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.