



500+ New Yorkers die from heat each year.

**BEAT
THE
HEAT**

Heat is a weather emergency in NYC. Killing more people each year than hurricanes, floods, or winter storms. Most heat-related deaths happen indoors, especially among: **older adults, people with chronic illnesses or disabilities and those without access to air conditioning.**

Our message is urgent. Make a plan now.

- ⌘ **IF YOU HAVE AIR CONDITIONING, USE IT WHEN IT GETS HOT**
- ⌘ **SET YOUR A/C TO LOW COOL (~78°F)**
- ⌘ **IF YOU DON'T HAVE A/C KNOW YOUR COOL OPTIONS**

Cooling Tips

- ⌘ **Drink Water Frequently**
- ⌘ **Wear Breathable Clothing**
- ⌘ **Stay indoors in Air Conditioning**
- ⌘ **Take Cool Showers**
- ⌘ **Block Out Sun Indoors With Shades**
- ⌘ **Take Breaks in Shade or A/C**
- ⌘ **Eat Water-Rich Foods Like Fruits & Veggies.**

Cool Options

Personal options like:

- ⌘ **Friend's Or Family Member's A/C Home**

Private options like:

- ⌘ **Malls, Theaters, Or Coffee Shops**

Public options like:

- ⌘ **Libraries, Senior Centers, And Museums**

- ⌘ **NYC Cooling Centers Activated During Heat Emergencies—Free, Public Spaces Across All Five Boroughs.**

- ⌘ **Parks, pools, and POPs aren't air-conditioned but can still provide relief from the heat.**

Even a few hours in a cool space can save a life.



For translated materials, visit nyc.gov/beattheheat or call 311.

NYCEM
New York City Emergency Management

Get alerts from Notify NYC by texting
NOTIFYNYC to 692-692 or call 311.

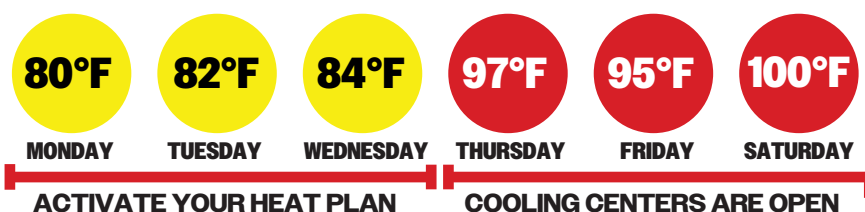
Know how and
where to cool off:
nyc.gov/beattheheat



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EXAMPLE OF A HEAT WAVE TIMELINE



When the temperature hits **82°F and above**, it can increase likelihood of heat illness, stroke, and even death.

ALERTS DURING HEAT

HEAT ADVISORY

Heat Index is forecast to reach 95°F to 99°F for at least two consecutive days, or 100°F to 104°F for any length of time.

EXTREME HEAT WATCH / WARNING

Issued when heat index is forecast to reach or exceed 105°F for at least two consecutive hours.

HEAT INDEX What the temperature feels Like when humidity is combined with the air temperature.

Stay alert for signs of heat exhaustion and heat stroke.

Heat stroke is a life-threatening emergency. If you see any signs, get medical care immediately.

Heat Exhaustion

- ⌘ Faint Or Dizzy
- ⌘ Excessive Sweating
- ⌘ Pale, Clammy Skin
- ⌘ Nausea
- ⌘ Rapid, Weak Pulse
- ⌘ Muscle Cramps



Heat Stroke

- ⌘ Throbbing Headache
- ⌘ No Sweating
- ⌘ High Body Temperature
- ⌘ Nausea And Vomiting
- ⌘ Rapid, Strong Pulse
- ⌘ Confusion Or Hallucinating

What to do

Get to a cooler, air-conditioned place.
Drink water (electrolytes) if fully conscious.
Take a cool shower or use a cold towel.

What to do

CALL 911. Take immediate action to cool the person until help arrives.



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