

# GUIDE FOR KEEPING COOL THIS SUMMER

## Essential worker?

**Home Health Aides**, who interact often with individuals who are at higher risk for heat illness or death, are important partners in preventing heat-related deaths.



**Those who work outdoors or in hot environments** should take extra care to take breaks, stay well hydrated, and cool down in shaded/air-conditioned environments as often as possible often.



**Wearing PPE will likely be necessary even for jobs it wasn't before**, to help reduce the spread of COVID-19. Wearing PPE can increase your risk of heat-related illness, so be sure to take time to become accustomed to your equipment, take breaks, and designate a buddy to check-in with to see how each other are doing.



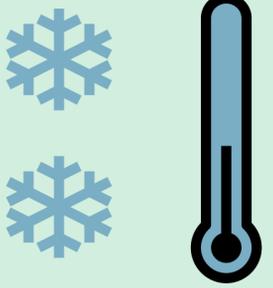
## Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.



## How to stay cool

During COVID-19 pandemic, all New Yorkers are asked to stay at home. Since we are staying at home more and unable to visit our community spaces, using an A/C at home when you can and drinking lots of water will be important for staying cool. We know not everyone is able to stay home or can use A/C all the time, so here are some good tips:



### What if I can't afford an A/C?

Low Income Home Energy Assistance Program (LIHEAP) is a program where you can apply for a free A/C or fan. You may qualify if:

- You receive disability assistance, are over 60, or have children
- Under about \$2,400/month for 1 person
- You receive other benefits (SNAP, TANF, etc)
- You are US Citizen

If you think you may be eligible, call 311 and ask to apply.



### What if I can't afford my electricity bill?

Utility shut-offs are not occurring during the pandemic. While you will still have to pay your bill later, you are not at risk of your electricity being turned off during the pandemic.

### If Cooling Centers are open during the summer:

Take precaution when interacting with others, wear a face covering and wash your hands often, and stay 6 feet apart.

## Tips to stay cool:

- Stay in air-conditioned buildings as much as you can.
- Do not rely on a fan as your main cooling device during an extreme heat event.
- Drink more water than usual and don't wait until you're thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Limit your outdoor activity, especially midday when the sun is hottest.
- Take cool showers or baths to cool down.
- Never leave children or pets in cars.
- Use curtains to block sunlight
- Open windows across the apartment to allow for air flow when it cools down at night.
- Use an ice pack or ice water to cool down your feet at night.
- Check the local news for health and safety updates.

