

Heat Preparedness Special Edition Newsletter

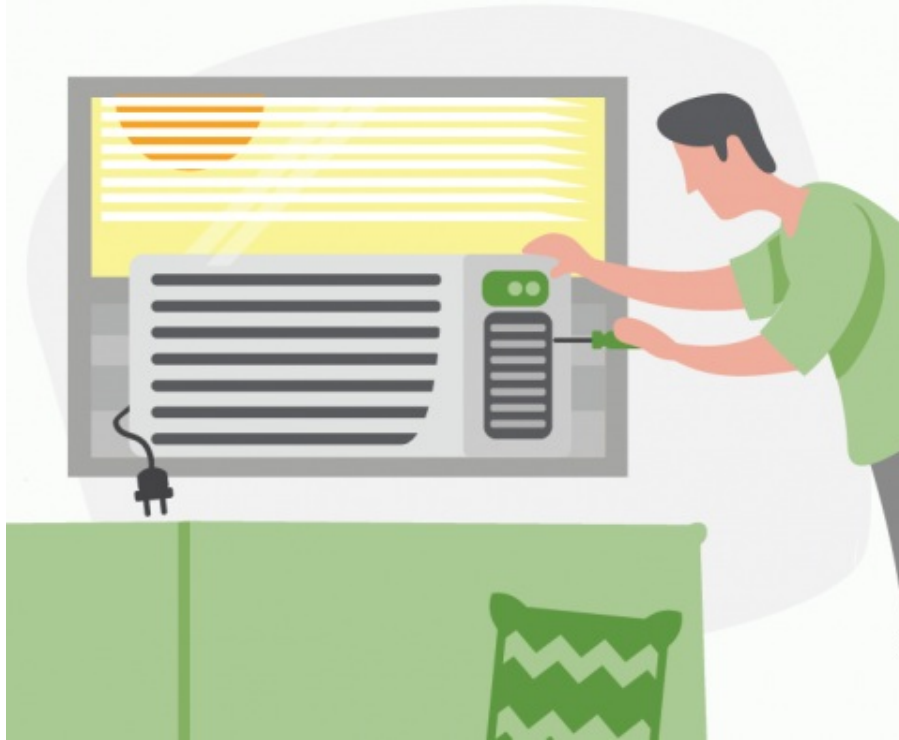


With summer right around the corner, NYCEM wants to make sure New York stays ahead of the heat with preparedness tips that can keep you and those around you safe. We hope you find these tips helpful and encourage you all to share any useful information to your community members.

A few tips include:

- Keep an eye on older adults, children and those that are sick or overweight as they are at greater risk from extreme heat
- Seek shade when outdoors
- Stay hydrated throughout the day
- Utilize heating centers when needed

Preparedness Tips for Your Home



- Do not rely on a fan as your primary cooling device. Fans create air flow and a false sense of comfort, but do not reduce body temperature or prevent heat-related illnesses.
- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors specifically designed to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing out hot air.
- Install window air conditioners and insulate around them.
- If you are unable to afford your cooling costs, weatherization or energy-related home repairs, contact the [Low Income Home Energy Assistance Program \(LIHEAP\)](#) for help.

Beat The Heat While Outside



#BeatTheHeat

**Stay in the shade or indoors
during extreme heat!**

- Wear loose, lightweight, light-colored clothing.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Avoid high-energy activities or work outdoors, during midday heat, if possible.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Consider pet safety. If they are outside, make sure they have plenty of cool water and access to comfortable shade. Asphalt and dark pavement can be very hot to your pet's feet.
- If using a mask, use one that is made of breathable fabric, such as cotton, instead of polyester. Don't wear a mask if you feel yourself overheating or have trouble breathing.

Take Caution with Heat Related Illness



It is important to know the signs and symptoms of heat related illnesses:

Heat Cramp:

- Muscle pains or spasms in the stomach, arms or legs.

Heat Exhaustion:

- Heavy sweating, paleness, muscle cramps, tiredness, weakness, fast or weak pulse, dizziness, headache, fainting, nausea, and vomiting.

Heat Stroke:

- Extremely high body temperature (above 103 degrees F) taken orally.
- Red, hot and dry skin with no sweat.
- Rapid, strong pulse.
- Dizziness, confusion or unconsciousness.
- If you suspect heat stroke, call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives. Do not give the person anything to drink.

Car Safety in Extreme Heat



Temperatures rise fast, even with the windows down.
Call 911 if you see a pet in a hot car.

#BeInformed



- NEVER leave children or pets alone in hot vehicles. Heat can rise in a car, up to 20 degrees in just 10 minutes.
- Even with the windows rolled down, only minutes in a hot car can be deadly for your pet! NEVER leave your pets in the car.
- If you see a kid in a hot car, act fast. You could save a life.
- Heat related deaths ARE preventable. Look before you lock.

Staying Informed to Stay Ahead of the Heat

EXCESSIVE HEAT WATCH

An Excessive Heat Watch is issued when **dangerous heat is possible**.

Reschedule outdoor activities in the coming days. Make sure that children, the elderly, and pets have a place to cool off during the heat.

Be Prepared.

EXCESSIVE HEAT WARNING

An Excessive Heat Warning is issued when **dangerous heat is happening or about to happen**.

Avoid heavy activity & direct sunlight. Stay hydrated, find a cool indoor place, and check on children, elderly & pets.

Take Action!



weather.gov

Notify NYC

X Notify NYC Save

NOTIFICATION TYPES ⓘ

- Emergency Alerts (Required)
- Emergency Parking Suspensions
- Ferry Disruptions
- Local Mass Transit Disruptions
- Major Traffic Disruptions
- Police Advisories
- Basement Alerts

Be sure to utilize [Notify NYC](#) for any alerts concerning heat related emergencies or warnings.

Learn More About NYC Emergency Management Community Preparedness - <https://youtu.be/L250wy3o6r4>

NYC Emergency Management Communications Network | 165 Cadman Plaza East, Brooklyn, NY 11201

[Unsubscribe intergov@oem.nyc.gov](mailto:unsubscribe_intergov@oem.nyc.gov)

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