

Yε Adamfo Pa Abere ɔhyew Wɔ Abɔnten



Mpanyinfo ne nnipa a wɔwɔ korakorɔ yareε ahorow na wɔda asiane mu abere a ɔhyew aba. Hwehwe wɔn da biara da.

- ✓ Hwe se wɔwɔ air kɔndihyɛn a eyɛ adwuma.
- ✓ Se wonni air kɔndihyɛn a eyɛ adwuma, boa wɔn ma wonnya baabi a εhɔ ye nwini, te se ofipamfo fie, nhomakorabea anaa beae a εhɔ ye nwini. Fre 311 na hwehwe baabi a εhɔ ye nwini a εben.
- ✓ Hyɛ wɔn nkuran se wonguare nsuo nwini anaa wɔnguare na ama wɔn ho adwo wɔn.
- ✓ Hwe hu se wɔwɔbenom nsu pii, se mpo sukɔm nne wɔn a.
- ✓ Hyɛ wɔn nkuran ma wɔnhye ntade a emu ye hare, na εnkyekyere wɔn.
- ✓ Ma wɔn nsu na boa wɔn ma wɔn ho ndwo wɔn se:
 - wɔte fifiri pii
 - wɔn ani so bere wɔn
 - wɔn ntini mu ye wɔn yaw
 - wɔn bosofono wɔn
- ✓ Fre 911 anaa kɔ baabi a εben wɔn a wɔhwɛ wɔn a wɔwɔ yare a egye ntempe dan mu se wɔwɔ nsenkyerɛnne yi bi a:
 - adwene a eyɛ basaa anaase wɔnte wɔn ho ase
 - honam ani a eyɛ hyew, awo anaa eyɛ nwini, afɔw
 - mmerɛwye anaase anisobere
 - bosofono anaa fee
 - home mu bre

Se wope nsem pii a, fre 311 anaa kɔ nyc.gov na hwehwe “heat illness” (ɔhyew yare).

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.