

- Heavy sweating, weakness, dizziness, nausea, headache, fainting.
- If someone is confused, has a very high temperature, or passes out — call 911 immediately.

What to pack for a heat day

- Water bottle; extra medications; small fan; list of emergency contacts; phone charger.

Smart tips for families

- Plan breaks during events; go earlier in the day; bring a hat and water.
- If you need help getting to a cooling location, contact your Administrative Entity (AE) or Supports Coordination Organization (SCO).

Need Help? Stay Connected:

Who to call for help

- SCO / AE contact: _____
- Life threatening emergency CALL 911.

2026 Pennsylvania Cooling Center Guide

Cooling centers are designated, air-conditioned public locations where anyone can go to escape dangerous outdoor temperatures. They typically operate during the hottest hours of the day, offering a safe environment, drinking water, and sometimes additional community support services.

Types of Cooling Center Locations

During a heatwave, the following locations typically open their doors to the public as relief stations in your local community:

- **Senior Centers** (many welcome non-members during extreme heat)
- **Public Libraries**
- **Community Pools and Spraygrounds**
- **Local Recreation Centers and Places of Worship**

How to Find a Center Near You

Because operations vary by weather severity, please confirm local hours and rules before traveling. You can find real-time listings through the following resources:

- **Call PA 211:** Dial **2-1-1** on your phone to speak with a representative.
- **Visit Online:** [Search the official Pennsylvania 211 Database.](#)

Please Note: *The online PA 211 map is not an all-inclusive list. Local municipalities and grass-roots groups often open additional emergency sites that may not appear on the central map or in your local news listings.*

Additional Regional Resources

For localized information, regional guides, and pool schedules, please consult your local news listings. If you are experiencing severe heat-related symptoms, please call 911 immediately. If you need a ride to a cooling center, you can dial 211 or contact your local support system.

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