Be a Buddy When It’s Hot Outside

Seniors and people with chronic illnesses are most in danger during heat waves. Check on them every day.

✓ Make sure they have a working air conditioner.

✓ If they don’t have a working air conditioner, help them find a cool place, like a neighbor’s home, library or cooling center. Call 311 to find the nearest cooling center.

✓ Encourage them to take a cool shower or bath to stay cool.

✓ Make sure they drink plenty of water, even if they’re not thirsty.

✓ Encourage them to wear light, loose-fitting clothes.

✓ Give them water and help them cool off if they:
  • are sweating a lot
  • feel lightheaded
  • have muscle cramps
  • are nauseated

✓ Call 911 or go to the nearest emergency room if they have any of these signs:
  • confusion or disorientation
  • hot, dry skin or cold, clammy skin
  • weakness or dizziness
  • nausea or vomiting
  • trouble breathing

For more information, call 311 or go to nyc.gov and search for heat illness.