

READY NEW YORK BEAT THE HEAT

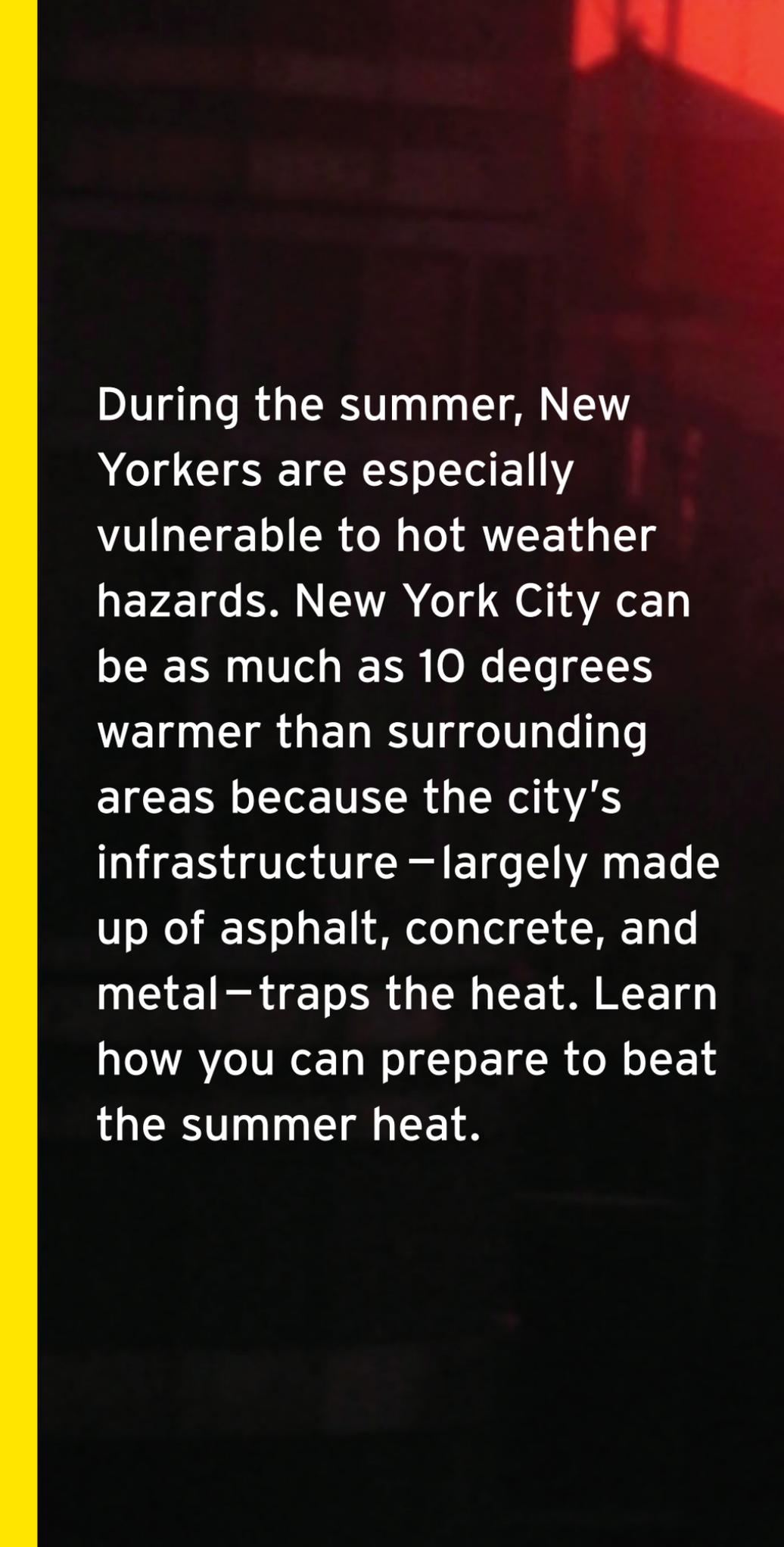


NYC
Mayor Bill de Blasio

Emergency
Management
Commissioner
Joseph J. Esposito

Department of Health &
Mental Hygiene
Commissioner
Mary T. Bassett, MD, MPH





During the summer, New Yorkers are especially vulnerable to hot weather hazards. New York City can be as much as 10 degrees warmer than surrounding areas because the city's infrastructure – largely made up of asphalt, concrete, and metal – traps the heat. Learn how you can prepare to beat the summer heat.



PLAN AHEAD

Understand the risk factors:

People who are at greatest risk during periods of extreme heat are those who:

- are 65 years or older
- have chronic medical conditions or take psychotropic or other medications
- have impaired judgement due to dementia or serious mental illness
- abuse drugs or alcohol
- are socially isolated
- are overweight

If you have a medical condition, check with your physician about precautions you should take during hot weather.

If you have neighbors, family, or friends who are at increased risk, especially those who live alone, make sure they have access to air conditioning and, if needed, offer to help them get to a cool location.

In the event of a forecasted heat wave:

- Help keep your home cool by installing window shades or awnings to block the sun.
- If you have an air conditioner, make sure it works properly.
- If you do not have air conditioning, keep your windows open so that fresh air may flow through your home.
- If you cannot cool your home, consider going to an air-conditioned shopping mall, library, friend or relative's home, or a New York City cooling center.

COOLING CENTERS

When the heat index is predicted to be dangerously high, New York City will open cooling centers in air-conditioned facilities, including community and senior centers. People seeking relief from the heat should call 311 (212-639-9675 for Video Relay Service, or TTY: 212-504-4115) or visit NYC.gov/EmergencyManagement during a heat emergency to locate the nearest cooling center.

GET INFORMED

NYC Emergency Management on Facebook and Twitter

www.facebook.com/NYCemergencymanagement
[@nycoem](https://twitter.com/nycoem)

Notify NYC

Register for emergency notifications by visiting NYC.gov/notifynyc, contacting 311, or following [@NotifyNYC](https://twitter.com/NotifyNYC) on Twitter.



DURING A HEAT WAVE

BEAT THE HEAT TIPS

- Stay in a cool place as much as possible. Use an air conditioner if you have one, and set the thermostat no lower than 78 degrees.
- If you do not have an air conditioner, consider cooling off at a pool, or in an air-conditioned store, mall, movie theater, or cooling center. Call 311 (212-639-9675 for Video Relay Service, or TTY: 212-504-4115) or visit [NYC.gov/EmergencyManagement](https://www.nyc.gov/EmergencyManagement) to find a cooling center near you.
- Check on your neighbors, family, and friends, especially if they are vulnerable to heat.*
- Fans work best at night when they can bring in cooler air from outside.
- Drink fluids – particularly water – even if you do not feel thirsty.** Avoid beverages containing alcohol, caffeine, or high amounts of sugar.
- Wear lightweight, light-colored, loose-fitting clothing that covers as much of your skin as possible.
- Never leave children, pets, or those who require special care in a parked car during periods of intense heat.

* See reverse side for more information about individuals who are most vulnerable to heat-related hazards.

** People with heart, kidney or liver disease or on fluid restricted diets should check with their doctors before increasing fluid intake.



- Cool showers or baths may be helpful, but avoid extreme temperature changes.
- Avoid strenuous activity, especially during the hottest time of day.
- When outdoors, avoid direct sunlight, wear sunscreen (at least SPF 15), and a hat to protect your face and head.
- Stay tuned to TV and radio broadcasts, visit NYC.gov, or call 311 (212-639-9675 for Video Relay Service, or TTY: 212-504-4115) to monitor weather conditions. A heat index above 95 degrees is especially dangerous for vulnerable people.

HEAT-RELATED ILLNESSES

Heat illness occurs when the body cannot cool down. The most serious forms of heat illness are heat exhaustion and heat stroke (sometimes called sun stroke). Seniors, children, and people with pre-existing medical conditions, such as heart and lung disease, are especially vulnerable to the effects of extreme heat.

KNOW THE SIGNS OF HEAT ILLNESS

Call 911 or go to the emergency room right away if you or someone you know has the following symptoms of serious heat illness:

- Hot, dry skin OR cold, clammy skin
- Confusion, hallucinations, disorientation
- Unconscious or unresponsive
- Nausea or vomiting
- Trouble breathing
- Rapid, strong pulse
- Weakness
- Dizziness

Don't ignore the following warning signs of heat illness. If you or someone you know has warning signs of heat illness, get to a cool place, remove extra clothes, and drink lots of water.

- Heavy sweating
- Muscle cramps
- Light headedness, feeling faint
- Headache
- Decreased energy
- Loss of appetite, nausea

RESPIRATORY PROBLEMS

High ozone levels, which can accompany heat waves, make air quality poor. Ozone can cause breathing problems, especially among those with respiratory conditions.

Prevention

People who exercise or work outdoors, those with respiratory diseases, and vulnerable individuals should limit strenuous outdoor activity particularly during the afternoon and early evening hours. For air quality updates, visit www.dec.ny.gov, or call the New York State Air Quality Hotline (1-800-535-1345).

For more information on heat-related illnesses, visit the Department of Health and Mental Hygiene online at NYC.gov/health, or the Department for the Aging online at NYC.gov/aging.



SAVE RESOURCES IN EXTREME HEAT

CONSERVE WATER

Water use often reaches high levels during periods of hot weather, causing fluctuations in water pressure and droughts in the city. When the city experiences a drought emergency, it is important to follow the Department of Environmental Protection's water usage restrictions.

Water Conservation Tips

- Repair leaky faucets; turn taps off tightly.
- Take short showers; only fill bathtubs halfway when bathing.
- Only run dishwashers and washing machines when they are full.
- Do not let water run while washing dishes, shaving, or brushing teeth.
- Observe restrictions on watering your lawn or plants.

SPRAY CAPS & FIRE HYDRANTS

Opening fire hydrants without spray caps is wasteful and dangerous. The water pressure can push people – especially children – into traffic. An open hydrant causes flooding on streets and lowers water pressure, hampering firefighters' ability to fight fires safely.

To report illegally opened hydrants or other water or sewer problems, call 311 (212-639-9675 for Video Relay Service, or TTY: 212-504-4115). To obtain a spray cap, contact your local firehouse.

Visit [NYC.gov/dep](https://www.nyc.gov/dep) for more information on water conservation.



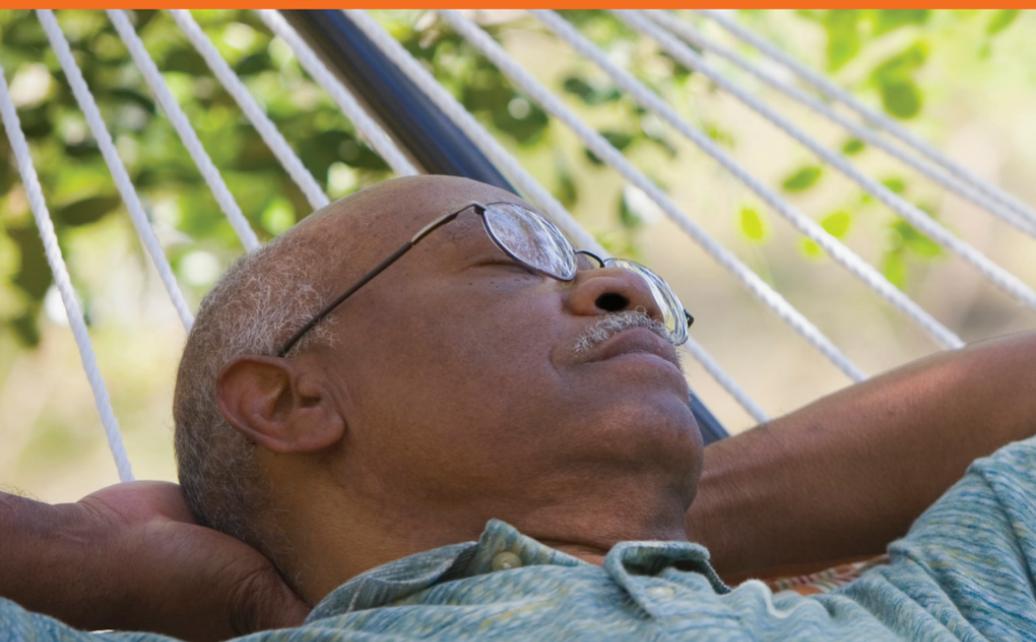
CONSERVE ENERGY

During periods of extreme heat, electricity use rises. Conserving energy helps prevent power disruptions.

Energy Conservation Tips

- Set your air conditioner thermostat no lower than 78 degrees.
- Only use the air conditioner when home, in rooms you are using. If you want to cool your home before you return, set a timer that turns on no earlier than 30 minutes before you arrive.
- Turn off nonessential appliances.

SAVE RESOURCES IN EXTREME HEAT



POWER OUTAGES

To prepare for possible power outages and disruptions, keep an emergency supply kit – with items including a flashlight, battery-powered AM/FM radio, first-aid kit, bottled water, and extra batteries – in an easily accessible place. If you experience power problems, keep the windows open to ensure proper ventilation.

If you depend on power for life-sustaining equipment, ask your utility company if your medical equipment qualifies you to be listed as a life-sustaining equipment customer. While registering is an important step, you should have a back-up source of power, such as a battery or oxygen tank that does not require electricity.



If there is a power outage, contact your utility provider:

- Con Edison at 1-800-75-CONED (1-800-752-6633), (TTY: 1-800-642-2308), www.coned.com
- PSEG LI at 1-800-490-0075 (TTY: 631-755-6660), www.psegliny.com
- National Grid at 718-643-4050, (TTY: 718-237-2857), www.nationalgridus.com

This guide is also available in audio format and in the languages below.

Arabic

زُر NYC.gov/readyny للحصول على نسخ باللغة العربية من هذا الدليل.

Bengali

এই নির্দেশিকাটির বাংলা কপির জন্য NYC.gov/readyny দেখুন

Chinese

請撥打311或訪問NYC.gov/readyny，獲得本指南的中文版本。

English

Call 311 or visit NYC.gov/readyny for copies of this guide in English.

French

Visitez NYC.gov/readyny pour obtenir des exemplaires de ce guide en français.

Haitian Creole

Ale nan sitwèb NYC.gov/readyny pou jwenn kopi gid sa a nan lang Kreyòl Ayisyen.

Italian

Visita il sito NYC.gov/readyny per ricevere una copia di questa guida in italiano.

Korean

한국어로 된 안내서 사본은 NYC.gov/readyny를 방문하십시오.

Polish

Kopia w języku polskim jest opublikowana pod adresem NYC.gov/readyny.

Russian

Позвоните по номеру 311 или посетите сайт NYC.gov/readyny, чтобы получить эту брошюру на русском языке.

Spanish

Llame al 311 o visite NYC.gov/readyny para obtener acceso a este folleto en español.

Urdu

اس رہنما پرچے کی کاپی اردو زبان میں حاصل کرنے کے لیے NYC.gov/readyny ملاحظہ کریں۔

Yiddish

באזוכ NYC.gov/readyny פאר קאפּיס פון דעם פאפּיר אין אידיש.