



NEW YORK CITY **OFFICE OF EMERGENCY MANAGEMENT**
Office of Public Information

11 Water Street Brooklyn, NY 11201
718-422-4888 (o); 718-422-4871 (f)

John T. Odermatt, Commissioner
Frank McCarton, Deputy Commissioner

FOR IMMEDIATE RELEASE
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www.nyc.gov/oem

MEDIA ADVISORY

Due to today's high temperatures, Con Edison is anticipating heavy loads on their power networks throughout the City. The Office of Emergency Management along with Con Edison is closely monitoring the situation.

Customers are asked to turn off all non-essential electrical appliances and electronic equipment during this heat wave to help reduce the likelihood of any other power reductions or power outages. OEM also asks New Yorkers to follow these other tips to minimize energy consumption:

- Do not leave air conditioners on when you leave your house
- Turn off lights in unoccupied rooms
- 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

WE ALSO REMIND NEW YORKERS TO TAKE THESE PERSONAL HEALTH AND SAFETY TIPS FOR PROTECTION AGAINST THE HEAT:

- 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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- Avoid strenuous activity, especially during the sun's peak hours -- 11 A.M. to 4 P.M.
- If possible, go to an air-conditioned building for several hours during the hottest parts of the day. New York City operates Cooling Centers around the five boroughs. *Only during a heat emergency*, you can go to www.nyc.gov/oem or call the City's Heat Hotline at (800) 426-6569 (4-COOL-NY), which will be in operation daily from 10 A.M. to 8 P.M.
- 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.
- Improperly opened hydrants waste thousands of gallons of water, and can lower water pressure to dangerous levels. If you want to use a hydrant to cool off get a spray cap at your local firehouse

New Yorkers doing their part will help ensure that Con Ed's three million customers will not experience an interruption in their power supply.

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.

Customer may also log on to Con Ed's website, www.coned.com, for more information on the current situation and for tips on how to conserve energy.

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