



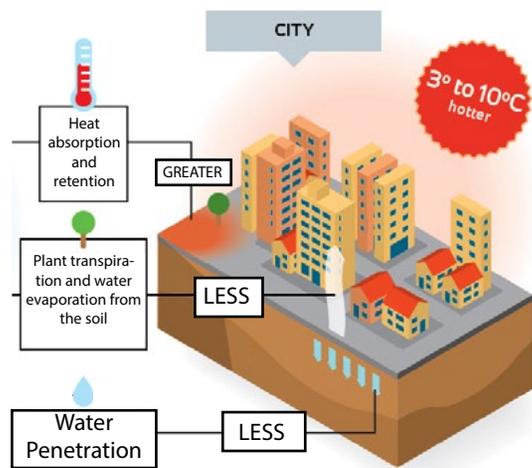
STAY COOL

Getting ready for
Hot Days

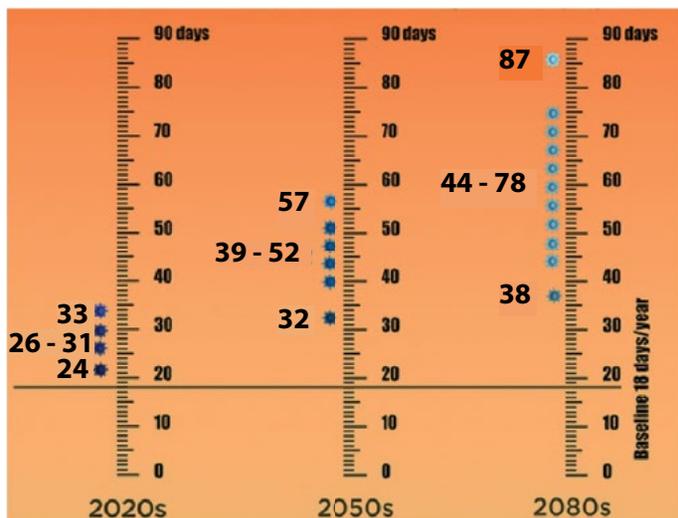


HEAT STRESS IN NYC

Extreme heat is one of the most significant hazards facing NYC. Because of how the city is built—largely made up of asphalt, concrete, and metal—the city traps heat. NYC can be as much as 10° warmer than its surrounding areas on warm summer days.



The NYC Panel on Climate Change predicts that the number of hot days (days at or above 90°F) will increase in the coming years; from 1971-2000, the amount of hot days was 18 days/year.



PLAN AHEAD

1. UNDERSTAND RISK FACTORS

PEOPLE AT THE GREATEST RISK DURING EXTREME HEAT ARE THOSE WHO:

- are **65 years** or older
- are **young children**
- have **chronic medical conditions** or **mental illness**
- take **medications** (psychotropic and others that reduce the body's ability to sweat: phenothiazines, lithium, cyclin anti-depressants, anticholinergics, diuretics, ethanol, and beta blockers)
- have **impaired judgment** from dementia or serious mental illness
- excessively use **drugs** or **alcohol**
- are **socially isolated, poor, homebound, or homeless**
- are **overweight**

2. PLAN AHEAD

The LES READY! **Stay Cool** guide provides tips and resources to help you plan for extreme heat. It works best when you read through and fill out the booklet in advance of days of extreme heat.

The booklet includes the following 10 sections to support you in safety planning for future heat waves and hot days:

- | | |
|------------------------------|-----------------------------|
| A. Emergency Contacts | F. Power |
| B. Emergency Kit | G. Food & Fluids |
| C. Cool Your Home | H. Pets |
| D. During a Heat Wave | I. Medication |
| E. Cool Spaces | J. Heat Illnesses |

A. EMERGENCY CONTACTS

Three people I can count on who:

- LIVE IN NYC (PREFERABLY NEARBY)**
- CAN SUPPORT ME IN THE CASE OF AN EMERGENCY:**
 - ▷ **CAN PROVIDE RESOURCES**
 - ▷ **IS FLEXIBLE ENOUGH TO LEAVE WORK**
 - ▷ **IS EASY TO CONTACT**
- I CAN ASK TO CALL TO CHECK IN ON ME ON HOT DAYS?**

1. Name:

Phone:

2. Name:

Phone:

3. Name:

Phone:

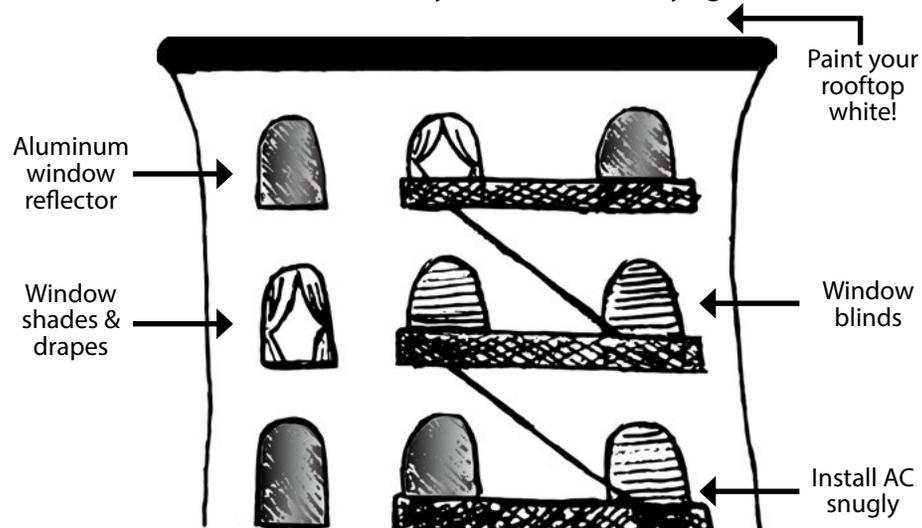
If you would like to be checked in on by GOLES staff during extreme heat, please contact Ceci Pineda:
Ceci@goles.org | 212.358.1231 | 173 Ave B

B. EMERGENCY KIT

- Food** (See section **G.** Food & Fluids for a list of **Cooling Foods**)
 - ▷ **3 or more** day supply nonperishables
 - ▷ Ready-to-eat canned or dried meats/tuna, fruits, & veggies
 - ▷ While these foods are not recommended for extreme heat, should stock in case of long-term power outage: High-energy foods such as peanut butter, cereals, bars, etc.
- Fluids:**
 - ▷ **Water:** at least 1 gallon per person per day for at least 3 days:
$$\begin{array}{ccc} & \times 3 = & \\ & \text{number of people} & \text{gallons of water (at least).} \\ & \text{in my house} & \end{array}$$
 - ▷ Juice
- Battery-powered or hand crank **radio** and a **NOAA Weather Radio** with tone alert and extra batteries for both
- Flashlight** & extra **batteries**
- First aid kit**
 - ▷ bandages, cotton washcloths, cleaning agent/soap, hydrogen peroxide/isopropyl alcohol, antiseptic cream, and aspirin (or aspirin substitute). Include a list of medical conditions and prescription medicines. See section **I. Medication**
 - ▷ Salt, baking soda, and sugar (to be used in case of heat exhaustion; please consult your physician for dosage)
- Whistle** to signal for help
- Dust mask** to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags** and **plastic ties** for personal sanitation
- Wrench** or **pliers** to turn off utilities
- Manual can opener** for food
- Local maps**
- Cell phone** with chargers, inverter or solar charger

C. COOL YOUR HOME

- Air-conditioning:** Install ACs snugly; insulate if necessary.
 - ▷ Check ducts for proper insulation.
 - ▷ **Home Energy Assistance Program (HEAP):** See your eligibility to receive funding for an AC or fan: otda.ny.gov/programs/heap/
- Install **temporary window reflectors** (between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat.
- Weather-strip** doors & sills to keep cool in.
- Cover windows** that receive sun with drapes, shades, awnings, or louvers; these can reduce entering heat up to 80%!
- Keep **storm windows** up all year.
- Weatherization Assistance Program:** See if your home is eligible for NY State funding to assist weatherizing your building/apt:
 - ▷ <http://www.nyshcr.org/Programs/WeatherizationAssistance/>
 - ▷ WAP Albany Office: 518-474-5700 | weatherization@nyshcr.org
- NYC °Cool Roofs:** Aluminum and black asphalt rooftops trap heat, making buildings hotter. Painting rooftops white can reduce internal building temperatures by up to 30%. Visit NYC °Cool Roofs website to learn how to cool your roof: www.nyc.gov/coolroofs.

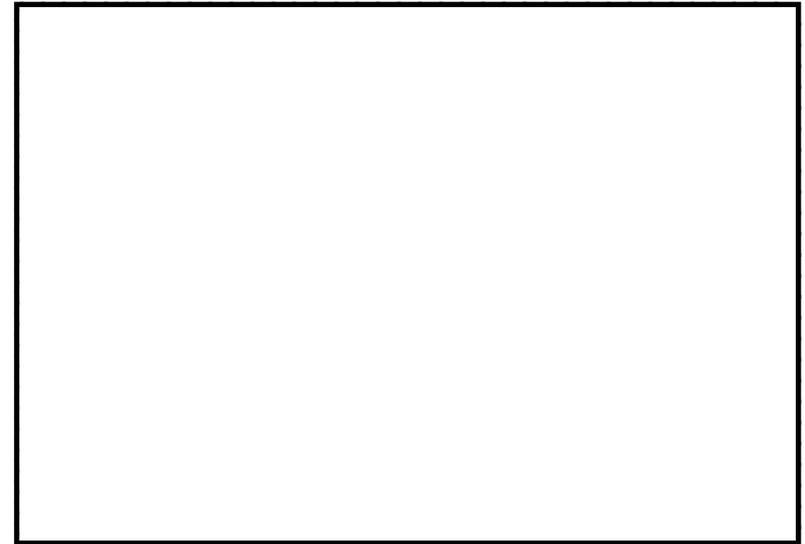


- Listen to **local weather forecasts** and stay aware of upcoming temperature changes.
 - ▷ **Notify:** sign up to get emergency info: nyc.gov/notifynyc call 311, and/or Follow @NotifyNYC

D. DURING A HEAT WAVE

- Stay in a cool place:** Set AC no lower than 78°F; Go to a cool space if you do not have an AC.
- Fans** work best at night, when they bring cool air from outside
- Drink fluids** particularly water & cool foods (avoid alcohol and caffeinated beverages)
- Wear** lightweight, light-colored, loose-fitting clothes that cover as much of skin as possible.
- Avoid direct sunlight**, wear **sunscreen** (SPF 15+), and a **hat**.

Draw ways you would stay cool:



- Apply a **cool cloth** (either dampened cold water or wrapped around ice cubes) to pressure points
- Cool showers or baths** may be helpful, but avoid extreme temperature changes.
- Avoid strenuous activity.**
- Never leave children & pets in a parked car.
- Stay tuned to **local weather forecasts** & stay aware of upcoming temperature changes. A heat index above 95°F is especially dangerous to vulnerable people.
- Check on neighbors, family, and friends**, especially if they're vulnerable to heat hazards

E. COOL SPACES

Three places I can go for air-conditioning:

1. Place:

Address:

Open Hours: to

2. Place:

Address:

Open Hours: to

3. Place:

Address:

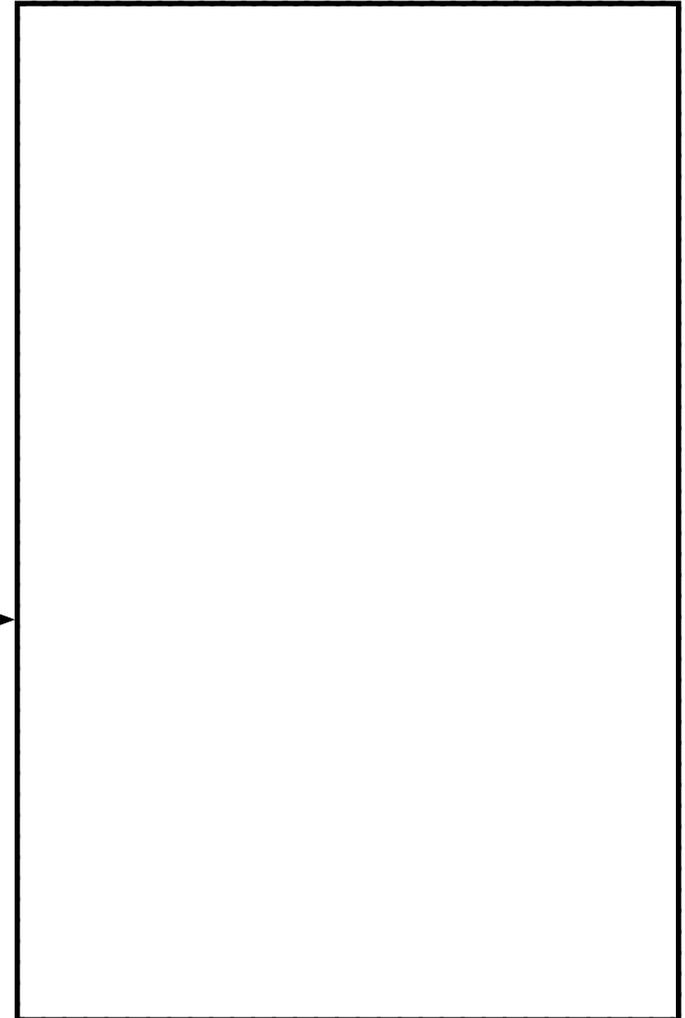
Open Hours: to

During heat emergencies, NYC Emergency Management opens **Cooling Centers**: free air-conditioned facilities.

- ▷ Call 311 or visit NYC.gov/oem to find one near you.
- ▷ Cooling centers are housed in DFTA senior centers, NYCHA community centers, public libraries, Salvation Army facilities, and NYC Department of Parks and Recreation facilities
- ▷ Cooling centers typically operate during daytime hours; extra hours may be added. Call 311 visit NYC.gov/oem to find your cooling center's hours of operation.
- ▷ Map out cooling centers near you! (See next page)

MY NEIGHBORHOOD COOL SPACES

Draw your own map!



Considerations:

- ▷ Where would I go if my AC stops working? Is there a neighbor who I can visit?
- ▷ Where would I go if my building lost power?
- ▷ What places outside are well shaded and coolly ventilated?

F. POWER

On the hottest days, the electrical grid can become **overwhelmed** with increased energy loads to cool & dehumidify buildings.

▷ When over-demand, the grid turns to ‘peaker’ plants to provide extra electricity: these power plants are usually less efficient (dirtier), contributing more to climate change-driven heat days.

▷ High electrical demand increases the probability of a brown/black out.

Tips to conserve energy and save \$:

- Set your **AC** no lower than **78 degrees**.
- Only use the **AC when home**, in rooms you are using. To cool rooms before you return, set a timer that turns it on no more than **30 minutes** before you arrive.
- Turn off** all non-essential **appliances**.
 - ▷ When gone 1+ hour, turn off all devices.
 - ▷ If you have battery-powered devices, work from battery.
- Turn off** all non-essential **lights** and use energy efficient task lighting in place of overhead lighting.
- Use **window shades and blinds**.
- Use **stairs** instead of elevators if able.
- Plan to do activities that require high energy early or very late.

Preparing for Power Outages:

- Have emergency supplies ready: See **B. Emergency Kit**
- If you rely on **electrical-powered medical equipment**, register with your utility to be contacted in an emergency.
 - ▷ Con Edison: 1-800- 752-6633 (TTY: 1-800- 642-2308).
 - ▷ National Grid NYC: 718-403- 4050 | For more information, visit <https://www1.nationalgridus.com/PaymentAssistance-NYM-RE>
 - ▷ Consider having an alternate source of electric power (battery back-up system). If using a generator, follow manufacturer’s instructions, local building codes, and ensure it’s in a well ventilated area.

If you lose power:

- ▷ Notify your utility provider immediately:
 - Con Edison: 800.752.6633 (TTY: 800.642.2308)
 - National Grid: 718.643.4050 (TTY: 718.237.2857)
- ▷ Keep windows open for ventilation.
- ▷ If you can’t stay cool, go to a **Cool Space** (See Section **E.**)

G. FOOD & FLUIDS

Certain foods can have cooling or warming effects on the body.

General tips:

- ▷ **Eat light:** 6 small meals instead of 3 large ones
- ▷ **Refrigerate:** Increase the cooling effect of fruits and veggies by refrigerating them.

Cooling Foods:

- ▷ Veggies: *Cucumbers, Dark Leafy Greens, Sea Vegetables, Romaine Lettuce, Mushrooms*
- ▷ Fruits: *Melons, Berries, Bananas, Avocados*
- ▷ Peppers: *Capsaicin in peppers can make you sweat, which provides a cooling sensation. It doesn’t cool your core, but it cools your skin.*

Cooling Fluids:

- ▷ Water: Room-temp water is the best fluid to stay hydrated. Elders should drink an average of 240 mL of fluid every hour for 12 hours while awake; Consult your physician about modifying fluid, diet, and medication during extreme heat.

Cooling Herbs:

- ▷ Fresh Herbs: *Mint, Cilantro, Dill*
- ▷ Dry Herbs: Fennel Seed, Coriander, Saffron, Dill, Cumin (in small amounts).

Warming Foods: Protein, fat, & carbohydrates, and processed foods take more time & energy to digest, often warming the body.

- ▷ **Protein:** Avoid until heat passes, as it increases & sustains body heat production longer than carbs & fats. Exerting byproducts of protein metabolism requires more water.
- ▷ **Carbohydrates:** Avoid complex carbs like brown rice and whole grains.
- ▷ **Fat:** Avoid high fat foods, like ice cream!

Warming Fluids:

- ▷ Dehydrating fluids: Alcohol (also makes your body flushed), caffeine, & large amounts of sugar.

Warming Herbs:

- ▷ Cinnamon, Ginger, Cardamom, & Nutmeg

H. PETS

- Identify your pet:**
 - ▷ Make sure that cats and dogs are wearing collars and identification tags.
 - ▷ Put your cell phone number on your Pet's tag; it may also be a good idea to put the phone number of a friend or relative outside your immediate area in case you have to evacuate
- Never leave your pets in a parked car:** Not even for a minute, even if the AC is on. On an 85°F day, for example, the temperature inside a car with slightly open windows can reach 102°F within 10 minutes, and 120°F after 30 minutes.
- Watch the humidity:** Humidity affects pets differently than it does us. Animals pant to evaporate moisture from their lungs to release heat. If the humidity is too high, they are unable to cool themselves.
- Limit exercise** on hot days
- Don't rely on a fan**
- Provide ample **shade and water**
- Cool your pet **inside and out**
 - ▷ Freeze some snacks for your pets (i.e. peanut butter for dogs or another favorite food for your pet) and always provide water.
 - ▷ Indoors: soak a cooling body wrap, vest, or mat in cool water and then place around your pet; give your pet a cool bath.
- Watch for **signs of heat stroke:**
 - ▷ **Symptoms:** Heavy panting, glazed eyes, a rapid heartbeat, difficulty breathing, excessive thirst, lethargy, fever, dizziness, lack of coordination, profuse salivation, vomiting, a deep red or purple tongue, seizure, and unconsciousness.
 - ▷ **Treatment:** Move your pet into the shade or an air-conditioned area. Apply ice packs or cold towels to their head, neck, and chest, or run cool (not cold) water over them. Let them drink small amount of cool water or lick ice cubes. Take directly to a vet.

Veterinarian:

Phone:

Address:

I. MEDICATION

Consult your physician about modifying fluid, diet, and medication during extreme heat. After consulting, fill out the plan below:

Fluids:

Diet:

Medications and daily dosage:

Allergies:

Eyeglass Prescription:

Blood type:

Communication devices/Equipment:

Health Insurance plan:

Preferred hospital:

Insurance #:

Group #:

Doctor/Specialist

Phone:

Pharmacy:

Address:

J. HEAT-RELATED ILLNESSES

Extreme heat and prolonged exposure to the heat can be harmful and potentially fatal. The following pages share symptoms to common heat illnesses, and the proper responses to each.

HEAT EXHAUSTION

Onset: Insidious (develops gradually)

Core temp: Normal or moderately elevated (100-102°F)

Symptoms:

- ▷ Muscle pain and cramping;
- ▷ Rapid, weak pulse;
- ▷ Rapid, shallow breathing;
- ▷ Responsiveness normal.
- ▷ Skin classically cool, wet;
- ▷ May be pale or flushed;
- ▷ Thirst; nausea & vomiting

Complains of: weakness, fatigue, restlessness, irritability, headache, dizziness, and/or faintness.

RESPONSE

1. Make them **stop any activity**, remove heavy clothing, and lie down
2. **Give them sips of water** to assess tolerance; if no nausea and vomiting occurs, have them drink as much as possible.
3. **Take temperature** (rectal is best) and postural Blood Pressure; call their physician.
4. If you must **wait for the physician's advice**, **continue to hydrate** with water, juice, or half water/half juice at room temperature.
5. If **temperature** is moderately **elevated** (101/102°F), **start gentle cooling:**
 - ▷ Sponge with tepid water.
 - ▷ Do not give aspirin
6. If **mental changes** occur or **temperature continues to rise**, treat as **heat stroke** (see next page).

HEAT STROKE

Onset: Sudden.

Blood Pressure: Normal, low or high

Core temp: Higher than 105°F

Symptoms:

- ▷ Responsiveness and behavior altered (Confusion, loss of consciousness, etc.)
- ▷ Nausea, vomiting, diarrhea;
- ▷ Blood in stools possible;
- ▷ Skin classically hot, dry (some may be sweating), red (may be a late sign);
- ▷ Pulse possibly abnormally fast.

Complains of: weakness, dizziness, headache, feeling very hot, progressing to confusion, delirium, hallucinations, seizures, and/or coma.

RESPONSE

1. If heat stroke is suspected, stop the activity and have them lie down.
2. **Take temperature** (rectally) and **assess physical & mental status**
 - ▷ Temperature may be higher than 105°F;
 - ▷ Responsiveness and behavior will be altered
 - ▷ Do **not** give aspirin
3. Heat stroke is a medical emergency. Immediately call 911 & the person's physician:
4. **Immediately begin cooling** while waiting for emergency personnel.
 - ▷ Remove clothing, place ice bags at neck, armpits, and groin.
 - ▷ Cover the person with a wet sheet and pour ice over and around them
 - ▷ Turn on a fan and have it blow directly on the body.
5. **Do not give fluids by mouth**, even if the person complains of thirst, because this may induce vomiting and aspiration.
6. **Observe closely for seizures and signs of heart failure;** give appropriate emergency support for these and any other problems that may occur.

