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NEW YORK CITY **OFFICE OF EMERGENCY MANAGEMENT**

Office of Public Information

John T. Odermatt, Commissioner  
11 Water Street Brooklyn, NY 11201

Frank McCarton, Deputy Commissioner  
718-422-4888 (o); 718-422-4871 (f)

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**FOR IMMEDIATE RELEASE**  
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**[www.nyc.gov/oem](http://www.nyc.gov/oem)**

**CONTACT: Frank McCarton / Jarrod Bernstein (OEM) (718) 422-4888**

**OEM URGES NEW YORKERS TO STAY HEALTHY AND TO CONSERVE ENERGY**

Due to rising temperatures and the issuance of a National Weather Service (NWS) Heat Advisory, the New York City Office of Emergency Management (OEM) is asking residents of New York City to take steps to beat the heat and to conserve energy wherever possible during this week's anticipated period of increased energy demand.

The City of New York has opened Cooling Centers throughout the five boroughs. Cooling Centers are air-conditioned senior and community centers around the City that are open to *all* residents who need relief from the high temperatures.

New Yorkers should follow these tips to stay safe from the heat:

- Keep the body cool by drink plenty of fluids – particularly water – even if you are not thirsty.
- Prevent sunburn by wearing lightweight, light-colored, loose-fitting clothes that cover as much skin as possible.
- Give your body a chance to adjust to extreme temperature changes.
- Stay out of the sun. When in the sun, wear sunscreen (at least SPF 15). Stay out of the sun as much as possible and avoid strenuous activity during the sun's peak hours between 11:00am and 4:00pm.
- Participate in activities that will keep you cool, such as going to the movies, shopping at a mall, swimming in a pool, or coming to a New York City Cooling Center located in each of the five boroughs. The location of Cooling Centers can be found by logging on to [www.nyc.gov/oem](http://www.nyc.gov/oem) or by dialing 311.



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- Improperly opened fire hydrants waste thousands of gallons of water and can lower water pressure to dangerous levels, hampering the New York City Fire Department's (FDNY) 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. Residents must be 18 years or older to obtain a spray cap.
  - Report open fire hydrants by calling 311.

Residents are asked to reduce power usage to help prevent 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 cooler than 78 degrees.
- Only use appliances – such as washing machines, driers and ovens – that have heavy electrical loads early in the morning or late at night.

OEM thanks all New Yorkers for their cooperation during this period of extreme heat and increased electrical demand. Call 311 or log on to [www.nyc.gov/oem](http://www.nyc.gov/oem) for more safety tips and locations of the nearest New York City Cooling Center. In any emergency call 9-1-1 for immediate assistance.