



個人與家庭

酷熱 應變指南



當炎熱指數（結合溫度與濕度的度量值，亦稱體感溫度）持續一天超過 100°F，或持續二天或更久超過 95°F，則會觸發炎熱緊急情況。然而，在較低的溫度下也可能發生炎熱相關的疾病與死亡。在紐約市，大部分與炎熱相關的死亡都發生於酷熱的住家裡。暑熱疾病的症狀包括皮膚炙熱而乾燥或冰涼而濕黏、意識不清、幻覺、無反應、噁心或嘔吐、呼吸困難、脈搏急促強勁、虛弱或暈眩。



瞭解哪些人有風險。

有些人在酷熱天氣裡會有較高的健康風險。最可能受到酷熱影響的人包括沒有冷氣機的人以及下列人士：

- ▶ 65 歲以上
- ▶ 有慢性疾病，例如心臟病、呼吸問題、糖尿病或肥胖症
- ▶ 有嚴重的精神疾病或發展障礙
- ▶ 服用影響身體維持正常體溫能力的藥物。請詢問您的醫生關於您所服用藥物的資訊與建議。
- ▶ 吸毒或酗酒
- ▶ 離群索居、行動力受限或無法離開住家的人

一般指導原則

- ▶ 從可靠的來源取得衛生與健康資訊（nyc.gov、cdc.gov 與 311）。
- ▶ 註冊 **Notify NYC**（通知紐約市）以接收有關緊急事件的資訊。
- ▶ 如果您或任何您認識的人感覺壓力罩頂或需要協助因應，請造訪 lifenet.nyc 以取得您所用語言的免費協助。
- ▶ 遇到緊急情況時，請務必撥打 911。



尋求協助。

- ▶ 若您或您認識的人有暑熱疾病症狀，請撥打 911 或前往醫院。
- ▶ 查看可能有風險的鄰居、朋友與親戚，並協助他們找個涼爽的地方。



保持涼爽。

- ▶ 如果有空調機，請設定在 78°F 以保持涼爽與省電。如果戶外炎熱，室內可能更熱！
- ▶ 如果您沒有空調機：
 - ▶ 前往圖書館、購物中心或避暑中心等公共場所。即使在有空調的環境下幾小時，也有助於您維持涼爽。請撥打 311 以找尋您附近的避暑中心。
 - ▶ 以溫水沖澡以維持涼爽。（如果使用冷水，突然的溫度改變會讓您感覺暈眩或不舒服。）
 - ▶ 關閉百葉窗或窗簾以阻隔陽光。
 - ▶ 您可能符合 Home Energy Assistance Program（家庭能源援助計劃）的冷氣輔助資格。該計劃為符合收入條件的人士提供免費的空調機與安裝服務。請撥打 311 以取得詳細資訊。
- ▶ 即使您不渴，也請飲用大量的水。
- ▶ 避免飲用含酒精或咖啡因的飲料。



在戶外保持安全。

- ▶ 每 15 分鐘喝水一次。
- ▶ 待在陰影下，避免陽光直射。
- ▶ 經常到有陰影或空調的地方休息。
- ▶ 穿著輕薄、淺色且寬鬆的衣服。
- ▶ 戴帽子以保護您的臉與頭。
- ▶ 使用 SPF 15 或以上的防曬乳。
- ▶ 將活動限制於清晨與傍晚。



EXTREME HEAT RESPONSE GUIDE



A heat emergency is triggered when the heat index, a measure combining temperature and humidity, is above 100°F for one day or above 95°F for two or more days. However, heat-related illness and death can occur at lower temperatures. In New York City, most heat-related deaths happen inside hot homes. Symptoms of heat illness include hot, dry skin OR cold, clammy skin; confusion; hallucinations; unresponsiveness; nausea or vomiting; trouble breathing; rapid, strong pulse; weakness; or dizziness.



Know who is at risk.

Some people are at greater risk for health problems from extreme heat. People most likely to be affected by extreme heat include those who do not have a working air conditioner AND:

- ▶ Are 65 or older
- ▶ Suffer from chronic medical problems such as heart disease, breathing problems, diabetes or obesity
- ▶ Have serious mental illness or developmental disabilities
- ▶ Take medications that affect the body's ability to maintain a normal temperature. **Check with your doctor for information and advice about any medicines you may be taking.**
- ▶ Use drugs or drink heavily
- ▶ Are socially isolated, have limited mobility or are unable to leave the house



Reach out.

- ▶ If you or someone you know has symptoms of heat illness, call 911 or go to a hospital.
- ▶ Check on neighbors, friends and relatives who may be at risk and help them find a cool place.

GENERAL GUIDELINES

- ▶ Get health information from credible sources (nyc.gov, cdc.gov and 311).
- ▶ Sign up for Notify NYC for information about emergency events.
- ▶ If you or anyone you know feels overwhelmed or needs help coping, visit lifenet.nyc for free help in your language.
- ▶ In an emergency, always call 911.



Stay cool.

- If you have an air conditioner, set it to 78°F to stay cool and save energy. When it is hot outside, it can be even hotter inside!
- If you do not have air conditioning:
 - Go to a public place like a library, mall or cooling center. Even a few hours in an air-conditioned environment can help you stay cooler. Call 311 to find a cooling center near you.
 - Take a shower with lukewarm water to cool off. (If you use cold water, the sudden temperature change could make you dizzy or sick.)
 - Close shades or curtains to block the sun.
 - You may qualify for cooling assistance from the Home Energy Assistance Program, which provides free air conditioners and installation services for people who meet income requirements. Call 311 for more information.
- Drink plenty of water, even if you are not thirsty.
- Avoid drinks with alcohol or caffeine.



Be safe outdoors.

- Drink water every 15 minutes.
- Stay in the shade and out of direct sunlight.
- Take frequent rest breaks in shaded or air-conditioned areas.
- Wear lightweight, light-colored and loose-fitting clothing.
- Wear a hat to protect your face and head.
- Use sunscreen with SPF 15 or higher.
- Limit activity to early morning and late evening.