



NEW YORK CITY OFFICE OF EMERGENCY MANAGEMENT

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**OEM TO OPEN COOLING CENTERS AROUND THE CITY;
WILL ALSO ACTIVATE ITS 800-4-COOL-NY HOTLINE
TO HELP NEW YORKERS BEAT THE HEAT**

In anticipation of Thursday's high temperatures, the Office of Emergency Management will open Cooling Centers tomorrow throughout the five boroughs. Cooling Centers are air-conditioned senior and community centers around the City, and will be open to *all* residents who need relief from the oppressive heat.

Beginning tomorrow, residents can call OEM's Heat hotline, 800-4-COOL-NY, to find the Cooling Center nearest to them. The Heat Hotline will be activated from 10 A.M. to 8 P.M. on Thursday, July 18. (The Hotline is staffed by live operators *only* during a heat emergency; at other times, helpful, pre-recorded information, including "Beat the Heat" tips, is available to callers.) Callers will be provided with addresses and phone numbers of Cooling Centers nearby and will be advised to call ahead before going.

Residents will also be able to log on to our website, www.nyc.gov/oem, to use our Emergency Management Online Locator System (EMOLS). By simply inputting their address and cross street, residents can find the nearest Cooling Center. EMOLS is constantly updated to ensure that Cooling Center locations are still in effect.

To help New Yorkers protect themselves against the 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.

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- 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. New York City operates Cooling Centers around the five boroughs. 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.

During periods of high temperatures, residents are asked to reduce power usage by turning off all non-essential appliances and electronic equipment. This will help manage the City's electric use. OEM asks New Yorkers to follow these tips to minimize energy consumption during a heat emergency:

- 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.

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