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**For Immediate Release**  
**#41-22**

**WITH PROLONGED HEAT CONTINUING INTO THE WEEKEND NYC  
EMERGENCY MANAGEMENT AND THE DEPARTMENT OF HEALTH AND  
MENTAL HYGIENE URGE NEW YORKERS TO TAKE PRECAUTIONS**

*Heat Advisory now in effect through Sunday, July 24, until 8 p.m.*

*Cooling centers will remain open through the weekend. To find the nearest location, including hours of operation, call 311 or visit the City's Cooling Center Finder*

**July 21, 2022** — With high heat and humidity continuing to affect New York City into the weekend, New York City Emergency Management and the Department of Health and Mental Hygiene are urging New Yorkers to continue to take steps to beat the heat. The National Weather Service has extended the heat advisory for New York City, which is now in effect through Sunday, July 24 at 8 p.m. According to the latest National Weather Service forecast, temperatures today are in the upper 90s, with heat index values in excess of 100 degrees. Temperatures are forecast in the mid to upper 90s through Sunday, with heat index values in the mid-90s to low 100s.

“Over the past couple of days, we have experienced some extreme heat in New York City and temperatures are expected to remain in the 90s through the weekend. It is important that New Yorkers understand the potential dangers of extreme heat,” said **New York City Emergency Management Commissioner Zach Iscol**. “Remember to stay hydrated and if you are venturing outdoors, avoid strenuous activity and wear lightweight clothing.”

New York City opens cooling centers when the heat index is forecast to be 95 degrees or above for two or more consecutive days, or if the heat index is forecast to be 100 degrees or above for any amount of time. Cooling centers located at older adult center sites will be reserved for older New Yorkers, ages 60 and older. To prevent the spread of COVID-19, individuals are reminded to stay at home if they are feeling sick or exhibiting symptoms of COVID-19. 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 NYC Cooling Center Finder at [www.nyc.gov/beattheheat](http://www.nyc.gov/beattheheat).

**ADDITIONAL HEALTH AND SAFETY TIPS FOR PROTECTION AGAINST THE HEAT**

- 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 a.m. to 4 p.m. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 a.m. and 7 a.m.

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- 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 you are not thirsty, rest in the shade, and watch out for others on your team. Your employer is required to provide water, rest, and shade when work is being done during extreme heat.
  - Wear lightweight, light-colored clothing when inside without air conditioning or outside.
  - 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 speak with their doctor, pharmacist, or other health care provider. Avoid beverages containing alcohol or caffeine.
  - Eat small, frequent meals.
  - Cool down with a cool bath or shower.
  - Participate in activities that will keep you cool, such as going to the movies, 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, and window guards. Air conditioners in buildings more than six stories must be installed with brackets so they are secured and do not fall on someone below.
  - Never leave your children 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**

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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](http://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](http://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.



**NYC EMERGENCY MANAGEMENT DEPARTMENT**

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