

With the heat index expected to reach or exceed 95 degrees Monday, June 24 and Tuesday, June 25, the Department for the Aging (DFTA) is urging seniors to stay cool and seek relief at the many senior centers that will serve as cooling centers.

Cooling centers are facilities that are air conditioned and open to the public. Seniors and community members should call 311 to identify the closest cooling center. During the next few days DFTA urges New Yorkers to check in on their older neighbors who may be isolated from friends and family. Isolated and disabled seniors are at greater risk of heat-related illnesses. Those seniors who are able should contact relatives, friends, or neighbors at least twice a day.

Hot weather can be dangerous for older New Yorkers particularly those who have medical conditions, or take medications. Seniors should be mindful of symptoms of heat exhaustion which may include nausea, dizziness, weakness, muscle cramps, pale and clammy skin, disorientation or headache. If a senior begins to experience these symptoms they should call a doctor or 911 immediately. Heat exhaustion can lead to heat stroke.

DFTA suggests the following recommendations to beat the heat:

- Stay out of the sun.
- Wear lightweight, light-colored clothing. Light colors reflect some of the sun's energy.
- Drink fluids-particularly water-even if you do not feel thirsty. Your body needs water to keep cool. (Those on fluid-restricted diets or taking diuretics should first consult their physician.)
- Avoid beverages containing alcohol and/or caffeine.
- Eat small, frequent meals.
- Avoid strenuous activity, especially during the sun's peak hours-11 A.M. to 4 P.M. If you must do 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.
- If possible, go to an air-conditioned building for several hours during the hottest parts of the day.
- Cool down with a cool bath or shower.
- Participate in activities that will keep you cool, such as going to the movies, shopping at a mall, or swimming at a pool or beach.
- Cover all exposed skin with an SPF sunscreen (15 or above); wear a wide-brimmed hat to protect your face and head.

For a list of cooling centers, call 311 or [click here](#) to find a cooling center closest to you.