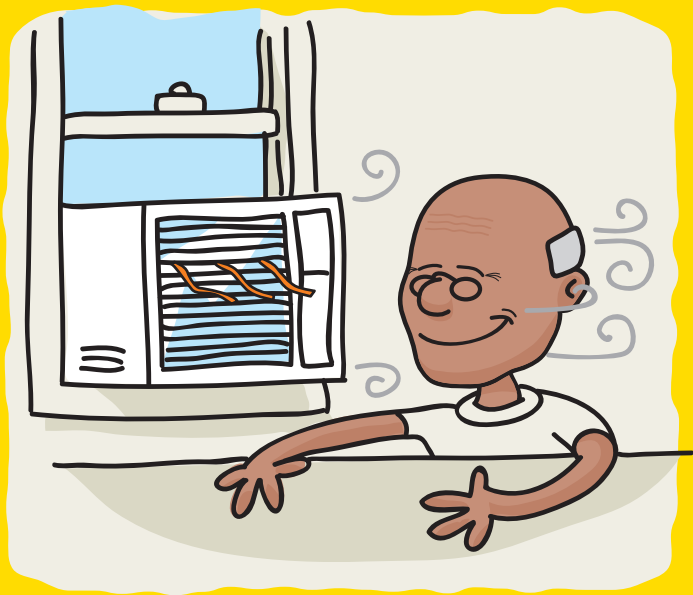


# Keep Cool



**Tips for Keeping Cool  
When It's Hot Outside**

## **During a heat wave, you are at high risk for serious illness if you:**

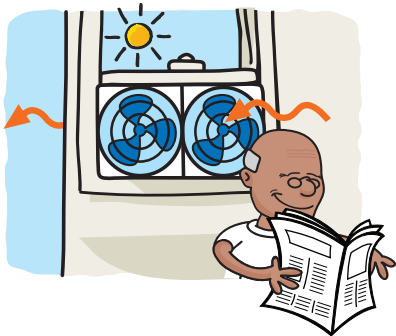
- **Are 65 or older**
- **Have a chronic medical or mental health condition**
- **Are overweight**
- **Take certain medications that keep your body from cooling down**

## **Ways to protect yourself from heat:**

- 1. Use an air conditioner during a heat wave.**
- 2. If you do not have an air conditioner:**
  - **Go to a cool place like a neighbor's house, library, shopping mall, or NYC Cooling Center**
  - **Keep your windows open to let fresh air in**
- 3. Drink water even if you do not feel thirsty. Avoid drinks with alcohol, caffeine or lots of sugar.**
- 4. Check on your neighbors to make sure they are keeping cool.**
- 5. Stay out of the sun. If you must be in the sun, wear:**
  - **A hat to protect your face and head**
  - **Thin, light-colored, loose-fitting clothes to cover as much skin as possible**
  - **Sunscreen (at least SPF 15)**
- 6. Avoid physical activity.**

7. Use a fan **ONLY** when the air conditioner is on or the windows are open. If you use a window fan, set it to:

Blow **OUT** hot air during the **DAY**



Bring **IN** cooler air at **NIGHT**



## Recognize the symptoms of too much heat:

Call your doctor or go to the emergency room right away if:

- You have heart or lung disease and you do not feel well
- You have symptoms of heat illness, such as:
  - Hot, dry skin OR cold, clammy skin
  - Weakness
  - Dizziness
  - Nausea or vomiting
  - Shortness of breath or trouble breathing
  - Confusion, hallucinations, disorientation

**Heat illness can be life-threatening.**

# Keep Cool!

For more information or to find  
a cooling center:

- Call 311 or TTY: 212-504-4115
- Go to [www.nyc.gov/oem](http://www.nyc.gov/oem)
- Call 911 for immediate medical help

