

For Immediate Release
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**NYC EMERGENCY MANAGEMENT'S LATEST EPISODE OF *¡PREPÁRATE!*
HIGHLIGHTS HOW NEW YORKERS CAN PREPARE FOR EXTREME HEAT
DURING THE SUMMER MONTHS**

¡Prepárate! { [Click to listen to episode 4](#) }

August 27, 2021 — Extreme summer heat can be dangerous and even deadly for anyone, but especially for New Yorkers with chronic medical conditions, such as diabetes, high blood pressure or heart ailments. To help New Yorkers understand the impact of heat and the environment on health, the New York City Department of Health and Mental Hygiene created the New York City Heat Vulnerability Index (HVI). The study examines the health risks during and immediately after extreme heat events, and compares them across New York City neighborhoods. The HVI helps the City identify and direct resources to neighborhoods at higher risk during extreme heat, such as cooling centers, mist showers and shaded areas. On the latest episode of *¡Prepárate!*, co-hosts Inés Bebea and Yokarina Duarte discuss extreme heat and environmental policy with Casey Weston, a policy analyst in the bureau of environmental surveillance and policy with the Health Department.

“Going to city beaches, pools, cooling centers, or parks, are many of the options available to New Yorkers to beat extreme heat in the summer. But besides sunblock lotion and straw hats, it’s important to know the risks and signs of heat exhaustion and other related illnesses, as well as preparing your family and home for the impacts of extreme heat,” **said NYC Emergency Management Commissioner John Scrivani.**

To prepare for future hot weather, eligible New Yorkers can also obtain free air conditioners, including installation, through the New York State Home Energy Assistance Program (HEAP). More information on eligibility and how to apply can be found [here](#) or by calling 311 and asking about the cooling assistance benefit.

“Raising public awareness of heat-related health risks—particularly for vulnerable communities and individuals—helps increase community resiliency to heat, especially in the context of climate change,” **said Casey Weston, Policy Analyst with the Health Department.** “As New Yorkers enjoy the final weeks of summer, we should also look to protect each other by recognizing the signs of heat exhaustion and taking preventative measures like accessing air conditioning or cooling centers to stay safe.”

You can listen to *¡Prepárate!* on [SoundCloud](#), and [subscribe now](#) to stay up-to-date on the latest episodes.

Profile



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Casey Weston is a policy analyst in the Bureau of Environmental Surveillance and Policy at the New York City Department of Health and Mental Hygiene. His work focuses on improving New Yorkers' health by improving the built environment — homes, parks, and roads — in which we live. Casey studied urban planning at Stanford University and New York University, and served in the Peace Corps in Paraguay.

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