

MESSAGE FROM MAYOR MICHAEL R. BLOOMBERG



During the summer months, New Yorkers are especially vulnerable to hot weather and its hazards. On warm summer days, the City can be as much as 10 degrees warmer than surrounding areas. The City's infrastructure — largely made up of asphalt, concrete and metal — traps the heat, leading to higher temperatures. Please read on to find out how you can better prepare for summer heat.

PLANNING AHEAD

In the event of a forecasted heat wave, preparation is essential. Have a supply of water on hand to prevent dehydration, as well as ample sunscreen to protect your skin against the sun's harmful rays. Identify an air-conditioned location, such as a shopping mall, library, home of a friend or relative, or a New York City "cooling center," where you can find relief from the heat. Monitor weather conditions by listening to the radio, watching TV, accessing [NYC.gov](http://nyc.gov), calling **311**, or keeping in touch with community organizations. TTY users may call 212-504-4115.

Make a special effort to check on your neighbors during a heat wave, especially if they are elderly, have young children, have special needs, or are otherwise vulnerable to the extreme heat.

HOME PREPARATION

Help keep your home cool by installing window shades or awnings to block the sun. If you have an air conditioner, make sure that it works properly before the summer begins. If you don't have air conditioning, keep your windows open so that fresh air may flow through your home.

COOLING CENTERS

New York City monitors the weather carefully. When the heat index (a measurement of temperature and humidity) is predicted to be dangerously high, the City will open cooling centers in air-conditioned facilities, including community and senior centers, for members of the public who are seeking relief from the heat.

During a heat wave, information on nearby cooling centers and tips on how to protect yourself against the heat can be found on the City's website at [NYC.gov](http://nyc.gov) or by calling **311**. TTY users may call 212-504-4115.

HEAT-RELATED ILLNESSES

Prolonged exposure to the heat can be harmful and potentially fatal. The following is a list of heat-related illnesses and suggestions for treatment:

HEAT EXHAUSTION

SYMPTOMS: Mild form of shock marked by heavy sweating, weakness, headache, weak pulse, dizziness, exhaustion, fainting, nausea or vomiting, and cold, clammy skin. Body temperature will seem to be normal.

TREATMENT: Call 911 for medical attention. If heat exhaustion is not treated, it can worsen and lead to heat stroke. 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. Under no circumstances should an unconscious person be given anything to drink. Watch carefully for changes in the victim's condition.

HEAT STROKE (SUNSTROKE)

SYMPTOMS: Skin is flushed, hot and dry. Other symptoms include: weak or rapid pulse, shallow breathing, lack of sweating, throbbing headache, dizziness, nausea, confusion and 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.

TREATMENT: Call 911 immediately for medical help. Bring the victim to a cool place. Remove the victim's clothes and cool his or her body by wrapping it in wet sheets and fanning it. Watch for signs of breathing problems. Keep the victim lying down and as cool as possible. Do NOT give the victim any fluids.

WATER CONSERVATION

Water use often rises to high levels during periods of hot weather, causing fluctuations in water pressure around the City. This, in addition to the possibility of a drought emergency, makes water conservation essential.

WATER CONSERVATION TIPS:

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

When New York City is in a drought emergency, it is important that you adhere to restrictions set forth by the Department of Environmental Protection (DEP). For more information, call **311** (TTY: 212-504-4115) or log on to nyc.gov/dep.

SPRAY CAPS & FIRE HYDRANTS

Opening fire hydrants without spray caps is wasteful and dangerous. High water pressure can push people — especially children — into oncoming traffic, which can lead to injury. An open hydrant wastes 1,000 gallons of water per minute, and causes flooding on City streets. It also places the lives of citizens and firefighters at risk by lowering water pressure to dangerous levels and hampering the ability to fight fires safely and quickly. To report illegally opened hydrants or other water or sewer complaints, call **311** (TTY: 212-504-4115). You can also log on to nyc.gov/dep for more information.

CONSERVING ENERGY

During periods of extremely hot and humid weather, regional electricity use rises to high levels. Conserving energy is important to prevent power disruptions.

ENERGY CONSERVATION TIPS:

- Set your air conditioner thermostat no lower than 78 degrees.
- Only use the air conditioner when you are home. If you want to cool your home before you return, set a timer to have it switch on no more than a half-hour before you arrive.
- Turn non-essential appliances off.

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 do experience power problems, keep the windows open to ensure proper ventilation.

If there is a power outage, call:

[ConEdison at 800-752-6633](tel:800-752-6633) or
[KeySpan Energy at 800-490-0025](tel:800-490-0025)

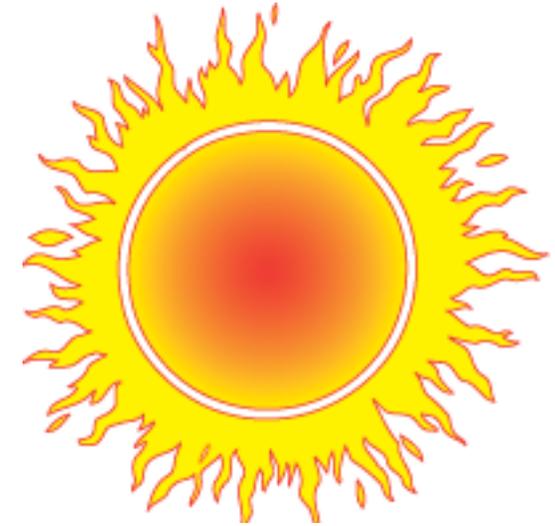
OZONE-POLLUTED AIR

Ozone, a major component of smog, is created in the presence of sunlight by reactions of chemicals found in gasoline vapors, vehicle emissions and industrial smokestacks. High levels of ozone in the atmosphere can cause a variety of respiratory problems, including coughing, throat irritation, shortness of breath, decreased lung function and aggravation of asthma. People — especially children — who exercise or work outdoors, and those with respiratory diseases, should limit strenuous outdoor activity during the afternoon and early evening hours when ozone levels are high.

BEAT THE HEAT TIPS

- If possible, stay out of the sun. When in the sun, wear sunscreen (at least SPF 15) and a hat to protect your face and head.
- To prevent sunburn, wear lightweight, light-colored, loose-fitting clothing that covers as much of your skin as possible.
- Drink fluids — particularly water — even if you do not feel thirsty. Your body needs water to keep cool.*
- Water is the safest liquid to drink during heat emergencies. Avoid beverages containing alcohol or caffeine.
- Eat small, frequent meals. Avoid high-protein foods.
- Avoid using salt tablets unless directed to do so by a physician.
- Avoid strenuous activity, especially during the sun's peak hours — 11 a.m. to 4 p.m. If you must engage in strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 a.m. and 7 a.m.
- Find a cooling center. When the heat index is predicted to be dangerously high, New York City opens cooling centers around the five boroughs. To find the center nearest you, call **311** or access [NYC.gov](http://nyc.gov). TTY users may call 212-504-4115.
- Consider going to public pools and air-conditioned stores, malls or movie theaters.
- Cool down with repeated cool baths or showers. Never take a shower immediately after becoming overheated — you may cool down too quickly and become ill, nauseous or dizzy.
- Never leave children, seniors or pets in a parked car during periods of intense summer heat.

**Those on fluid-restricted diets or taking diuretics should first consult their physician.*



**BEAT the
HEAT**

*Preparing for hot weather in
New York City*

**NEW YORK CITY
OFFICE OF EMERGENCY MANAGEMENT**

Michael R. Bloomberg
Mayor

John T. Odermatt
Commissioner

This information is available online @

NYC.gov/oem