



GWO-GWO CHALÈ GID POU JWENN REPOUS



Yon ijans chalè deklanche lè endis chalè a, yon mezi ki melanje tanperati ak imidite, depase 100°F pou yon jou oswa lè li depase 95°F pou de (2) jou oswa plis. Men, kapab gen moun ki malad ak moun ki mouri akòz tanperati ki pi ba tou. Nan Vil New York, pifò ka lanmò yo obsève akòz chalè rive andedan kay ki cho yo. Kèk nan sentòm maladi akòz chalè se po ki cho, sèk OSWA frèt, po ki imid; konfizyon; alisinasyon; endispozisyon; kèplen oswa vomisman; twoub respirasyon; batman kè ki rapid ak fò; feblès; oswa vètij.



Konnen ki moun ki arisk.

Kèk moun pi arisk pou gen pwoblèm sante lè gen chalè ekstrèm. Kèk nan moun ki pi ka afekte nan chalè ekstrèm se moun ki pa gen yon è-kondisyon ki fonksyone EPI:

- Ki gen laj 65 ane oswa plis
- Ki gen pwoblèm medikal kwonik tankou maladi kè, pwoblèm respirasyon, dyabèt oswa obezite
- Ki gen maladi mantal grav oswa andikap devlopmanal
- K ap pran medikaman ki afekte mwayen kò a pou kenbe yon tanperati nòmal. **Kontakte doktè ou pou jwenn enfòmasyon ak konsèy sou nenpòt medikaman ou ka ap pran.**
- K ap pran dwòg epi ki bwè anpil alkòl
- Ki izole sou plan sosyal, ki gen mobilite limite oswa ki pa kapab kite kay yo

GID JENERAL

- Chèche jwenn enfòmasyon sou sante nan sous ou fè konfyans (nyc.gov, cdc.gov ak 311).
- Enskri pou Notify NYC pou jwenn enfòmasyon sou evènman ijans yo.
- Si oumenm oswa nenpòt moun ou konnen panse li akable oswa bezwen èd pou siviv, ale sou sitwèb lifenet.nyc.gov pou jwenn èd gratis nan lang natifnatal ou.
- Nan yon ijans, toujou rele 911.



Kontakte yo.

- Si oumenm oswa yon moun ou konnen gen sentòm maladi akòz chalè, rele 911 oswa ale lopital.
- Tcheke vwazen, zanmi ak manm fanmi ki ka arisk yo epi ede yo jwenn yon kote ki fre.



Rete fre.

- Si ou gen yon è-kondisyone, regle li a 78°F pou rete fre epi pou ekonomize enèji. Lè li fè cho deyò a, li kapab menm pi cho andedan an!
- Si ou pa gen è-kondisyone:
 - Ale nan yon espas piblik tankou yon bibliyotèk, sant komèsyal oswa sant refwadisman. Menm kèk èdtan nan yon anviwònman ki gen è-kondisyone kapab ede ou rete pi fre. Rele 311 pou jwenn yon sant refwadisman ki toupre ou.
 - Benyen nan douch avèk dlo tyèd pou refwadi kò ou. (Si ou sèvi ak dlo frèt, chanjman tanperati a toudenkou kapab fè ou gen vètij oswa malad.)
 - Fèmen pèsyèn yo oswa rido yo pou bloke solèy la.
 - Ou ka kalifye pou èd pou refwadisman nan Home Energy Assistance Program (Pwogram Èd Enèji nan Kay), ki bay sèvis gratis pou è-kondisyone ak enstalasyon pou moun ki satisfè kondisyon dapre revni. Rele 311 pou jwenn plis enfòmasyon.
- Bwè anpil dlo, menm si ou pa swaf.
- Pa bwè bwason ki gen alkòl oswa kafeyin.



Pwoteje tèt ou deyò a.

- Bwè dlo chak 15 minit.
- Rete nan lonbraj epitou pa rete nan solèy la.
- Pran repo souvan nan zòn ki gen lonbraj oswa è-kondisyone.
- Mete rad ki lejè, ki gen koulè pal epi ki laj.
- Mete yon chapo pou pwoteje figi ou ak tèt ou.
- Itilize filt solèy ki gen SPF 15 oswa pi gwo.
- Limite aktivite ou nan maten ak ta nan aswè.



EXTREME HEAT RESPONSE GUIDE



A heat emergency is triggered when the heat index, a measure combining temperature and humidity, is above 100°F for one day or above 95°F for two or more days. However, heat-related illness and death can occur at lower temperatures. In New York City, most heat-related deaths happen inside hot homes. Symptoms of heat illness include hot, dry skin OR cold, clammy skin; confusion; hallucinations; unresponsiveness; nausea or vomiting; trouble breathing; rapid, strong pulse; weakness; or dizziness.



Know who is at risk.

Some people are at greater risk for health problems from extreme heat. People most likely to be affected by extreme heat include those who do not have a working air conditioner AND:

- Are 65 or older
- Suffer from chronic medical problems such as heart disease, breathing problems, diabetes or obesity
- Have serious mental illness or developmental disabilities
- Take medications that affect the body's ability to maintain a normal temperature. **Check with your doctor for information and advice about any medicines you may be taking.**
- Use drugs or drink heavily
- Are socially isolated, have limited mobility or are unable to leave the house



Reach out.

- If you or someone you know has symptoms of heat illness, call 911 or go to a hospital.
- Check on neighbors, friends and relatives who may be at risk and help them find a cool place.

GENERAL GUIDELINES

- **Get health information from credible sources (nyc.gov, cdc.gov and 311).**
- **Sign up for Notify NYC for information about emergency events.**
- **If you or anyone you know feels overwhelmed or needs help coping, visit lifenet.nyc for free help in your language.**
- **In an emergency, always call 911.**



Stay cool.

- If you have an air conditioner, set it to 78°F to stay cool and save energy. When it is hot outside, it can be even hotter inside!
- If you do not have air conditioning:
 - Go to a public place like a library, mall or cooling center. Even a few hours in an air-conditioned environment can help you stay cooler. Call 311 to find a cooling center near you.
 - Take a shower with lukewarm water to cool off. (If you use cold water, the sudden temperature change could make you dizzy or sick.)
 - Close shades or curtains to block the sun.
 - You may qualify for cooling assistance from the Home Energy Assistance Program, which provides free air conditioners and installation services for people who meet income requirements. Call 311 for more information.
- Drink plenty of water, even if you are not thirsty.
- Avoid drinks with alcohol or caffeine.



Be safe outdoors.

- Drink water every 15 minutes.
- Stay in the shade and out of direct sunlight.
- Take frequent rest breaks in shaded or air-conditioned areas.
- Wear lightweight, light-colored and loose-fitting clothing.
- Wear a hat to protect your face and head.
- Use sunscreen with SPF 15 or higher.
- Limit activity to early morning and late evening.