



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 ACTIVATES HEAT HOTLINE;
URGES NEW YORKERS TO STAY HEALTHY AND CONSERVE ENERGY

With heat indices expected in the 100's today, OEM is activating Cooling Centers, which are air-conditioned senior and community centers located around the City. Cooling Centers are open to *all* residents who need relief from the oppressive heat.

To help find a location near them, residents may call OEM's Heat Hotline, (800) 4-COOL-NY, which will be staffed by live operators from 10 A.M. to 6 P.M. on Sunday, August 4th. Callers are provided with addresses and phone numbers of Cooling Centers nearby *and are strongly advised to call ahead before going*.

Cooling Center locations can also be found through the Emergency Management Online Locator System (EMOLS), at OEM's website, www.nyc.gov/oem. 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.)
- Water is the safest liquid to drink during heat emergencies. Avoid beverages containing alcohol and/or caffeine.

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- 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.