

NYC COOLING CENTERS WILL REMAIN OPEN THROUGH MONDAY, AUGUST 15

AS EXTREME HEAT CONTINUES TO AFFECT THE CITY

Call 311 or visit www.nyc.gov/beattheheat for locations and hours of operation

Use air conditioning to stay cool, drink water to avoid dehydration, limit strenuous activity

August 13, 2016 — With an Excessive Heat Warning in effect through 10PM on Sunday and warm temperatures expected to continue into the beginning of next week, New York City cooling centers will remain open through Monday, August 15. Cooling centers are operating with extended hours today and Sunday. According to the National Weather Service, the heat index values today will be around 105 to 110 degrees, and heat index values will be near 105 degrees on Sunday. Heat index values on Monday are expected to be in the low-to-mid 90s. Additionally, an Air Quality Alert is in effect today until 11:00 PM, signaling that people with respiratory problems should reduce their time outdoors. New Yorkers are advised to call 311 (TTY: 212-504-4115) or visit NYC Emergency Management’s Cooling Center Finder at www.nyc.gov/beattheheat to find the nearest cooling center locations – including accessible facilities – and hours of operation. Cooling centers are air-conditioned facilities, such as libraries, community centers, senior centers and NYCHA facilities that are open to the public during heat emergencies.

“We are asking every New Yorker to take common sense steps to stay safe during this dangerous heat event: look out for your own health, check in on vulnerable neighbors, and set your air conditioning thermostat to 78 degrees to keep cool while also conserving energy,” said **New York City Emergency Management Commissioner Joseph Esposito**. “And to ensure that every New Yorker has a place to stay cool, the City has opened hundreds of cooling centers this weekend – public places that are open to anyone who needs a place to take a break from the heat and cool off.”

HELPING NEW YORKERS TO BEAT THE HEAT:

- The Department of Homeless Services has issued a Code Red Alert and has enhanced outreach. Single adults can present to any shelter to seek refuge from the heat.

Transportation is also available to cooling centers via DHS outreach teams, which are checking on vulnerable, at-risk clients with greater frequency.

- The Fire Department has hydrant spray caps available for any adult 18 years or older at a fire house upon request.
- The Department for the Aging has opened senior centers as cooling centers, and home care agencies are on the lookout for clients who may need assistance. Case management agencies are also calling to check on home-bound seniors.
- NYC Water-on-the-Go fountains are available across all five boroughs. Schedules can be found [here](#).
- An Excavation Safety Alert has been issued through Monday, August 15, at 7:00 AM. Contractors are strongly encouraged to implement enhanced protective measures before digging.

NYC Emergency Management continues to monitor the weather and encourages New Yorkers to take the following steps to beat the heat:

CHECK ON THOSE PARTICULARLY VULNERABLE TO THE HEAT:

- A small but crucial gesture can help ensure that we all have a safe and healthy summer: Get to know your neighbors, and contact neighbors and relatives – in person or by phone – at least twice a day during heat waves.
- Pay special attention to the elderly, the very young and anyone with a pre-existing medical condition. New Yorkers should check in on older neighbors who may be isolated from friends and family.
- Air conditioning is the best way to keep cool when it is hot outside, but some people do not have an air conditioner or do not turn it on when they need it. Encourage them to use air conditioning. Help them get to an air-conditioned place if they cannot stay cool at home. Make sure they are drinking enough water.

FACTS ABOUT HEAT ILLNESS:

Heat illness is serious. Prolonged exposure to the heat can be harmful and potentially fatal. The added stress caused by heat can also aggravate heart or lung disease even without symptoms of heat illness. The risk for getting sick during a heat wave is increased for people who:

- Do not have or do not use air conditioning
- Are age 65 or older
- Have chronic medical or mental health conditions
- Take certain medications, which can disrupt the regulation of body temperature

- Are confined to their beds, have trouble with being mobile, or are unable to leave their homes
- Are overweight
- Consume alcohol or illegal drugs

Know the warning signs of heat stress. 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.

Call 911 immediately if you have, or someone you know has:

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

ADDITIONAL HEALTH AND SAFETY TIPS FOR PROTECTION AGAINST THE HEAT:

- Stay out of the sun and avoid extreme temperature changes.
- Wear lightweight, light-colored clothing.
- 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: 11:00 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.
- If possible, go to an air-conditioned building for several hours during the hottest parts of the day.
- Cool down with a cool bath or shower.
- 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.
- Cover all exposed skin with an SPF sunscreen (15 or above) and wear a wide-brimmed hat to protect your face and head.
- Never leave your children or pets in the car.

KEEPING YOUR PETS SAFE

- **Avoid dehydration:** Pets can dehydrate quickly, so give them plenty of fresh, clean water.
- **Exercise early and late:** When the temperature is very high, don't 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, stupor, or even collapse. Animals with flat faces like Pugs and Persian cats are more susceptible to heat stroke since they cannot pant as effectively. They should be kept cool in air-conditioned rooms as much as possible.
- **Never leave a pet inside of a parked car on a hot day.** Even with the windows open, extreme temperatures inside a parked car could quickly lead to fatal heat stroke for your pet.
- **Keep cats safe by installing screens in your windows.** Unscreened windows pose a real danger to cats, who fall out of them often during summer months.
- **Prepare with your pet:** Pet food, water, medications and supplies should always be included in your emergency preparedness plans and "go bags."

For more information on coping with the heat, visit: www.nyc.gov/beattheheat or view NYC Emergency Management's Beat the Heat video [here](#). The video is also available in both [English](#) and [Spanish](#).

CONTACT:

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