

BEAT THE HEAT



NYC Emergency Management

@nycemergencymgt

☀️😓 Heads up, New York: Thursday brings the season's first major heat event, with a heat index near 98°F. A Heat Advisory is in effect from noon Thursday through 8 PM Friday. Stay cool by spending time in an air-conditioned space, such as a library, mall, friend's home, or city cooling center.

What to expect.

Early Morning (6 AM – 9 AM)

Temp: 73°F-78°F | 23-26°C

The morning feels mild and a little breezy. 💧 Drink water before you are thirsty, and move outdoor plans like errands, dog walks, and workouts to right now while it is comfortable. 🗑️ It is also the smart time to run the dishwasher, do laundry, and finish charging your car or micromobility device, phone, and power banks before demand climbs.

Morning (10 AM – 12 PM)

Temp: 83°F-88°F | 27-31°C, feels like 94°F (34°C)

You will feel the jump in temperature. The sun gets strong fast and you start sweating sooner than you expect. ⚠️ The Heat Advisory officially begins at noon. Get into a cool option, put on sunscreen if you have to be outside, and check in on older neighbors, relatives, and anyone living without AC. Not sure where to go? Find a public space with AC at nyc.gov/beattheheat. Wrap up any heavy appliance use now, before the afternoon strain on the grid sets in.

Afternoon (1 PM – 4 PM)

Temp: 90°F-91°F | 32-33°C, feels like 98°F (37°C)

This is the most dangerous stretch for heat and the busiest stretch for the power grid. The air will feel heavy and your body works hard to cool down. Stay in a cool option if you can, set AC to at least 78°F (26°C), run fans, and close blinds to block the sun. Hold off on the dishwasher, laundry, dryer, and EV charging until the late evening. Watch for dizziness, headache, nausea, or cramps, and never leave kids or pets in a parked car, even for a minute. 🌩️ Scattered thunderstorms also become possible this afternoon, some strong, with downpours and gusty winds. Get indoors and away from windows if storms come. Watch for falling trees, branches and power lines.

Safety Tips.

Health Reminders:

- Heat exhaustion and dehydration build over days. Even if you feel okay now, you may be at risk later.
- Signs of heat illness include dizziness, nausea, confusion, and rapid pulse. Call 911 if symptoms appear.
- Stay hydrated, avoid alcohol, and rest frequently.

Power Conservation Tips:

- Turn off unnecessary lights and electronics.
- Delay use of washers, dryers, and other high-energy appliances.
- Set thermostats to at least 78°F or higher if health allows.

Get Help or Find a Cool Option:

- Visit [NYC.gov/BeatTheHeat](https://nyc.gov/beattheheat)
- Sign up for Notify NYC emergency alerts by texting NotifyNYC to 692-692 or by calling 311.

This level of heat is dangerous and can be fatal without precautions. Treat it seriously and check on others.

Learn how to cool off
nyc.gov/beattheheat

