

Zamo Aboki Lokacinda Ake Zafi a Waje

Tsofaffi da mutanen da ke fama da dadadɗun rashin lafiya sun fi zama cikin hadari a lokacin zafin rana. Duba su kowace rana.

- ✓ Tabbatar da suna da na'urar sanyaya iska mai aiki.
- ✓ Idan ba su da na'urar sanyaya iska mai aiki, taimaka musu su sami wuri mai sanyi, kamar gidan maƙwabci, ɗakin karatu ko cibiyar sanyayawa. Kira 311 don neman cibiyar sanyayawa mafi kusa.
- ✓ Karfafa su su yi shawa mai sanyi ko wanka don kasancewa cikin sanyi.
- ✓ Tabbatar sun sha ruwa mai yawa, ko da ba sa jin kishirwa.
- ✓ Karfafa su su sa tufafi mara nauyi, tufafi saƙo-saƙo.
- ✓ Ka ba su ruwa kuma ka taimake su su huce idan suna:
 - zufa sosai
 - suna da ciwon tsoka
 - suna jin jiri
 - jin amai
- ✓ Kira 911, ko je dakin gaggawa mafi kusa idan suna da ɗaya daga cikin waɗannan alamun:
 - rudani ko rashin nutsuwa
 - jin amai ko yin amai
 - zafin fata, bushewar fata ko sanyi, kanƙamewar fata
 - matsalar numfashi
 - mutuwar jiki ko ɗimaucewa



Don farin bayani, kira 311 ko ka je nyc.gov sannan ka bincika don "heat illness" (rashin lafiyar zafi).

Be a Buddy When It's Hot Outside

Seniors and people with chronic illnesses are most in danger during heat waves. Check on them every day.

- ✓ Make sure they have a working air conditioner.
- ✓ If they don't have a working air conditioner, help them find a cool place, like a neighbor's home, library or cooling center. Call 311 to find the nearest cooling center.
- ✓ Encourage them to take a cool shower or bath to stay cool.
- ✓ Make sure they drink plenty of water, even if they're not thirsty.
- ✓ Encourage them to wear light, loose-fitting clothes.
- ✓ Give them water and help them cool off if they:
 - are sweating a lot
 - feel lightheaded
 - have muscle cramps
 - are nauseated
- ✓ Call 911 or go to the nearest emergency room if they have any of these signs:
 - confusion or disorientation
 - hot, dry skin or cold, clammy skin
 - weakness or dizziness
 - nausea or vomiting
 - trouble breathing



For more information, call 311 or go to nyc.gov and search for heat illness.