



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

11 Water Street Brooklyn, NY 11201
718-422-4888 (o); 718-488-4871 (f)

John T. Odermatt, Commissioner
www.NYC.gov/oem

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**STATEMENT BY OEM COMMISSIONER JOHN T. ODERMATT
ON HEAT ADVISORY IN NEW YORK CITY**

Due to this week's forecast high temperatures, the Office of Emergency Management urges New Yorkers to conserve water and energy, and to take appropriate steps to stay cool. The National Weather Service has issued a heat advisory for New York City for Thursday, Aug. 21, and forecasts heat indexes of 100 degrees or higher for Thursday, Aug. 21, and Friday, Aug. 22.

City cooling centers throughout the five boroughs will be open as of 10 a.m. Thursday. Residents should call **311** or access **NYC.gov** for more information. TTY users may call 212-504-4115.

New Yorkers should be mindful of the heat and heed the following tips to stay safe:

“BEAT THE HEAT” TIPS

- If possible, stay out of the sun. When in the sun, wear sunscreen (at least SPF 15) and a hat to protect your face and head.
- To prevent sunburn, wear lightweight, light-colored, loose-fitting clothing that covers as much of your skin as possible.
- 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 or caffeine.
- Eat small, frequent meals. Avoid high-protein foods.
- Avoid using salt tablets unless directed to do so by a physician.



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- Avoid strenuous activity, especially during the sun's peak hours – 11 a.m. to 4 p.m. If you must engage in 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.
- Consider going to public pools and air-conditioned stores, malls or movie theaters.
- Cool down with repeated cool baths or showers.
- Never take a shower immediately after becoming overheated – you may cool down too quickly and become ill, nauseous or dizzy.
- Never leave children, seniors or pets in a parked car during periods of intense summer heat.

During periods of extremely hot and humid weather, regional electricity and water use rises to high levels. Residents should take steps to conserve energy and water to prevent power disruptions and water pressure fluctuations.

ENERGY CONSERVATION TIPS

- Set your air conditioner thermostat no lower than 78 degrees.
- Only use the air conditioner when you are home. If you want to cool your home before you return, set a timer to have it switch on no more than a half-hour before you arrive.
- Turn non-essential appliances off.
- Only use appliances that have heavy electrical loads early in the morning or very late at night

WATER CONSERVATION TIPS

- Repair leaky faucets; turn taps off tightly.
- Take short showers; only fill bathtubs halfway when taking a bath.
- Run dishwasher and washing machines only when they are full.
- Do not let water run while washing dishes, shaving or brushing your teeth.
- Observe restrictions on watering your lawn or plants.



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FIRE HYDRANTS AND SPRAY CAPS

- Opening fire hydrants without spray caps is wasteful and dangerous. High water pressure can push people – especially children – into oncoming traffic, which can lead to injury.
- An open hydrant wastes 1,000 gallons of water per minute, and causes flooding on City streets.
- It also places the lives of citizens and firefighters at risk by lowering water pressure to dangerous levels and hampering the ability to fight fire safely and quickly.
- Report open hydrants to the Department of Environmental Protection by calling **311 (TTY: 212-504-4115)** or log on to **NYC.gov/dep** for more information.
- Residents may request spray caps by calling their local firehouse.