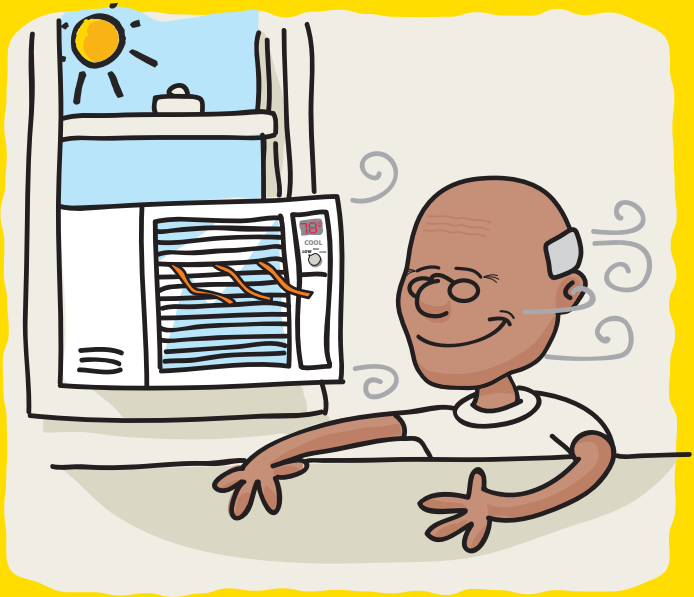
Summer Heat

It's Enough to Make You Sick



Keep Cool

Every summer in NYC people get sick from heat and some people even die.

People most at risk have no air conditioning and have one or more of these conditions:

- 65 years or older
- Chronic illness
- Mental health condition
- Obesity
- Take certain medicines (talk to your doctor for more information)
- Use drugs or drink heavily

Air conditioning can be a life saver

When it's hot outside, it can be even hotter inside

- Use your air conditioner when you are at home. *Fans alone will not keep you cool when it is really hot outside*.
- If you do not have an air conditioner: *Go to a cool place like a library, a friend's home with air conditioning, or a cooling center. Call 311 and ask "Where is the cooling center nearest to me?"*

Drink plenty of water on hot days, even if you are not thirsty.

You can be safe, comfortable, and save money by setting your air conditioner to 78° or low cool.

Stay safe when you are outside

- Wear light, loose-fitting clothes
- Stay in the shade and out of direct sun
- Avoid strenuous physical activity

Recognize the symptoms of too much heat

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

- Hot, dry skin OR cold, clammy skin
- Weakness
- Dizziness
- Nausea or vomiting
- Trouble breathing
- Confusion, hallucinations, disorientation

Be a Buddy!

When it's very hot:

- Check on your family, friends, and neighbors to make sure they stay safe and cool.
- Be alert for signs of heat illness.
- Call 911 immediately if they are experiencing symptoms of heat illness.

NYC | Department of Health & Mental Hygiene | Office of Emergency Management | Department for the Aging

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