



NEW YORK STATE SENATOR

Adriano Espaillat

Senator Espaillat Reminds All Residents, Especially Elderly, About Cooling Centers & Important Summer Tips

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As temperatures reach record high, residents encouraged to hydrate and utilize cooling centers around the City

Today, Senator Adriano Espaillat (D – Manhattan/Bronx) reminded his constituents, particularly the elderly who are more vulnerable in extreme conditions, about the

need to remain hydrated and utilize cooling centers around the City to beat the heat.

“With New Yorkers facing extreme heat, it is crucial that everyone remain hydrated and take as much precaution as possible,” said Senator Espaillat. “It’s important to note that cooling centers have been set up throughout the City for residents who are experiencing physical discomfort due to the high temperatures. Seniors and children should take special care to stay cool and drink plenty of fluids.”

A cooling center near your home can be found by visiting <http://gis.nyc.gov/oem/cc/index.htm> or by calling 311.

Senator Espaillat also encouraged residents to practice common sense safety tips and recommendations issued by experts. The New York City Office of Emergency Management has issued the following list of warnings and tips to help protect New Yorkers during this heat wave:

Tips on How to Beat the Heat This Summer:

- If possible, stay out of the sun. When in the sun, wear sunscreen (at least SPF 15) and a hat to protect your face and head.
- Use an air conditioner if you have one. Set the thermostat no lower than 78 degrees.
- If you do not have an air conditioner, keep rooms well-ventilated with open windows and fans. Consider going to a public pool, air-conditioned store, mall, movie theater, or [cooling center](#).
- Fans work best at night, when they can bring in cooler air from outside.
- Make a special effort to check on your neighbors during a heat wave, especially if they are seniors, young children, and people with special needs. Many older New Yorkers live alone and could suffer unnecessarily in the heat because they are isolated from friends and family.
- Seniors and others who may be sensitive to extreme heat should contact friends, neighbors, or relatives at least twice a day during a heat wave.
- Drink fluids – particularly water – even if you do not feel thirsty.* Avoid beverages containing alcohol, caffeine, or high amounts of sugar.
- Wear lightweight, light-colored, loose clothing that covers as much of your skin as possible.

- Never leave children, pets, or those who require special care in a parked car during periods of intense summer heat.
- Avoid strenuous activity, especially during the sun's peak hours – 11 AM to 4 PM. If you must engage in strenuous activity, do it during the coolest part of the day, usually in the morning between 4 AM and 7 AM.
- Cool showers or baths may be helpful, but avoid extreme temperature changes. Never take a shower immediately after becoming overheated – extreme temperature changes may make you ill, nauseated, or dizzy.
- During heat emergencies, the City may open cooling centers. If cooling centers are open, call 311 (TTY: 212-504-4115) or [locate a center online](#).

*People with heart, kidney or liver disease, or on fluid restricted diets should check with their doctors before increasing fluid intake.