

SUMMER HEAT SAFETY



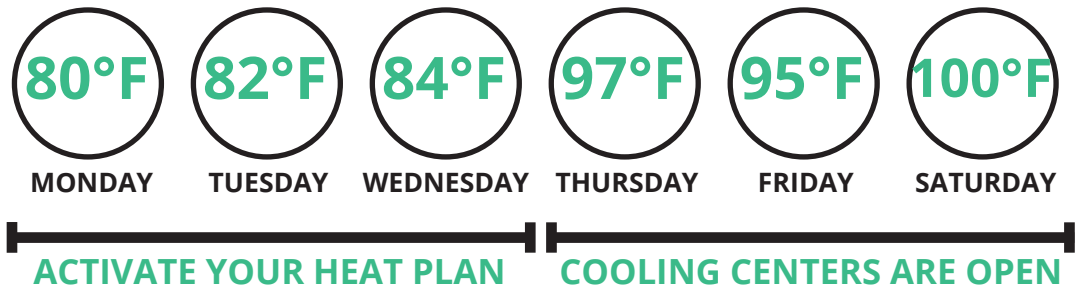
HOT DAYS

When the temperature hits 82°F and above, it can cause heat illness, stroke, and even death

EXAMPLE OF A HEAT WAVE TIMELINE

HEAT ADVISORY

Issued when the heat index is forecast to be above 95°F for at least two consecutive days OR above 100°F for any length of time.



AIR CONDITIONING SAVES LIVES

In New York City, most people who die of heat stroke live in homes without access to AC units.



HEAT INDEX

– What the temperature feels like when humidity is combined with the air temperature.

IMPORTANT TIPS

- Find a cool air conditioned (AC) indoor space.
- Hydrate by drinking more water than usual.
- Avoid strenuous outdoor activity from 11 a.m. - 4 p.m.
- Wear light-colored, loose-fitting clothing.
- Set your AC to 78°F or “Low Cool.”

IF YOU DON'T HAVE AC, HERE ARE SOME INDOOR SAFETY TIPS:

- Visit a friend or family with AC.
- Go to a cooling center.
- Hydrate!
- Take a cool bath or shower.
- Close your shades to keep the sun out.
- Limit use of your oven or stove.



NO COOLING CENTER NEARBY? Visit a cool space like a library, shop, park, museum, pool, or community center.

SUMMER HEAT SAFETY

KNOW WHO IS AT RISK IN YOUR COMMUNITY

People without air conditioning at home plus any of the following:

MENTAL HEALTH

Anxiety & Depression - Dementia
Schizophrenia - Substance Misuse

CHRONIC CONDITIONS

High blood pressure - Heart attacks
Diabetes - COPD - Asthma

HEAT-VULNERABLE POPULATIONS

Infants and children - Pregnant people
Older adults - Individuals with limited mobility

Some medications for chronic conditions make you less able to sense and respond to changes in outdoor temperatures, and will dehydrate you faster.

STAY ALERT FOR SIGNS OF HEAT EXHAUSTION AND HEAT STROKE

Heat stroke is a life-threatening emergency. If you see any signs, get medical care immediately.

Heat exhaustion

- Faint or dizzy
- Excessive sweating
- Pale, clammy skin
- Nausea
- Rapid, weak pulse
- Muscle cramps



Heat stroke

- Throbbing headache
- No sweating
- High body temperature
- Nausea and vomiting
- Rapid, strong pulse
- Confusion, hallucinating, or loss of consciousness

WHAT TO DO

- Get to a cooler, air-conditioned place.
- Drink water (electrolytes) if fully conscious.
- Take a cool shower or use a cold compress or towel.

WHAT TO DO

CALL 911. Take immediate action to cool the person until help arrives.



RESOURCES

Visit climate.cityofnewyork.us to find data tools (Heat Vulnerability Index, Environmental Justice Map) and advocacy and planning tools.



SUMMER HEAT SAFETY

To keep your community safe during outdoor events, monitor weather and “beat the heat” with these tips for your heat safety plan:

PLANNING FOR AN EVENT

Will the event take place on grass, dirt, sand? **OR** Will it be on asphalt or cement?

! **Dark, paved surfaces increase the temperature and retain heat into the evening.**

Will there be dancing, running, etc.? **OR** Will there be water-based activities?

! **Physical activity increases risk of heat illness.**

DURING THE EVENT



- Hydrate and provide free water to attendees.
- Limit exercise or physical activities during prolonged heat exposure.
- Take frequent breaks in shaded areas or air-conditioned spaces.
- Use tents to provide shade, as well as misters to help cool off.

INCLUDE THE FOLLOWING IN YOUR HEAT ACTION PLAN:

Before:

- Encourage eligible community members to apply for the Home Energy Assistance Program (HEAP) as soon as it opens.
- Train community members on heat illness symptoms.
- Create a neighborhood map of cool spaces to reduce heat illness risk in your community.
- Plant trees to shade your community.
- Move outdoor activities to mornings and evenings.

During:

- Check on neighbors, family, and friends.
- Provide a cool space for community members.
- Hand out reusable water bottles, cold packs, sunscreen towelettes, and electrolyte packets.
- Eat water-based vegetables and fruits to cool off the body.