



个人与家庭

酷热天气 应对指南



当酷热指数（温度与湿度的结合量度）持续一天超过 100°F 或者持续两天或两天以上超过 95°F 时，将触发高温紧急状态。然而，高温相关疾病和死亡也可发生于较低的温度下。在纽约市，大多数高温相关死亡均发生于高温的住所中。热致疾病的症状包括皮肤干热或皮肤湿冷、意识模糊、出现幻觉、反应迟钝、恶心或呕吐、呼吸困难、脉搏快速而强烈、虚弱或头晕。



了解高风险人群。

酷热天气中某些人出现健康问题的风险较大。最可能受酷热天气影响的人群包括没有正常运行的空调的人以及：

- ▶ 65 岁以上
- ▶ 患有慢性疾病，如心脏病、呼吸系统疾病、糖尿病或肥胖
- ▶ 患有严重精神疾病或发育障碍
- ▶ 服用影响身体正常体温维持能力的药物的人。联系您的医生获取有关您正在服用的药物的信息和建议
- ▶ 吸毒或酗酒
- ▶ 与社会隔绝、活动受限或无法离开住所的人

通用指南

- ▶ 从可靠来源获取健康信息（如 nyc.gov、cdc.gov 和 311）。
- ▶ 注册 Notify NYC（纽约资讯）以获取关于紧急事件的信息。
- ▶ 如您本人或认识的任何人感到不知所措或需要帮助，请访问 lifenet.nyc 以获取以您所用语言提供的免费帮助。
- ▶ 如遇紧急情况，请随时拨打 911。



伸出援手。

- ▶ 如果您自己或认识的人出现热致疾病的症状，请拨打 911 或前往医院。
- ▶ 查看可能有风险的邻居、朋友和亲人的情况，并帮助他们找到一个凉爽的地方。



保持凉爽。

- ▶ 如果您有空调，将其设定至 78°F 以保持凉爽并节省能源。室外炎热的时候，室内可能更热！
- ▶ 如果您没有空调：
 - ▶ 请前往某个公共地点，如图书馆、商场或避暑中心。仅在有空调的环境中待几个小时也能使您保持凉爽。拨打 311 寻找您附近的避暑中心。
 - ▶ 用温水淋浴使自己降温。（如果您使用冷水，突然的温度改变可使您头晕或生病。）
 - ▶ 关闭百叶窗或窗帘以遮挡阳光。
 - ▶ 您可能符合 Home Energy Assistance Program（家庭能源协助计划）的资格，该计划专为符合收入标准的人免费提供空调和安装服务。拨打 311 获取更多信息。
- ▶ 即便您不口渴，也请饮用足量水。
- ▶ 避免饮用含酒精或咖啡因的饮料。



在室外保证安全。

- ▶ 每隔 15 分钟饮水一次。
- ▶ 待在阴凉处，避免阳光直射。
- ▶ 时常在阴凉处或有空调的地方稍作休息。
- ▶ 穿着轻便、浅色而宽松的衣服。
- ▶ 戴帽子以保护面部和头部。
- ▶ 使用 SPF 15 或更高指数的防晒霜。
- ▶ 将活动时间限定在清晨和傍晚。



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.