



Be a Buddy: Preparing for Hot Weather

Hot and humid weather is not just uncomfortable, it is also the deadliest type of weather event in NYC. Climate change is making dangerously hot weather more common and extreme in NYC. Be prepared and keep yourself and others safe by following the tips in this brochure.

Signs of Heat-Related Illness

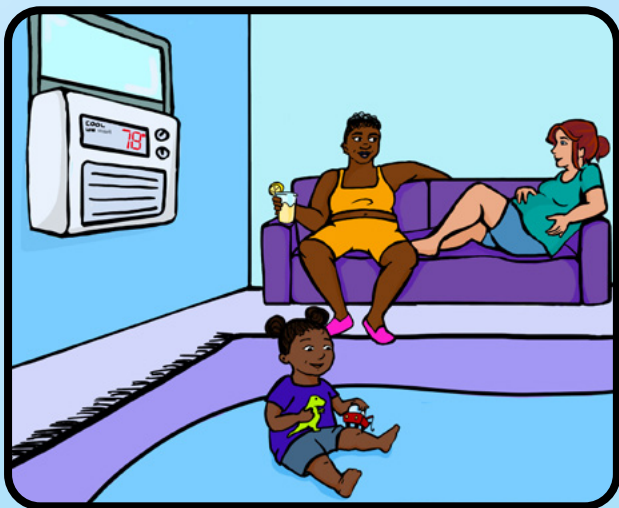
If you or someone you know has symptoms of heat-related illness, such as heatstroke or exhaustion, call **911** and get to a cool place, remove extra clothes, and drink plenty of water right away:

- Muscle cramping
- Unusually heavy sweating
- Shortness of breath
- Dizziness
- Headache
- Weakness
- Nausea



People at Highest Risk From Heat-Related Illness

- People who do not have or use air-conditioning
- Adults age 60 and older
- People with chronic health conditions, such as heart disease, mental health or cognitive conditions, or diabetes
- People who use drugs or drink heavily
- People who take medicines that make it difficult for their body to stay cool (such as diuretics and some antidepressants and blood pressure medicines)
- People with limited mobility or who are unable to leave their home
- Infants and children younger than age 4
- People who work outdoors or in hot indoor places
- Pregnant people
- Black and low-income New Yorkers (due to systemic inequities that create disparities in access to resources, such as affordable housing, air-conditioning, and health care)





Staying Cool Outdoors

- Avoid strenuous physical activity (such as recreational exercise and heavy manual labor).
- Drink plenty of water, even if not thirsty.
- Avoid drinks with alcohol, caffeine, or sugar.
- Stay in the shade and out of direct sun.
- Wear lightweight clothing and a hat to protect your face and head.
- Wear sunscreen with SPF 15 or higher.
- Limit outdoor activities to the early morning and late evening, when the sun is not as strong.

If you work outdoors regularly, you are at higher risk for heat-related illness. To lower your and your colleagues' risk:

- Stop all activity and get to a cool place if feeling faint or weak.
- Drink water every 15 minutes.
- Take frequent breaks in shaded or air-conditioned areas.
- Wear lightweight, light-colored, and loose-fitting clothing.
- Avoid drinks with caffeine or sugar.



Staying Cool Indoors

- Set your air conditioner to 78 degrees F or “low cool” to be safe and comfortable and save money. Using a fan or opening windows will not provide enough cooling when it is very hot outside.
- Close window shades and curtains.
- Try not to use the stove or oven.
- Take a cool shower or bath.
- Drink plenty of water, even if not thirsty.
- Avoid drinks with alcohol, caffeine, or sugar.

If you do not have an air conditioner:

- Apply for a free one through the Home Energy Assistance Program at **on.nyc.gov/3uQXwMo**. Enroll in Con Edison’s financial assistance program to receive a discount on your utility bills at **bit.ly/3juNAAs**.
- Find a place nearby that has one, such as a friend’s house, museum, or library.
- Call **311** or visit **finder.nyc.gov/coolingcenters** to find a nearby NYC cooling center.



When it is very hot outside, remember to **be a buddy!** Check on friends, family, neighbors, and colleagues to make sure they stay safe and healthy.



For more information, scan the QR code or visit **nyc.gov/health/heat**.