

MAYOR BLOOMBERG SIGNS AN EXECUTIVE ORDER DECLARING A HEAT EMERGENCY IN NYC

On July 30th Mayor Bloomberg signed an Executive Order in anticipation of this week's forecasted heat wave. City agencies are mobilizing to protect New Yorkers from excessive heat and humidity. We are also working to keep all our community leaders informed with the most up to date information and forward tips on how to best conserve energy.

What New York City is doing:

- The Office of Emergency Management (OEM) is constantly monitoring the situation and keeping all necessary City agencies, including NYPD, DOH, FDNY, DSNY, Etc, informed with the most updated information.
- The City's 383 cooling centers will be open with extended hours through Thursday; since opening over the weekend they have served more than 4,000 New Yorkers.
- The Parks Department has extended public pool hours from 11:00AM to 8:00PM every day that temperatures reach 95 degrees or above. Parks also operates more than 600 spray showers in parks throughout the City; call 311 for hours and locations.
- DFTA will pay special attention to homebound clients throughout the week, and FDNY is watching out for heat-related medical calls, and additional resources will be allocated as needed. FDNY has also notified the 84 receiving hospitals throughout the City to be prepared for an increase in patients.
- City government is further working to conserve energy and is prepared to shed load by taking City facilities off the electrical grid if necessary.
 - The Department of Citywide Administrative Services (DCAS) will raise the temperature of the air conditioning systems in the 53 buildings it manages today, including City Hall, Tweed Courthouse, and the Municipal Building.
 - DCAS is also prepared to reduce the electricity usage of elevator systems by putting 10 percent to 20 percent of building elevators out of service.

What you can do to conserve energy

- Set your air conditioner thermostat no lower than 78 degrees.
- Only use the air conditioner when you are home. If you want to cool your home before you return, set a timer to have it switch on no more than a half-hour before you arrive. Residents and shop-owners should remember to close doors and windows while air conditioners are running.

- Turn non-essential appliances off
- Only use appliances that have heavy electrical loads early in the morning or very late at night.

What you can do to protect yourself:

- New Yorkers should, whenever 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.
- Dress in lightweight, light-colored, loose-fitting clothing that covers as much skin as possible.
- Drink fluids - particularly water - even if you do not feel thirsty. Your body needs water to keep cool. Avoid beverages containing alcohol or caffeine.
- Avoid strenuous activity, especially during the sun's peak hours – 11AM to 4PM
- Cool down with repeated cool baths or showers
- Never leave children, seniors, or pets in a parked car during periods of intense summer heat
- Make a special effort to check on neighbors, especially seniors and those with special needs
- Report open fire hydrants by calling 311
- New Yorkers who wish to cool off with fire hydrant water must use City-approved fire hydrant spray caps, available free of charge at local firehouses. Illegally opening a fire hydrant is wasteful and dangerous – one illegally opened hydrant wastes up to 1,000 gallons of water per minute, while a hydrant with a spray cap only puts out around 25 gallons per minute.
- Recognize the symptoms of heat-related illnesses including heat exhaustion and heat stroke:
 - *Heat exhaustion:* Symptoms include heavy sweating, weakness, headache, weak pulse, dizziness, exhaustion, fainting, nausea or vomiting, and cold, clammy skin. Body temperature will seem normal.
 - *Heat Stroke:* Symptoms include flushed, hot, dry skin, weak or rapid pulse, shallow breathing, lack of sweating, throbbing headache, dizziness, nausea, confusion, and unconsciousness. Body temperature will be elevated, and the victim should receive immediate medical attention.