

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

#### Arabic

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

#### Bengali

এই নির্দেশিকাটির বাংলা কপিৰ 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۔

# READY NEW YORK BEAT THE HEAT

**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 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 from dementia or serious mental illness
- abuse drugs or drink heavily
- are socially isolated or homebound
- 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 don't have air conditioning, keep your windows open so 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 (TTY: 212-504-4115) or visit NYC.gov/oem during a heat emergency to find a local cooling center.

### Get Informed

#### OEM on Facebook and Twitter

www.facebook.com/NYCEmergencymanagement  
@nycoem

#### Notify NYC

Visit NYC.gov/notifynyc or calling 311 to register for emergency notifications, or follow @NotifyNYC on Twitter.

**NYC**  
Office of Emergency Management  
Bill de Blasio, Mayor







## 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 (TTY:212-504-4115) or visit [NYC.gov/oem](http://NYC.gov/oem) to find a cooling center near you.
- Check on your neighbors, family, and friends, especially if they are vulnerable to heat-related hazards.\*
- 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.
- 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](http://NYC.gov), or call 311 (TTY: 212-504-4115) to monitor weather conditions. A heat index above 95 degrees is especially dangerous for vulnerable people.

\* 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.



## HEAT-RELATED ILLNESSES

Prolonged exposure to the heat can be harmful and potentially fatal. Seniors, children, and people with pre-existing medical conditions are especially susceptible to the effects of extreme heat. Be aware of heat-related illnesses and suggested treatments.

### HEAT EXHAUSTION

**Symptoms:** heavy sweating, weakness, weak pulse, fainting, or vomiting, and cold, pale, clammy skin. Body temperature may seem normal.

### Response:

- Move the victim to a cool place.
- Loosen clothing and apply cool, wet cloths to the neck, face, and arms.
- If the victim is conscious, have him or her drink water slowly, unless nausea occurs. Give the victim half a glass of water every 15 minutes.
- Call 911 for medical attention. If heat exhaustion is not treated, it can worsen and lead to heat stroke.

### HEAT STROKE (SUNSTROKE)

**Symptoms:** Hot, dry skin, rapid pulse, high body temperature, lack of sweating and possible unconsciousness. Body temperature can be so high that brain damage or death may result in fewer than 10 minutes if the victim does not receive immediate medical attention.

### Response:

- Call 911 immediately for medical help.
- Remove the victim's clothes and wrap his or her body in cool, wet sheets.
- Bring the victim to a cool place, and try a cool bath or sponging. Use fans or air conditioners.
- Keep the victim lying down.
- Do NOT give the victim any fluids.



## 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 other vulnerable individuals should limit strenuous outdoor activity particularly during the afternoon and early evening hours. For air quality updates visit [www.airnow.gov](http://www.airnow.gov) or call the New York State Air Quality Hotline (800-535-1345).

For more information on heat-related illnesses, visit the Department of Health and Mental Hygiene online, [NYC.gov/health](http://NYC.gov/health), or the Department for the Aging online, [NYC.gov/aging](http://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 (TTY: 212-504-4115). To obtain a spray cap, contact your local firehouse.

Visit [NYC.gov/dep](http://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 more than 30 minutes before you arrive.
- Turn off nonessential appliances.

### 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 there is a power outage, call your provider:

- Con Edison at 800-752-6633 (TTY: 800-642-2308)
- National Grid at 718-643-4050 (TTY: 718-237-2857)
- PSEG LI at 800-490-0075 (TTY: 631-755-6660)