



NEW YORK CITY **OFFICE OF EMERGENCY MANAGEMENT**
Office of Public Information

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BEAT THE HEAT TIPS FOR NEW YORKERS AND VISITORS

Due to Sunday's forecast high temperatures and humidity, the Office of Emergency Management urges New Yorkers and its thousands of visitors to take appropriate steps to stay cool. The National Weather Service is forecasting a high temperature in the high 90s and a heat index near 95 degrees. Individuals planning to spend time outdoors should be mindful of the heat and heed the following tips to stay safe:

“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. Dress in lightweight, light-colored, loose-fitting clothing that covers as much skin as possible.
- Drink fluids – particularly water – even if you do not feel thirsty. Your body needs water to keep cool. Avoid beverages containing alcohol or caffeine.
- Avoid strenuous activity, especially during the sun's peak hours – 11 a.m. to 4 p.m.
- Never leave children, seniors or pets in a parked car during periods of intense summer heat.
- Report open fire hydrants by calling 311.
- Be aware of the symptoms and what you should do in the event of heat-related illness.

Heat cramps:

- Heat cramps are muscular pains and spasms resulting from heavy exertion during extreme heat. Although heat cramps are the least severe of all heat-related health problems, they are often the first signal that the body is having trouble coping with the heat and should be treated immediately with rest and fluids. Stretching or direct pressure can also reduce cramps.
- Unless very severe, heat cramps do not require emergency medical attention. Heat cramps usually occur when the heat index is between 90 and 105 degrees.



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Heat exhaustion:

- Heat exhaustion occurs when body fluids are lost through heavy sweating due to vigorous exercise or working in a hot, humid place. Blood flow to the skin increases, causing blood flow to vital organs to decrease. Symptoms include: sweating; pale, clammy skin; fatigue; headache; dizziness; shallow breaths; and a weak or rapid pulse. Victims of heat exhaustion appear tired but not confused.
- The condition should be treated with rest in a cool area, drinking water or electrolyte solutions, elevating the feet 12 inches, and further medical treatment in severe cases. If not treated, the victim's condition may escalate to heat stroke. If the victim does not respond to basic treatment, seek medical attention. Heat exhaustion usually occurs when the heat index is between 90 and 105 degrees.

Heat stroke:

- Heat stroke occurs when the body's temperature control system, which produces cooling perspiration, stops working. The skin becomes flushed, hot and dry. Body temperatures may rise so high that brain damage and death may result if the body is not cooled quickly. The victim may also be confused, develop seizures, breathe shallowly and have a weak, rapid pulse.
- Heat stroke is the most serious heat-related illness and people exhibiting its symptoms should seek emergency medical attention. Heat stroke usually occurs when the heat index is 130 degrees or higher, but can occur when the heat index surpasses 105 degrees.

Tips on how to stay cool all summer long are available by logging on to **NYC.gov/oem** or by dialing **311**.

OEM encourages New Yorkers to read more about how they can be better prepared for extreme heat and other hazards in "Ready New York: A Household Preparedness Guide." Access the guide online at **NYC.gov/oem** or call **311** for a copy by mail. Preparing for any emergency is as simple as planning ahead.