Severe Heat and Health Outcomes

Some people are more vulnerable to the effects of severe heat, including:

- Children under the age of 1
- Older adults over the age of 65
- People with long-standing medical conditions such as heart disease, lung disease, diabetes, or obesity
- People with serious mental health conditions
- People taking medications that may affect body temperature

Contact your doctor about heat safety if you have any of the above conditions.

Signs and Symptoms of Heat Illness

Signs of heat illness include:

- High temperature
- Sore throat
- Unusual fatigue
- Nausea
- Vomiting
- Headache
- Confusion

If you or someone you know is experiencing heat-related illness, call 911 immediately.

For more information, visit:

- NYC.gov
- CDC.gov

Notify NYC for emergency information.

Stay cool and safe during severe heat.

English/Urdu
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◆ If you have an air conditioner, stay cool and save energy by turning it on. 

◆ Keep the inside and outside temperatures the same.

◆ If you don’t have an air conditioner:

   ◆ Go to a public place like a library, mall, or a place that offers cooling. 
   ◆ Air-conditioned places can help you stay cool for a few hours.
   ◆ Call 311 for more information.

◆ Do not use cold water to cool off. (If you use cold water, it can cause sudden changes in temperature that can make you dizzy or sick.)

◆ Block the sun with curtains.

◆ You can help others stay cool through the city’s energy assistance program, which provides free air conditioning and installation services to low-income households.

◆ Drink plenty of water, even if you don’t feel thirsty.

◆ Avoid alcohol or caffeine-containing beverages.

◆ Stay cool indoors and out of direct sunlight.

◆ Take breaks often at cool or air-conditioned places.

◆ Wear light-colored, loose-fitting clothing.

◆ Wear a hat or use SPF 15 sunscreen to protect your face and head from the sun.

◆ Limit your outdoor activities to early morning and late afternoon.

◆ Keep your temperatures low, around 78°F.
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.