



NEW YORK CITY OFFICE OF EMERGENCY MANAGEMENT

Office of Public Information

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FOR IMMEDIATE RELEASE
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www.nyc.gov/oem

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OEM URGES NEW YORKERS TO STAY HEALTHY AND CONSERVE ENERGY

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

The Office of Emergency Management (OEM) has again opened Cooling Centers throughout the five boroughs. Cooling Centers are air-conditioned senior and community centers around the City, and are open to *all* residents who need relief from the oppressive heat.

To find the Cooling Center nearest to them, residents can call OEM's Heat hotline, (800) 4-COOL-NY. The Heat Hotline will be activated until 6 P.M. today, Friday, August 2, 2002. (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 are provided with addresses and phone numbers of Cooling Centers nearby and are strongly advised to call ahead before going.

Residents can 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 in service.

To help New Yorkers protect themselves against the effects of 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.)



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- Water is the safest liquid to drink during heat emergencies. Avoid beverages containing alcohol and/or caffeine.
- Eat small, frequent meals.
- 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. 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.

OEM also reminds residents are asked to reduce power usage to help prevent the likelihood of 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 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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