



# NYCEM

New York City Emergency Management

**FOR IMMEDIATE RELEASE**

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## NYC EMERGENCY MANAGEMENT AND THE DEPARTMENT OF HEALTH AND MENTAL HYGIENE ADVISE NEW YORKERS TO BEAT THE HEAT

***WATCH:*** Mayor Adams Warns New Yorkers About Coming Heat Wave

*Heat Emergency Plan activated beginning Sunday through Tuesday.*

*Cooling centers will open across the city. To find locations, including hours of operation, call 311 or visit the City's [Cool Options Map](#).*

*New Yorkers should also take advantage of additional cool options such as museums, movie theaters, coffee shops, pools, houses of worship, or a neighbor, friend, or family member's home.*

**July 13, 2024** — New York City Emergency Management Department and the New York City Department of Health and Mental Hygiene advise New Yorkers to take precautions to beat the heat. NYC Emergency Management is working closely with the National Weather Service to monitor the forecast as the city experiences the third occurrence of multiple days of consecutive high heat. The next few days are expected to have heat indices in the mid to upper 90s, through at least Tuesday, and possibly Wednesday.

“With another heat wave bearing down on New York City, we want to make sure New Yorkers stay safe and stay informed,” said **New York City Mayor Eric Adams**. “Our cooling centers will be open starting tomorrow through at least Tuesday, we will be closely monitoring the electric systems for any impacts, and we already have more lifeguards on staff than at our peak last year. As always, please check in on your neighbors, particularly older New Yorkers, as well as others who are particularly vulnerable to extreme heat, like our four-legged friends. New Yorkers, be prepared, be safe, and stay cool.”

“New Yorkers should prepare for extremely hot weather this week, with heat indices in the mid to upper 90s,” said **NYC Emergency Management Commissioner Zach Iscol**. “It’s going to be hot from Sunday through Wednesday. Remember, heat kills more New Yorkers than any other weather event. But as New Yorkers, we’re going to look out for one another. That means encouraging those around you to go to a cool option and spreading the word that heat is life-threatening. Use air conditioning, visit air-conditioned places, and avoid using major appliances during the day to protect our energy grid. If you don’t have air conditioning, check out cooling centers at [nyc.gov/beattheheat](https://nyc.gov/beattheheat) or call 311. Learn the signs of heat stroke, stay hydrated, and stay safe.”

The New York City Emergency Management Department and the Health Department urge New Yorkers to take steps to protect themselves and help others who may be at increased risk from the heat. For more information, including heat-related health tips and warning signs of heat illness, visit [NYC.gov/health](https://nyc.gov/health) or [NYC.gov/beattheheat](https://nyc.gov/beattheheat). In New York City, most heat-related deaths occur after exposure to heat in homes without air conditioners. Air conditioning is the best way to stay safe and healthy when it is hot outside, but some people at risk of heat illness do not have or do not turn on an air conditioner.

To help New Yorkers find relief from the heat, New York City cooling centers will be open throughout the five boroughs. Cooling center locations may have changed from last year. To find a cooling center, including accessible facilities closest to you, call 311 (212-639-9675 for Video Relay Service, or TTY: 212-504-4115) or visit the City's [Cool Options Map](#). This year's newly-revamped map is now available around the clock and allows New Yorkers to easily locate cooling centers, which the City opens during heat emergencies, and cool options, which include free spaces that offer air-conditioned spaces to escape the heat. New Yorkers can now also find cooling centers that welcome pets throughout the five boroughs. As a reminder, service animals are always allowed at cooling centers.

New Yorkers can access a range of outdoor cooling options, including spray showers, drinking fountains, and more. These resources can be found online at [Cool It! NYC](#). Many of these resources are located in neighborhoods across New York City. New York City outdoor pools are open 11AM-7PM, Olympic and intermediate-sized pools will be open until 8PM from Sunday through Tuesday. State Parks, including [Denny Farrell Riverbank State Park](#) pool and [Roberto Clemente State Park](#) pool are open, call ahead to confirm.

During extreme heat, the Department of Social Services (DSS) issues a Code Red Alert. During Code Reds, shelter is available to anyone experiencing homelessness, where those experiencing heat-related discomfort are also able to access a designated cooling area. DSS staff and the agency's not-for-profit contracted outreach teams engage with individuals experiencing homelessness 24/7/365 and redouble their efforts during extreme heat, with a focus on connecting vulnerable New Yorkers experiencing unsheltered homelessness to services and shelter.

### **ADDITIONAL HEALTH AND SAFETY TIPS DURING EXTREME HEAT**

- Those most vulnerable to heat stress include adults aged 60 and older, and people with health conditions, including heart disease, diabetes, mental health conditions, or people with cognitive impairment. Check on people who are at-risk and help them find a cool place to stay during heat events.
- Go to an air-conditioned location, even if for a few hours.
- Stay out of the sun and avoid extreme temperature changes.
- Avoid strenuous activity, especially during the sun's peak hours: 11:00 AM to 4:00 PM. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 AM and 7:00 AM.
- Remember: drink water, rest, and locate shade if you are working outdoors or if your work is strenuous. Drink water every 15 minutes even if not thirsty (avoid beverages containing alcohol or caffeine), rest in the shade, and watch out for others on outdoor teams. Employers are required to provide water, rest, and shade when work is being done during extreme heat.
- Eat small, frequent meals.
- Wear lightweight, light-colored clothing.
- Participate in activities to keep cool, such as going to the movies, visiting museums, walking in an air-conditioned mall, or swimming at a pool or beach.
- Make sure doors and windows have tight-fitting screens and, in apartments where children live, window guards. Air conditioners in buildings more than six stories must be installed with brackets so they are secured and cannot fall on someone below.
- Never leave a child or pets in the vehicle, even for a few minutes.

### **KNOW THE WARNING SIGNS OF HEAT ILLNESS**

Call 911 immediately if you or someone you know has:

- Hot dry skin
- Trouble breathing
- Rapid heartbeat
- Confusion, disorientation, or dizziness
- Nausea and vomiting

If you or someone you know feels weak or faint, go to a cool place and drink water. If there is no improvement, call a doctor or 911.

### **KEEPING YOUR PETS SAFE**

- Avoid dehydration: Pets can dehydrate quickly, so give them plenty of fresh, clean water.
- Walk your dog in the morning and evening: When the temperature is very high, do not let your dog linger on hot asphalt. Your pet's body can heat up quickly, and sensitive paw pads can burn.
- Know when your pet is in danger: Symptoms of overheating in pets include excessive panting or difficulty breathing, increased heart and respiratory rate, drooling, mild weakness, unresponsiveness, or even collapse.

### **IMPROPER FIRE HYDRANT USE**

The improper opening of fire hydrants wastes 1,000 gallons of water per minute, causes flooding on city streets, and lowers water pressure to dangerous levels, which hamper the ability of the Fire Department

to fight fire safely and quickly.

Use “spray caps” to reduce hydrant output to a safe 25 gallons per minute while still providing relief from the heat. To obtain a spray cap, an adult 18 years or older with proper identification can go to his or her local firehouse and request one.

## ENERGY-SAVING TIPS

During periods of intense electrical usage, such as on hot, humid days, it is important to conserve energy as much as possible to avoid brownouts and other electrical disruptions. While diminishing your power usage may seem inconvenient, your cooperation will help to ensure that utility providers are able to provide uninterrupted electrical service to you and your neighbors, particularly those who use electric powered medical equipment or are at risk of heat-related illness and death:

- Set your air conditioner to 78°F or “low.”
- Run appliances such as ovens, washing machines, dryers and dishwashers in the early morning or late at night when it is cooler outside to reduce heat and moisture in your home.
- Close doors to keep cool air in and hot air out when the air conditioner is running.
- Keep shades, blinds, and curtains closed. About 40 percent of unwanted heat comes through windows.
- Turn off air conditioners, lights, and other appliances when not at home, and use a timer or smart technology to turn on your air conditioner about a half-hour before arriving home. Keep air conditioner filters clean.
- If you run a business, keep your door closed while the air conditioner is running.
- Tell your utility provider if you or someone you know depend on medical equipment that requires electricity.

For more information, visit [NYC.gov/beattheheat](https://nyc.gov/beattheheat). New Yorkers are also encouraged to stay informed by signing up for Notify NYC, the City's free emergency communications program, to receive free emergency alerts and updates in your preferred language and format by visiting [NYC.gov/NotifyNYC](https://nyc.gov/NotifyNYC), calling 311 (212-639-9675 for Video Relay Service, or TTY: 212-504-4115), following @NotifyNYC on Twitter, or getting the free Notify NYC mobile application for your Apple or Android device.

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**MEDIA CONTACT:** Press Office (718) 422-4888

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