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EXTREME HEAT, HUMIDITY, AND THUNDERSTORMS IN THE FORECAST

July 20, 2005 - With hot and humid weather in the forecast and strong potential for scattered thunderstorms today, the Office of Emergency Management (OEM) urges New Yorkers to take appropriate steps to stay cool and safe.

The National Weather Service has issued a heat advisory for the New York City area. People planning to spend time outdoors should be mindful of the heat and heed the following tips:

- * Stay out of the sun. When in the sun, wear sunscreen (at least SPF 15) and a hat.
- * Wear lightweight, light-colored, loose-fitting clothing.
- * Drink plenty of fluids, particularly water.
- * Avoid beverages containing alcohol or caffeine.
- * Avoid strenuous activity, especially during the sun's peak hours - 11 a.m. to 4 p.m.
- * Consider going to public pools and air-conditioned stores, malls, libraries, or movie theaters.
- * Never leave children, seniors, or pets in a parked car during periods of intense summer heat.
- * Make a special effort to check on your neighbors, especially seniors and people with special needs.

Thunderstorm Safety

As a cold front passes through the area, scattered showers and thunderstorms are likely late this afternoon into this evening. These thunderstorms may produce torrential downpours and localized flooding, lightning, and strong, gusty winds.

- * The safest place to be during a thunderstorm is indoors.
- * If you are caught in a thunderstorm, take shelter immediately.
- * If no shelter is available, stay away from tall, isolated objects like trees, flagpoles or posts, and avoid large open areas like fields or parking lots where you are the highest object.
- * Stay away from lakes, ponds, railroad tracks and fences, which can carry current from a distant lightning strike.

Energy Conservation and Power Outages

Power outages are more likely to occur during warm weather, when utility usage is at its peak. OEM urges residents to conserve energy to help prevent power disruptions.

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

Learn more about how to stay cool all summer long with OEM's Ready New York: Beat the Heat guide (in PDF):

http://www.nyc.gov/html/oem/pdf/heat_brochure_english.pdf

For more information about heat-related hazards, severe weather, and the Ready New York campaign, visit OEM's website or call 311:

<http://www.nyc.gov/oem>
