

Stay Cool This Summer

Hot and humid weather is not just uncomfortable. Extreme heat is the deadliest type of weather event in NYC.

Be prepared and keep yourself and others safe this summer.



Signs of Heat-Related Illness

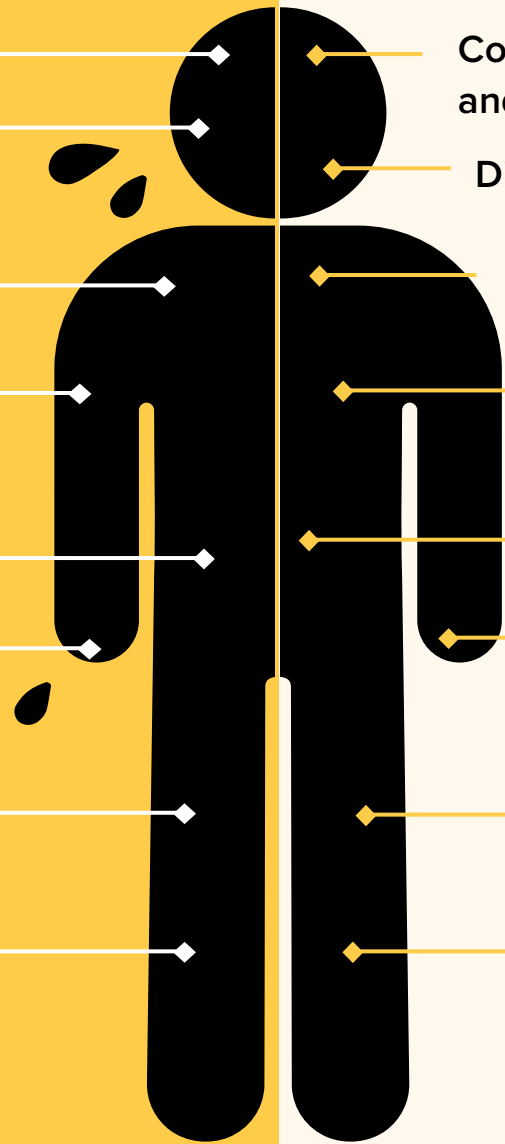
If you or someone you know has symptoms of heat-related illness, get to a cool place, remove extra clothes, and drink plenty of water right away. If there are symptoms of heatstroke, call **911**.

Heat Exhaustion

- Headache
- Lightheadedness or feeling faint
- Heavy sweating
- Cold, clammy skin
- Nausea or loss of appetite
- Fast, weak pulse
- Decreased energy
- Muscle cramps

Heatstroke

- Confusion, hallucinations, and disorientation
- Dizziness
- Loss of consciousness or being unresponsive
- Trouble breathing
- Nausea or vomiting
- Fast, strong pulse
- Weakness
- Hot, dry skin



Heat exhaustion can cause heatstroke.



Heatstroke can be deadly without emergency treatment.

You are at higher risk of heat-related illness if you:

- Are drinking heavily or using drugs
- Do not have access to air-conditioning
- Have a chronic health condition, such as heart disease, a mental health or cognitive condition, or diabetes
- Take medicines that make it difficult for your body to stay cool, such as diuretics and some antidepressants and blood pressure medicines
- Have limited mobility
- Are pregnant



Children younger than age 4 and adults age 60 and older are also at higher risk.

Stay Cool Outdoors

- Avoid drinks with alcohol, caffeine, or sugar.
- Drink plenty of water, even if you are not thirsty.
- Stay in the shade.
- Wear lightweight clothing and a hat.
- Wear sunscreen with SPF 15 or higher.
- Avoid strenuous physical activity.
- Shift outdoor activities to the early morning and late evening, when the sun is not as strong.
- Take breaks inside an air-conditioned space.



For more information, visit nyc.gov/health/heat.
To find an NYC Cool Option, call **311** or visit finder.nyc.gov/coolingcenters.



For more information on staying safe and healthy in NYC, visit nyc.gov/healthysummer or scan the QR code.