



EXTREME HEAT

GRAPHIC 1



CAPTION

It's hot! Check on family and friends. Heat and humidity can be dangerous. Call, text or visit your loved ones. It could save a life! More hot weather advice: on.ny.gov/4368s6M

GRAPHIC 2



CAPTION

Keep kids & pets out of hot cars! Heat in a car can become deadly in 10 minutes. Share safety tips with family, friends and neighbors. It could save a life. Learn more: on.ny.gov/4368s6M



GRAPHIC 3



CAPTION

It's hot! Chill out at a cooling center. Air conditioning can reduce the risk of heat stroke, exhaustion and cramps. Call ahead for cooling center hours. Learn more: on.ny.gov/4368s6M

GRAPHIC 4



CAPTION

Working outside? Stay safe in the heat. Hydrate, take breaks often, find shade or air conditioning and wear light clothing to avoid muscle cramps and heat stroke. More tips for extreme heat: on.ny.gov/4368s6M



GRAPHIC 5



CAPTION

It's dangerously hot. Athletes are at risk. Cool down:

- Stay hydrated
- Find shade or AC
- Visit a local cooling center
- Take breaks often if outdoors

Learn more: on.ny.gov/4368s6M