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請致電 311 (TTY: 212-504-4115) 或訪問 NYC.gov/oem 查看中文版的手冊。

# READY NEW YORK BEAT THE HEAT

**During the summer, New Yorkers are especially vulnerable to hot weather hazards. New York City can be as much as 10 degrees warmer than surrounding areas because the city's infrastructure – largely made up of asphalt, concrete, and metal – traps the heat. Learn how you can prepare to beat the summer heat.**

## PLAN AHEAD

### Understand the risk factors:

People at greatest risk during periods of extreme heat are those 65 or older, younger than five, those with chronic medical conditions or taking psychotropic or other medications, and those who are overweight.

If you have a medical condition, check with your physician about precautions you should take during hot weather.

If you have neighbors, family, or friends who are at increased risk, especially those who live alone, make sure they have access to air-conditioning and, if needed, offer to help them get to a cool location.

### In the event of a forecasted heat wave:

- Help keep your home cool by installing window shades or awnings to block the sun.
- If you have an air conditioner, make sure it works properly.
- If you don't have air conditioning, keep your windows open so fresh air may flow through your home.
- If you cannot cool your home, identify a nearby air-conditioned location, such as a shopping mall, library, home of a friend or relative, or a New York City cooling center.

### Cooling Centers

When the heat index is predicted to be dangerously high, New York City will open cooling centers in air-conditioned facilities, including community and senior centers. People seeking relief from the heat should call 311 (TTY: 212-504-4115) or access [www.NYC.gov/oem](http://www.NYC.gov/oem) during a heat emergency to find a local cooling center.

### Notify NYC

Sign up now at [NYC.gov/notifynyc](http://NYC.gov/notifynyc) or call 311 to receive important information about emergencies and City services.

**OEM**  
New York City  
Office of Emergency Management  
Michael R. Bloomberg, Mayor





## DURING A HEAT WAVE

### Beat the Heat Tips:

- If possible, stay out of the sun. When in the sun, wear sunscreen (at least SPF 15), and a hat to protect your face and head.
- Use an air conditioner if you have one. Set the thermostat no lower than 78 degrees.
- If you do not have an air conditioner, consider going to a public pool, air-conditioned store, mall, movie theater, or cooling center. To locate a cooling center near you, call 311 (TTY: 212-504-4115) or access [www.NYC.gov/oem](http://www.NYC.gov/oem).
- Check on your neighbors, family, and friends, especially if they are seniors, young children, or have special needs.
- Fans work best at night, when they can bring in cooler air from outside.
- Drink fluids - particularly water - even if you do not feel thirsty.\* Avoid beverages containing alcohol, caffeine, or high amounts of sugar.
- Wear lightweight, light-colored, loose clothing that covers as much of your skin as possible.
- Never leave children, pets, or those who require special care in a parked car during periods of intense summer heat.
- Avoid strenuous activity, especially during the sun's peak hours - 11 a.m. to 4 p.m. If you must engage in strenuous activity, do it during the coolest part of the day, usually in the morning between 4 a.m. and 7 a.m.
- Cool showers or baths may be helpful, but avoid extreme temperature changes, as they may make you nauseated or dizzy.
- Monitor weather conditions by staying tuned to TV and radio broadcasts by accessing [www.NYC.gov](http://www.NYC.gov), or calling 311 (TTY: 212-504-4115).

\*People with heart, kidney or liver disease or on fluid restricted diets should check with their doctors before increasing fluid intake.



Spencer T. Tucker

## HEAT-RELATED ILLNESSES

Prolonged exposure to the heat can be harmful and potentially fatal. Seniors, children, and people with pre-existing medical conditions are especially susceptible to the effects of extreme heat. Be aware of heat-related illnesses and suggested treatments.

### HEAT EXHAUSTION

**Symptoms:** heavy sweating, weakness, weak pulse, fainting, or vomiting, and cold, pale, clammy skin. Body temperature may seem normal.

#### Response:

- Move the victim to a cool place.
- Loosen clothing and apply cool, wet cloths to the neck, face, and arms.
- If the victim is conscious, have him or her drink water slowly, unless nausea occurs. Give the victim half a glass of water every 15 minutes.
- Call 911 for medical attention. If heat exhaustion is not treated, it can worsen and lead to heat stroke.

### HEAT STROKE (SUNSTROKE)

**Symptoms:** Hot, dry skin, rapid pulse, high body temperature, lack of sweating and possible unconsciousness. Body temperature can be so high that brain damage or death may result in fewer than 10 minutes if the victim does not receive immediate medical attention.

#### Response:

- Call 911 immediately for medical help.
- Remove the victim's clothes and wrap his or her body in cool, wet sheets.
- Bring the victim to a cool place, and try a cool bath or sponging. Use fans or air conditioners.
- Keep the victim lying down.
- Do NOT give the victim any fluids.



### RESPIRATORY PROBLEMS

High ozone levels, which can accompany heat waves, make air quality poor. Ozone can cause breathing problems, especially among those with respiratory conditions.

#### Prevention:

People who exercise or work outdoors, and those with respiratory diseases, should limit strenuous outdoor activity particularly during the afternoon and early evening hours. For air quality updates visit [www.airnow.gov](http://www.airnow.gov) or call the New York State Air Quality Hotline (800-535-1345).

For more information on heat-related illnesses, visit the Department of Health and Mental Hygiene online, [www.NYC.gov/health](http://www.NYC.gov/health), or the Department for the Aging online, [www.NYC.gov/aging](http://www.NYC.gov/aging).

## SAVE RESOURCES IN EXTREME HEAT

### CONSERVE WATER

Water use often reaches high levels during periods of hot weather, causing fluctuations in water pressure and droughts in the city. When the city experiences a drought emergency, it is important to follow the Department of Environmental Protection's water usage restrictions.

#### Water Conservation Tips:

- Repair leaky faucets; turn taps off tightly.
- Take short showers; only fill bathtubs halfway when bathing.
- Only run dishwashers and washing machines when they are full.
- Do not let water run while washing dishes, shaving, or brushing teeth.
- Observe restrictions on watering your lawn or plants.



Daniel Avila, NYC Parks Department

### SPRAY CAPS & FIRE HYDRANTS

Opening fire hydrants without spray caps is wasteful and dangerous. The water pressure can push people - especially children - into traffic. An open hydrant causes flooding on streets and lowers water pressure, hampering firefighters' ability to fight fires safely. To report illegally opened hydrants or other water or sewer problems, call 311 (TTY: 212-504-4115). To obtain a spray cap, contact your local firehouse.

Log on to [www.NYC.gov/dep](http://www.NYC.gov/dep) for more information on water conservation.

### CONSERVE ENERGY

During periods of extreme heat, electricity use rises. Conserving energy helps prevent power disruptions.

#### Energy Conservation Tips:

- Set your air conditioner thermostat no lower than 78 degrees.
- Only use the air conditioner when home, in rooms you are using. If you want to cool your home before you return, set a timer that turns on no more than 30 minutes before you arrive.
- Turn off nonessential appliances.

### POWER OUTAGES

To prepare for possible power outages and disruptions, keep an Emergency Supply Kit - with items including a flashlight, battery-powered AM/FM radio, first-aid kit, bottled water, and extra batteries - in an easily accessible place. If you experience power problems, keep the windows open to ensure proper ventilation.

#### If there is a power outage, call your provider:

- Con Edison at 800-752-6633 (TTY: 800-642-2308)
- National Grid at 718-643-4050 (TTY: 718-237-2857)
- LIPA at 800-490-0025 (TTY: 631-490-6660)