SUMMER SAFETY

GRAPHIC 1

CAPTION

Temperatures in the car can get dangerous fast. Never leave children, pets or those with special needs in a parked car. Learn more about risks: health.ny.gov/environmental/emergency/weather/hot/hot_cars

GRAPHIC 2

CAPTION

A child can die from heat stroke in minutes. See a child in a hot car? Call 911 immediately and follow instructions. Emergency personnel are trained to respond.
health.ny.gov/environmental/emergency/weather/hot/hot_cars

GRAPHC 3

CAPTION

Keep athletes safe. Athletes are at risk for heat stroke. Keep them safe by knowing the signs and keeping them hydrated. Learn more about the effects of hot weather: health.ny.gov/environmental/emergency/weather/hot/

GRAPHIC 4

CAPTION

Get cool in AC. Don't have an air conditioner and need to cool off? Find a cooling center in your area. Call ahead to be sure it's open. Learn more: health.ny.gov/environmental/emergency/weather/hot/

GRAPHIC 5

CAPTION

Be a buddy. When it's hot out, be a buddy and check on friends, family, and neighbors by calling, video chat, or texting them. See more tips for hot weather: health.ny.gov/environmental/emergency/weather/hot/

GRAPHIC 6

CAPTION

Stay hydrated in heat. Drink plenty of cool, non-alcoholic and caffeine-free liquids to stay hydrated in hot weather. Learn more: health.ny.gov/environmental/emergency/weather/hot/

GRAPHIC 7

CAPTION

Working outside? Drink plenty of non-alcoholic fluids and take breaks often! Find air conditioning or shady areas to rest. Learn more: health.ny.gov/environmental/emergency/weather/hot/

GRAPHIC 8

CAPTION

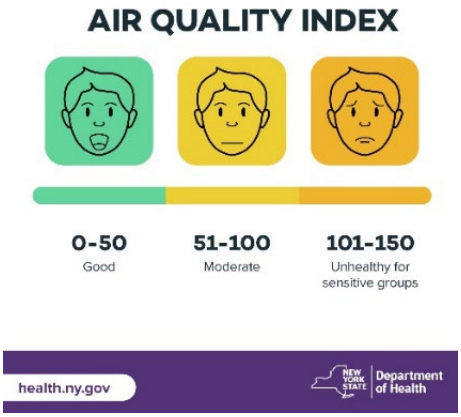
Check your risk of heat-related illness. The New York State Heat Risk and Illness Dashboard considers factors including local temperature, humidity, duration of heat and individuals' underlying health to determine the risks of getting sick from heat. health.ny.gov/statistics/environmental/heat_dashboard/

GRAPHIC 9

CAPTION

Stay cool outside. If you are outside while it's hot out, be sure to stay in the shade when possible and wear loose, light fitting clothing. See local heat risk forecasts: health.ny.gov/statistics/environmental/heat_dashboard/

GRAPHIC 10



CAPTION

Outdoor air quality can change during a single day, so be sure to check it before heading outside, which can be critical for those with certain health conditions. Check the Air Quality Index in your area here: airnow.gov/ Learn more: health.ny.gov/environmental/outdoors/air/

GRAPHIC 11

CAPTION

Children, teenagers, people with respiratory or heart problems, who are pregnant or work or exercise outdoors should check the Air Quality Index to determine if the outdoor air is healthy. Check the AQI for your zip code: airnow.gov/ Visit: health.ny.gov/environmental/outdoors/air/