

# BEAT THE HEAT

Extreme heat is one of the most significant hazards facing New York City. On average, 350 New Yorkers die each year because of heat.

In New York City, most heat-related deaths occur after exposure to heat in homes without air conditioners. You can stay safe during hot weather by spending time in an air-conditioned space - a few hours of relief can reduce your risk of heat illness. If you don't have an air conditioner, you can apply for a free air conditioner through the Home Energy Assistance Program (HEAP) by calling 311 (212-639-9675 for Video Relay Services, or TTY: 212-504-4115) or visiting: <https://on.nyc.gov/HEAPCooling>.



## Indoor Safety Tips

### When the Indoor Temperature in Your Home is in the 80s Degrees Fahrenheit

People with pre-existing health conditions such as mental illness, heart conditions, and diabetes can be more vulnerable to heat. Speak with your doctor about your risk to heat.

On hot days:

- Close your shades or curtains to keep the sun from heating your home more during the day.
- Limit use of the stove and oven—it will make you and your home hotter.
- Taking a cool (but not freezing) shower or bath can help cool you down.

### If you or someone in your home uses an electric medical device that is important for health, make a plan in case of a power outage:

- Register the device with your utility company in case of a power outage.
- Make sure you have back-up batteries on hand, and extra equipment like oxygen tanks, if you need them.
- Sign up for Notify NYC to receive free emergency alerts when extreme heat and other emergencies happen. Sign up at [NYC.gov/NotifyNYC](https://nyc.gov/NotifyNYC) or by calling 311.

### If you do not have air conditioning at home:

- Open windows and use a fan to bring in cooler outdoor air. This may be most useful at night, when temperatures go down.
- Find a cool option nearby that has air conditioning. This could be a friend's place, a mall, museum, coffee shop, or a library.

### If you have air conditioning at home:

- Set your AC on low cool or 78° F to provide a comfortable, safe environment and help save on electricity bills.
- Close your shades or curtains to keep the sun from heating your home more during the day.

### When the Indoor Temperature in Your Home is in the 90s Degrees Fahrenheit

It is not a safe temperature in your home. Turn on your AC or seek out an air-conditioned space nearby. Examples include visiting the air-conditioned home of family or friends, an indoor shopping center, your favorite museum, your local coffee shop, or your local library. Using fans will not be enough to stay cool and safe.

During heat emergencies, you can also find locations designated by the City as cooling centers by calling 311 (212-639-9675 for Video Relay Services, or TTY: 212-504-4115) or visiting [NYC.gov/beattheheat](https://nyc.gov/beattheheat).

If you leave your home to spend time in an air-conditioned space, be careful when returning home, if it is still hot indoors. Continue to seek out cool spaces each day as long as it remains hot, and for a few days after if your home is still hot.

For more information on how extreme heat affects your health, visit [NYC.gov/health](https://nyc.gov/health).