

NYC Citizen Corps Council Communications Network

Beat the Heat
July 2010

Greetings!

Dear NYC Citizen Corps Council,

According to the [National Weather Service \(NWS\)](#), New York City will experience high temperatures this Saturday in the Upper 90s and dewpoints in the lower 70s. There is the potential for heat indices from 100-1004 degrees Saturday afternoon. Lows Saturday night will struggle to fall below the 80 degree mark. Persons sensitive to the heat should be prepared to take action Saturday and Saturday night if the high temperatures and humidity develop as forecast.

In response to the heat, New York City will open Cooling Centers located throughout the city on Saturday, July 29 at 9 AM. People can go to a Cooling Center to enjoy air-conditioned comfort during the day. To find a Cooling Center location near you, on Saturday call 311 or enter your address in the [Cooling Center Finder](#). Be sure to call and confirm the center is open before traveling in the heat. The agencies providing Cooling Center facilities are the NYC Department for the Aging, Brooklyn Public Library, New York Public Library and Queens Library.

New Yorkers are reminded to take precautions during extreme heat.

Heat illness is serious. Prolonged exposure to the heat can be harmful and potentially fatal. The added stress caused by heat can also aggravate heart or lung disease even without symptoms of heat illness. Call your doctor or go to the emergency room right away if you have these symptoms:

- Hot, dry skin or cold, clammy skin
- Weakness
- Dizziness
- Nausea or vomiting
- Shortness of breath or trouble breathing
- Confusion, hallucinations, disorientation

The risk of getting sick during a heat wave is increased for people who:

- Are younger than five, or older than 64
- Have chronic medical or mental health conditions
- Take medications, which can disrupt the regulation of body temperature
- Are confined to their beds or unable to leave their homes
- Are overweight

If you have a medical condition or take medications, check with your physician about precautions during hot weather. Family, friends, and neighbors who are at high risk will need extra help during this period of extreme heat. Think about how you can help someone you know get to an air-conditioned place.

Uniting Communities,
NYC Citizen Corps Council

Spray Caps and Fire Hydrants

• Opening fire hydrants without spray caps is wasteful and dangerous. Illegally opened hydrants can lower water pressure, which can cause problems at hospitals and other medical facilities and hinder fire-fighting by reducing the flow of water to hoses and pumps. The powerful force of an open hydrant without a spray cap can also push children into oncoming traffic. Call 311 to report an open hydrant.

• Hydrants can be opened legally if equipped with a City-approved spray cap. One illegally opened hydrant wastes up to 1,000 gallons of water per minute, while a hydrant with a spray cap only puts out around 25 gallons per minute. Spray caps can be obtained by someone 18 or over, free of charge at local firehouses.

Conserve Energy

• During periods of extremely hot and humid weather, electricity use rises, which can cause power disruptions.

• Set your air conditioner thermostat at 78 degrees.

• Use air conditioners only when you're home, and only in rooms you're 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.

Ready New York Beat the Heat

Use an air conditioner if you have one.

If you do not have an air conditioner, go to a cooler place such as an air-conditioned store, mall, museum, or movie theater. Or, visit a cooling center.

Use a fan if the air is not too hot. Fans work best at night to bring in cooler air from outside. Use a fan only when the air conditioner is on or the windows are open.

Drink plenty of water or other fluids, even if you don't feel thirsty. Avoid beverages containing alcohol, caffeine, or high amounts of sugar.

If possible, stay out of the sun. When you're in the sun, wear lightweight, light-colored, loose-fitting clothing that covers as much of your skin as possible, wear a hat to protect your face and head, and use sunscreen (at least SPF 15) to protect exposed skin.

Never leave children, pets, or those who require special care in a parked car.

Avoid strenuous activity, or plan it for the coolest part of the day, usually in the morning between 4 AM and 7 AM.

Be careful if you take a cold shower to stay cool - sudden temperature changes can make you feel dizzy or sick.

For additional tips and to download the Ready New York: Beat the Heat, visit the [NYC Hazards: Extreme Heat](#) page on NYC OEM's website.

To receive free notifications about power outages affecting your neighborhood sign up for [Notify NYC](#).

NYC Citizen Corps Council



The NYC Citizen Corps Council brings together local leaders from community organizations, government agencies, local elected officials' offices, the private sector, and volunteer programs to promote community preparedness and volunteerism.

For more information about the NYC Citizen Corps Council, its members, and activities, visit our [website](#) or [contact us](#).

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