



---

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)

---

**FOR IMMEDIATE RELEASE**  
**Release 03-008**

**June 26, 2003**  
**[www.nyc.gov/oem](http://www.nyc.gov/oem)**

**CONTACT: 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 period of increased energy demand.

"There are several steps New Yorkers can take to stay cool over the next few days and all summer long," said OEM Commissioner, John T. Odermatt. "Staying cool and conserving energy will ensure that all New Yorkers have a happy and safe summer."

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

- Keep the body cool by drinking 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.
- Report open fire hydrants by calling 311.



---

## 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)

- 
- 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.
  - Participate in activities that will keep you cool, such as going to the movies, shopping at a mall or visiting an area beach. Tips on how to stay cool all summer long are available by logging on to [www.nyc.gov/oem](http://www.nyc.gov/oem) or by dialing 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, dryers 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. In any emergency call 9-1-1 for immediate assistance.