



NEW YORK STATE SENATOR

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## Protect Yourself and Loved Ones from the Heat!

ANDREA STEWART-COUSINS June 25, 2013

New Yorkers are advised today to take safety measures as weather temperatures continue to rise throughout New York State. While the current wave of excessively hot humid weather persists, all New Yorkers are urged to be aware of its dangers and take appropriate precautions. Checking in on elderly neighbors and others who are more vulnerable to the dangers of extreme temperatures could save lives.

Excessive heat is the leading cause of preventable, weather-related deaths each year, particularly among the elderly. In most years, excessive heat causes more deaths than floods, lightning, tornadoes, and hurricanes combined. With the temperatures forecast to climb into the 90s over the next few days, the [New York State Department of Health \(DOH\)](#) and the [New York State Division of Homeland Security and Emergency Services \(DHSES\)](#) offer New Yorkers tips to help them stay safe.

- Minimize, if possible, strenuous activity and exercise, especially during the sun's peak hours – 11 a.m. to 4 p.m.
- Exercise during early morning hours or in the evening, when the temperatures tend to be lower.
- Drink at least 2-4 glasses of water per hour during extreme heat, even if you do not feel thirsty. Avoid beverages containing alcohol or caffeine.
- If possible, stay out of the sun and seek air-conditioned settings.

- Never leave children, pets or those who require special care in a parked car or other vehicles during periods of intense summer heat.
- Make an effort to check on your neighbors during a heat wave, especially the elderly, infants and young children, or others with special needs.
- Make sure there is enough water and food for pets and limit their exercise during periods of extreme temperatures.