



Weather Safety Tips for Families





Babies, young children, and pregnant people are more at risk for health effects from weather events because their bodies are more sensitive to these impacts and because children rely on others to keep them safe. This booklet contains safety tips and resources you can use during a weather event to protect you and your family.

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Hot Weather

- Never leave children in a parked car during any weather, even if the windows are open.
- When it's very hot outside, use air-conditioning to stay cool at home. Set the unit to 78 degrees Fahrenheit or "low cool" to be safe, comfortable and save money.
- Find a cool place nearby if you do not have an air conditioner, such as a friend's home, a faith-based or community center, a mall, or an NYC cooling center.
 - Call **311** or visit finder.nyc.gov/coolingcenters to find a nearby cooling center.
- When opening windows to cool your home, make sure window guards are installed on all windows. Owners of buildings with three or more apartments must provide window guards in any unit where a child 10 or younger resides or if requested by a tenant. If the problem is not fixed, call **311**.
- Dress children in lightweight, light-colored, and loose-fitting clothing.
- Give babies additional breast milk or formula on hot days, but not water, especially if younger than 6 months. Encourage older children to drink water frequently.
- Find out if any medications you or your child takes increase the risk of heat-related illness.
 - Do not stop or change your child's medications without talking to their health care provider.
 - Store medications properly. Have a plan for refrigerated medications and medical devices in case of a power outage.

Cold Weather

- Never use a stove or oven to heat a home. Kerosene and propane space heaters are illegal in NYC.
- Tell your building owner or property manager if you do not have heat or hot water in your home. Call **311** if not fixed right away.
- Put babies to sleep alone in a crib on their back without any blankets or loose bedding.
- Dress babies in footed pajamas or a sleep sack. Babies need one more layer of clothing than adults.
- Have working smoke and carbon monoxide detectors. Change the batteries twice per year.



Photo credit: Cribs for Kids





Floods and Storms

Before a flood or storm:

- Prepare a go bag — a collection of items you may need if you have to leave your home in a hurry. Important items for a child’s go bag may include toys or books, bottles or sippy cups, diapers and extra clothes, pacifiers, and formula. For more information, visit nyc.gov/health/stormprep.
- Have essentials, such as go bags, important documents, and medications, ready.

During a flood or storm:

- Stay out of basements and move to a higher floor. If you are asked to evacuate, do so immediately.
- Do not drive through floodwater.
- Avoid floodwater. If you come into contact with floodwater, wash with soap and clean water or use alcohol-based sanitizer. Take care of wounds and seek medical attention.

After a flood or storm:

- If your home was damaged, contact your building owner, who is responsible by law for repairing certain kinds of building damage, including flood damage. If the damage is not repaired, call **311**.
- Remove anything wet with floodwater from your home that cannot be cleaned and dried completely within 48 hours. Wear waterproof protective clothing (gloves, boots, a mask) due to possible mold. Mold can cause or worsen asthma symptoms and allergies.
- Photograph discarded items for insurance claims.
- Keep children away from debris, mud, and damaged toys.
- Let children talk about how they are feeling. Floods and storms can be scary for children even if they do not see anything dangerous.



Air Quality

When outdoor air quality is poor:

- Monitor NYC alerts and news reports and check www.airnow.gov for the Air Quality Index.
- Limit intense outdoor physical activity, take regular breaks, and bring children indoors if they show signs of being affected by poor air quality.
- Reduce exposure to air pollution. For people age 2 and older wearing high-quality masks can help (N95 or KN95).

When indoor air quality is poor:

- Use a portable air cleaner (also known as an air purifier or sanitizer) and clean it regularly. Choose an air cleaner with a filter designed to remove gases and avoid ones that create ozone.
 - To learn how to build your own air cleaner, visit epa.gov/emergencies-iaq/diy-air-cleaners.
- Control pests that can cause poor air quality and trigger asthma attacks in children.
 - To find programs to address asthma triggers at home, visit nyc.gov/health/asthma.



Additional Resources



Apply for a free air conditioner or help with heating bills through the Home Energy Assistance Program:



Visit a069-access.nyc.gov or call 718-557-1399.



Find out if you are eligible for discounted electricity and natural gas bills through Con Edison's Financial Assistance



Program: Visit bit.ly/3juNAAs or call 800-752-6633.



Access helpful tools and resources to support children during weather emergencies in the Resilient



Children/Resilient Communities (RCRC) Toolbox:

Visit bit.ly/rcrc-toolbox.



Learn about New York State's Weatherization Assistance Program, which helps eligible homeowners and renters



reduce heating and cooling costs: Visit hcr.ny.gov/weatherization-applicants or call **311**.



Learn about New York State's EmPower+ program, which provides energy efficiency services to eligible

homeowners and renters: Visit nyserdera.ny.gov/empower or call 866-697-3732.



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For more information on preparing for emergencies, including weather events, visit nyc.gov/health/emergency.

