

500+ New Yorkers die from heat each year.

BEAT THE HEAT

Heat is a weather emergency in NYC. Killing more people each year than hurricanes, floods, or winter storms. Most heat-related deaths happen indoors, especially among: **older adults, people with chronic illnesses or disabilities and those without access to air conditioning.**

Our message is urgent. Make a plan now.

- ⌘ **IF YOU HAVE AIR CONDITIONING, USE IT WHEN IT GETS HOT**
- ⌘ **SET YOUR A/C TO LOW COOL (~78°F)**
- ⌘ **IF YOU DON'T HAVE A/C KNOW YOUR COOL OPTIONS**

Cooling Tips

- ⌘ Drink Water Frequently
- ⌘ Wear Breathable Clothing
- ⌘ Stay indoors in Air Conditioning
- ⌘ Take Cool Showers
- ⌘ Block Out Sun Indoors With Shades
- ⌘ Take Breaks in Shade or A/C
- ⌘ Eat Water-Rich Foods Like Fruits & Veggies.

Cool Options

Personal options like:

- ⌘ Friend's Or Family Member's A/C Home

Private options like:

- ⌘ Malls, Theaters, Or Coffee Shops

Public options like:

- ⌘ Libraries, Senior Centers, And Museums

- ⌘ NYC Cooling Centers Activated During Heat Emergencies—Free, Public Spaces Across All Five Boroughs.

- ⌘ Parks, pools, and POPs aren't air-conditioned but can still provide relief from the heat.

Even a few hours in a cool space can save a life.



For translated materials, visit nyc.gov/beattheheat or call 311.

NYCEM
New York City Emergency Management

Get alerts from Notify NYC by texting NOTIFYNYC to 692-692 or call 311.

Know how and where to cool off:
nyc.gov/beattheheat

