



BEAT THE HEAT



HIGHER RISK IF YOU...

- Are 65 or older
- Spend a lot of time outside
- Have a chronic condition like: heart disease, diabetes, obesity, lung disease or kidney disease.
- Take certain medications like: diuretics, anti-psychotics, beta-blockers, or blood pressure medications.
- Use drugs or alcohol

STAY COOL & SAFE

- Drink water often (or drinks with electrolytes)
- Light clothes, hat, sunscreen
- Stay out of the sun
- Cool off every 30-45 minutes (shade, AC, wet towel)
- Safer drug use in the heat: start with a smaller amount, avoid using alone, don't use in parked cars. If you inject, heat causes swelling and dehydration. Always carry naloxone.

**GET
HELP**

Call 911 for symptoms: Hot, dry, or red skin, rapid pulse, confusion, slurred speech, or unconsciousness.

While waiting for help: Move the person to a cool place. Cool them with ice packs, wet towels, or cool water. **Do NOT** give fluids to someone unconscious.

DROP IN CENTERS

Open 24/7, AC space with showers, laundry, meals and case management services

9th Avenue

771 9th Avenue, New York, NY 10019

Project Hospitality

150 Richmond Terrace, SI, NY 10301

Paul's Place

114 West 14th Street, New York, NY 10011

The Gathering Place

2402 Atlantic Avenue, Brooklyn, NY 11233

Olivieri

257 West 30th Street, New York, NY 10001

Queens

100-32 Atlantic Avenue, Queens, NY 11416

Living Room

800 Barretto Street, Bronx, NY 10474

Union Hall

92-32 Union Hall Street, Jamaica, NY 11433

PALM-96 (E)



Closest Center

Center Name

Address

Hours / Notes