



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

11 Water Street Brooklyn, NY 11201
718-422-4888 (o); 718-422-4871 (f)

John T. Odermatt, Commissioner
Frank McCarton, Deputy Commissioner

FOR IMMEDIATE RELEASE
Release 02-033

Wednesday, July 31, 2002
www.nyc.gov/oem

CONTACT: Frank McCarton / Sid Dinsay, OEM (718) 422-4888

**OEM DEACTIVATES EMERGENCY OPERATIONS CENTER AND HEAT HOTLINE;
CONTINUES TO URGE NEW YORKERS TO STAY HEALTHY, CONSERVE ENERGY**

With weather forecasts calling for a drop in temperatures over the next few days, the Office of Emergency Management (OEM) is deactivating its emergency operations center, which had been in operation since 6:00 A.M. yesterday. OEM's Heat Hotline is also closed down as of 8:00 P.M. tonight, having helped scores of callers to find Cooling Centers around the City since Monday, July 29.

OEM continues to urge New Yorkers to stay healthy during the summer months. To help New Yorkers protect themselves against the effects of heat, OEM offers the following personal health and safety tips:

- 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.
- Eat small, frequent meals.
- Avoid strenuous activity, especially during the sun's peak hours—11 AM to 4 PM.
- If possible, go to an air-conditioned building for several hours during the hottest parts of the day. 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.
- Remember: Improperly opened hydrants waste thousands gallons of water, and can lower water pressure to dangerous levels, hampering the Fire Department's ability to fight fires and endangering the lives of your family and neighbors. If you want to use a hydrant to cool off, obtain a spray cap at your local firehouse.
- **DO NOT** call 9-1-1 except in case of an emergency.

-- over --



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

11 Water Street Brooklyn, NY 11201
718-422-4888 (o); 718-422-4871 (f)

John T. Odermatt, Commissioner
Frank McCarton, Deputy Commissioner

OEM also reminds residents are asked to reduce power usage to help prevent the likelihood of power reductions and power outages.

- Turn off all non-essential appliances and electronic equipment.
- Do not leave air conditioners on when you leave your house
- Set your air conditioner thermostat at no less than 78 degrees
- Only use appliances that have heavy electrical loads early in the morning or very late at night

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

Customers may also log on to Con Ed's website, www.coned.com, for more tips on how to conserve energy.

--30--