



## **How to Beat the Heat:** *Staying Safe for the Summer*



***During the summer months, New Yorkers are vulnerable to heat-related illnesses, such as heat cramps, heat exhaustion, and heat stroke.***

### ***To avoid heat related illness:***

- Stay out of the sun and use shade or awnings.
- Wear lightweight, light-colored, loose-fitting clothes that cover as much skin as possible to prevent sunburn.
- Avoid strenuous activity.
- Eat less protein and more fruits and vegetables. Protein produces and increases metabolic heat, which causes water loss. Eat small meals, but eat more often. Do not eat salty foods.
- Heavy sweating removes salt and minerals from the body. These are necessary for your body and must be replaced. The easiest and safest way to do this is through your diet. Drink fruit juice or a sports beverage when you exercise or work in the heat.



- Drink plenty of fluids, particularly water (at least 2-4 glasses of water per hour during extreme heat), even if you do not feel thirsty. Your body needs water to keep cool. Avoid beverages containing alcohol or caffeine.
- If you have an air-conditioner, set it no lower than 78 degrees during a heat wave.

When the heat index is predicted to be dangerously high, New York City opens cooling centers in air conditioned public facilities to offer relief from the heat. **Call 311 (TTY: 212-504-4115)** or access **www.NYC.gov/oem** during a heat emergency to find a local cooling center or pool.



## **Signs of a Heat Related Illness**

- **Heat cramps:** Typically muscular pains and spasms in the legs or stomach caused by loss of fluids and electrolytes in high heat and humidity.
- **Heat exhaustion:** Signs of heat exhaustion include cool, moist, pale, or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.

**WHAT TO DO:** Move to a cooler place. Remove or loosen tight clothing and apply a cool, wet cloth or towel to the skin. Take small, slow sips of cool water. If vomiting occurs, call 911 or a doctor immediately.



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with AgeWell New York**



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