

Be a Buddy: Preparing for Hot Weather



Climate change is making dangerously hot weather more common and extreme in NYC. Be prepared and keep yourself and others safe by:

- ✓ Knowing the signs and risks of heat-related illness
- ✓ Staying cool indoors and outdoors — drink water, avoid strenuous physical activity, and stay in air-conditioned areas or in the shade and out of direct sun

If you do not have an air conditioner:

- Apply for a free one: on.nyc.gov/3uQXwMo.
- Find a place nearby that has one, such as a library.
- Find a nearby NYC cooling center: Call **311** or visit finder.nyc.gov/coolingcenters.

- ✓ Checking on friends, family, neighbors, and colleagues

For more information, visit nyc.gov/health/heat.