



## NEW YORK CITY OFFICE OF EMERGENCY MANAGEMENT

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**FOR IMMEDIATE RELEASE:  
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### **NEW YORKERS ARE ADVISED ON WAYS TO BEAT THE HEAT AND CONSERVE ENERGY**

Due to today's high temperatures, Con Edison is anticipating heavy loads on their power networks throughout the City. The Office of Emergency Management along with Con Edison is closely monitoring the situation.

To help prevent a possible disruption in electric service, OEM and Con Edison are asking customers citywide and in the southeast Bronx (Throgs Neck, Edgewater Park, Eastchester Bay, Castle Hill, Parkchester, Bruckner, and Soundview) to reduce power usage by turning off all non-essential appliances and electronic equipment.

#### **YOU CAN REDUCE ENERGY CONSUMPTION BY:**

- Not leaving air conditioners on when you leave your house
- Setting your air conditioner thermostat at no less than 78 degrees
- Using appliances that have heavy electrical loads early in the morning or very late at night

#### **WE ALSO REMIND NEW YORKERS TO TAKE THESE PERSONAL HEALTH AND SAFETY TIPS FOR PROTECTION AGAINST THE HEAT:**

- Stay out of the sun -- avoid extreme temperature changes.
- Wear lightweight, light-colored clothing. Light colors reflect some of the sun's energy.
- Drink fluids -- particularly water -- even if you do not feel thirsty. Your body needs water to keep cool. (Those on fluid-restricted diets or taking diuretics should first consult their physician.)
- Water is the safest liquid to drink during heat emergencies. Avoid beverages containing alcohol and/or caffeine.

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**Fax: (718) 422-4871  
[www.nyc.gov/oem](http://www.nyc.gov/oem)**



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- Eat small, frequent meals.
- Avoid strenuous activity, especially during the sun's peak hours -- 11 A.M. to 4 P.M.
- If possible, go to an air-conditioned building for several hours during the hottest parts of the day. New York City operates Cooling Centers around the five boroughs. *Only during a heat emergency*, you can visit to [www.nyc.gov/oem](http://www.nyc.gov/oem) or call the City's Heat Hotline at (800) 426-6569 (4-COOL-NY), which will be in operation daily from 10 A.M. to 7 P.M., to find the location of a center near you.
- Participate in activities that will keep you cool, such as going to the movies, shopping at a mall, or swimming at a pool or beach.
- Never leave your children or pets unattended in the car.
- Check on your elderly neighbors, and those with special needs.
- Improperly opened hydrants waste thousands gallons of water, and can lower water pressure to dangerous levels. If you want to use a hydrant to cool off, obtain a spray cap at your local firehouse

By doing their part, all New Yorkers will help ensure that Con Ed's three million customers will not experience an interruption in their power supply.

DO NOT call 9-1-1 except in case of an emergency.

For more information, residents may also log on to our website, [www.nyc.gov/oem](http://www.nyc.gov/oem), for our electronic "Beat the Heat" brochure, covering everything from power conservation to hot weather health tips.

Customer may also log on to Con Ed's website, [www.coned.com](http://www.coned.com), for more information on the current situation and for tips on how to conserve energy.