

21. TOO HOT FOR COMFORT

Preparing for dangerously high temperatures

WHY ACT?

While summertime has many pleasures, it also has its hazards. New Yorkers are especially vulnerable to the hazards created by hot weather. The asphalt, concrete and metal that make up the City absorb heat and make it difficult for the City to cool down. Heat waves are particularly dangerous for children and people with special needs. This action will help you prevent undue stress and health concerns when the mercury rises.

PREPAREDNESS ACTION

- Step 1: Get a notebook and a pen or pencil.
- Step 2: Make note of any of the items listed in the steps below that you will need to purchase.
- Step 3: If you don't have air conditioning, have fans ready to run when the temperature climbs or go to an air-conditioned store or mall for temporary relief.
- Step 4: When the heat index is predicted to be dangerously high, New York City may open cooling centers in air-conditioned public facilities to offer relief from the heat. Call 311 or access NYC.gov during a heat emergency to find the location of a cooling center or pool.
- Step 5: Put shades in your windows and keep them drawn, especially during the hottest part of the day.
- Step 6: Drink plenty of water and avoid alcoholic or caffeinated fluids.
- Step 7: To prevent sunburn, wear lightweight, light-colored, loose-fitting clothes that cover as much skin as possible, and use sunscreen.

NOTE: Make sure to check on senior neighbors and offer assistance.

MATERIALS

Fans, air conditioners, window shades, sunscreen, appropriate clothing, water and a phone.

TIME

A couple of hours to get your fans, air conditioner and shades purchased and installed. A couple of minutes to check on a neighbor who may need your help.

RESILIENCY GAIN

Greatly enhanced quality of life should the temperatures soar.