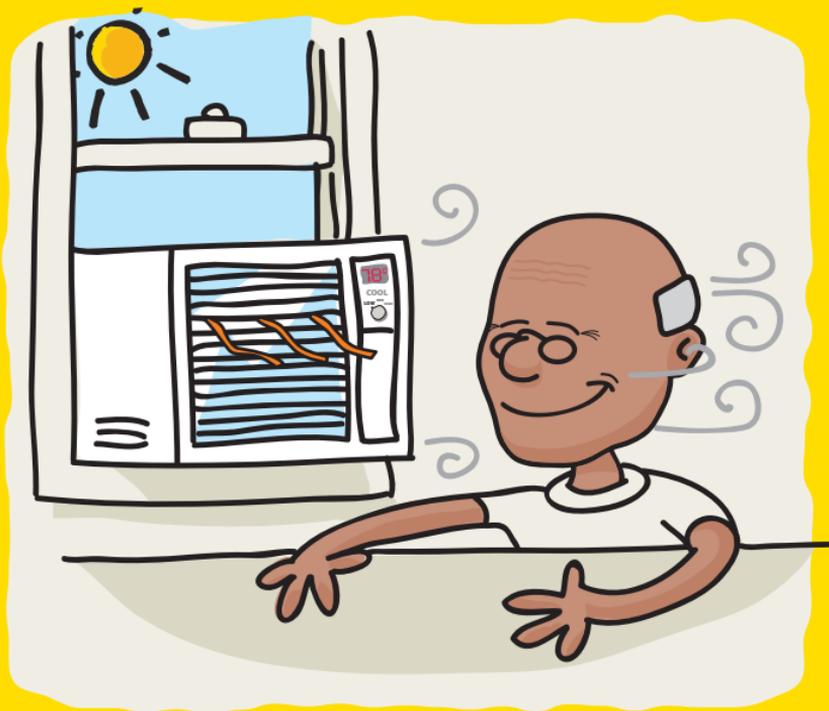


# Summer Heat

It's Enough to Make  
You Sick



Keep Cool

**Every summer in NYC people get sick from heat and some people even die.**

**People most at risk have no air conditioning and have one or more of these conditions:**

- 65 years or older
- Chronic illness
- Mental health condition
- Obesity
- Take certain medicines (talk to your doctor for more information)
- Use drugs or drink heavily

**Air conditioning can be a life saver**

**When it's hot outside, it can be even hotter inside**

- Use your air conditioner when you are at home.  
*Fans alone will not keep you cool when it is really hot outside.*
- If you do not have an air conditioner:  
*Go to a cool place like a library, a friend's home with air conditioning, or a cooling center. Call 311 and ask "Where is the cooling center nearest to me?"*

**Drink plenty of water on hot days, even if you are not thirsty.**

**You can be safe, comfortable, and save money by setting your air conditioner to 78° or low cool.**



## **Stay safe when you are outside**

- Wear light, loose-fitting clothes
- Stay in the shade and out of direct sun
- Avoid strenuous physical activity

## **Recognize the symptoms of too much heat**

Call 911 or go to the emergency room right away if you or someone you know has symptoms of heat illness, such as:

- Hot, dry skin OR cold, clammy skin
- Weakness
- Dizziness
- Nausea or vomiting
- Trouble breathing
- Confusion, hallucinations, disorientation



## Be a Buddy!

When it's very hot:

- Check on your family, friends, and neighbors to make sure they stay safe and cool.
- Be alert for signs of heat illness.
- Call 911 immediately if they are experiencing symptoms of heat illness.



Department of  
Health & Mental  
Hygiene

Office of  
Emergency Management

Department for  
the Aging