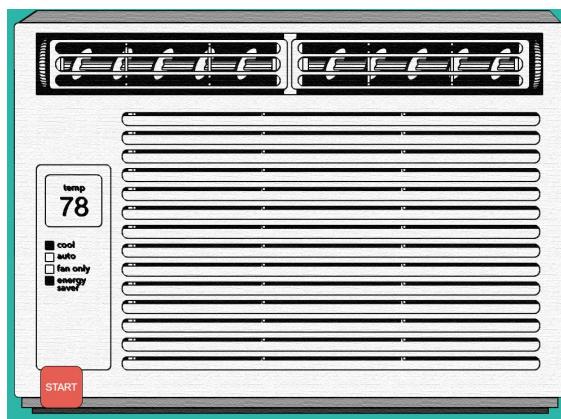




# NEWSLETTER

## BEAT THE HEAT

[Beat the Heat | NYC Emergency Management](#)



### STAY COOL

- Use an air conditioner during hot weather and heat emergencies, even if it is only for a few hours. A setting of 78F (or low cool) can provide a comfortable environment, help save on electricity bills, and conserve energy.
- If you do not have an air conditioner, you may qualify for energy assistance. Visit the [Human Resource Administration online](#) for information about the Home Energy Assistance Program (HEAP).
- Note: Cooling centers are facilities managed by agency partners who determine each site's hours of operation and level(s) of accessibility.

### HELP YOUR NEIGHBORS

- Check on your neighbors during a heat wave, especially if they are older adults, young children, and people with disabilities and access and functional needs. Keep in touch by phone at least twice a day during heat waves.
- Heat illness is serious. Prolonged exposure to the heat can be harmful and potentially fatal. Call 911 if you or someone you know shows signs or symptoms of heat illness, including headache, light headedness, muscle cramps, nausea, and vomiting. Learn more about heat illness and heat waves from [the Department of Health & Mental Hygiene](#).

**TEST YOUR KNOWLEDGE** about staying safe in the heat by taking this [quiz](#).

During heat emergencies, the City will open cooling centers throughout the five boroughs. Visit the [Cooling Center Finder](#) or contact [311](#) (212-639-9675) for Video Relay Service, or TTY: 212-504-4115 to find out whether a cooling center is open near you.

For additional information refer to the NYCEM Press Release on Summer Heat Safety [here](#).



## 'PREP TALK' & ¡PREPÁRATE PODCAST!

On the latest episode of **"Prep Talk,"** Matthew Rosencrans, lead hurricane season outlook forecaster with NOAA's Climate Prediction Center, discusses the science behind the outlook for the 2022 Atlantic hurricane season. He reveals what sparked his interest in meteorology and how he got started in the field. Rosencrans also shares how NOAA fits into the disaster cycle and how they work with emergency management agencies when disasters occur. He has experienced a variety of severe weather events and discusses how it shaped his outlook of the future. **You can listen to the latest episode on SoundCloud, Apple Podcasts, and Speaker.**

On the latest episode of **¡Prepárate!**, NYC Emergency Management's Spanish-language podcast, goes behind the scenes with Abigail Banks, Ready New York's program director. Abigail Banks and her team work to inform all New Yorkers (including children) on the steps they can take to stay prepared for all types of emergencies, including fires, power outages, weather emergencies, mass transit disruptions, and more. **You can listen to ¡Prepárate! on SoundCloud and Spotify.**

**Stay Connected:** Twitter: [@NotifyNYC](#) (emergency notifications)  
[@nycemergencymgt](#) (emergency preparedness info)  
Facebook: [/NYCeergencymanagement](#)



## Ready New York Question of the Week

**Why is NYC's population vulnerable to wind and flooding?**

- a)** Each of the five boroughs touches the coastline
- b)** High population density
- c)** Higher than average rainfall and winds
- d)** Large number of skyscrapers

See the correct answer [here](#)

## UPCOMING EVENTS

# READY UP NYC

## FDNY Virtual CPR

This webinar will cover hands-on practice for performing hands-only CPR. Learn more about how to use an automated external defibrillator (AED) and information for identifying a person in need of CPR.

Date: Thursday, June 23, 2022  
Time: 1:00 p.m. EST  
Link: <https://bit.ly/ReadyUp2022>



To join the webinar follow this [link](#).

## 2022 SUMMER NYDIS TRAININGS FOR NYC RELIGIOUS LEADERS

HOW READY ARE YOU?

**Date:**

**Tuesday, Jun. 28 @NYDIS, 4 West 43rd Street**

This one-day training covers disaster operations, disaster spiritual care, disaster mental health, and self-care for caregivers.

- The training provides religious leaders with tools and resources to engage faith communities throughout the disaster lifecycle.

**RELIGIOUS LITERACY & COMPETENCY IN CRISIS SETTINGS**

**Register now:** <http://nydisnet.eventbrite.com>

**Questions? Email** [LCUMMINGS@NYDIS.ORG](mailto:LCUMMINGS@NYDIS.ORG)

**JUNE KICKS OFF NATIONAL IMMIGRANT HERITAGE MONTH!**



## IMMIGRATION LEGAL HELP

Call ActionNYC at **800-354-0365**, from Monday to Friday, 9AM to 6PM for free, safe immigration legal help. Get help only from a trusted, licensed attorney or an accredited representative

**CITY OF WATER DAY**

City of Water Day brings together communities throughout the New York and New Jersey metropolitan region to raise awareness about the risk we all face from floods and rising seas, and champion climate resilient shorelines and waterfront communities.

**City of Water Day is July 16, 2022**

City of Water Day—this year on Saturday, July 16—is a region-wide day, organized by the Waterfront Alliance and its partners, to raise awareness about the risk we all face from sea level rise and climate change. A featured component of the day will be Art at the BlueLine, a climate-focused art exhibition hosted by Waterfront Alliance. Join us in Lower Manhattan's Seaport at the many local events occurring In Your Neighborhood throughout New York City and New Jersey! Stay updated on where events will be taking place in, and around, your neighborhood by checking [this website](#).

**Big protection for little New Yorkers.**  
COVID-19 vaccines now available for kids 6 months and older.

**Now Eligible: Ages 6 Months to 4 Years**

Children 6 months to 4 years old should get a COVID-19 vaccine. Both the Moderna and Pfizer vaccines have been authorized by the federal government for this age group.

Children can receive the Moderna vaccine at sites operated by the City. Appointments are recommended for these sites, but walk-ins will be accepted as well.

Ask your child's pediatrician if they will be offering the vaccine. Some pharmacies may offer vaccine to children 3 years and older.

Parents or guardians must consent to have their child vaccinated. Children younger than 15 years must have an adult with them when they get vaccinated.

[Learn more about getting your child vaccinated.](#)

## Get Vaccinated Today

To find a vaccination site, use the City's Vaccine Finder:

[FIND A COVID-19 VACCINE](#)

Call 877-VAX-4NYC (877-829-4692) to schedule an appointment at certain sites, as well as to get other vaccination assistance.

If you are a New York resident who is homebound or at least 65 years old, you can [sign up online for an in-home vaccination](#) or by calling 877-VAX-4NYC (877-829-4692).



## Watch, Learn & Practice

*We Speak NYC* videos tell the stories of New Yorkers who have come from all over the world to make New York City their home. The show helps English language learners improve their language skills, learn about their rights, and access City services.

The videos focus on important topics and model language that you can use in your everyday lives.

**NYC Emergency Management (NYCEM)** has created a toolkit specifically for ESOL classrooms. The toolkit contains a 25-minute episode, called [The Storm](#), focused on emergency preparedness and City resources. To order a free toolkit, please email [readyny@oem.nyc.gov](mailto:readyny@oem.nyc.gov)

## Services featured in "The Storm" episode

### Ready New York

- Learn how to prepare for all types of emergencies in New York City.

### Notify NYC

- Information about emergency events and important City services.

### Community Preparedness

- A community readiness program that works for emergency preparedness

**Learn More About NYC Emergency Management Community**

**Preparedness - <https://youtu.be/L250wy3o6r4>**