

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.