



SUMMER SAFETY

GRAPHIC 1



CAPTION

Everyone is at risk for heat-related illness, but older adults, children, people who work outdoors, and people with existing health conditions are at more risk of getting sick. Check on your neighbors, family and friends. health.ny.gov/environmental/emergency/weather/hot/

GRAPHIC 2



TWITTER

Use the Cooling Center Finder to get public transportation information or driving and walking directions to a cooling center near you. Air conditioning is especially important for older adults, children, and people with certain health conditions. health.ny.gov/publications/6594/

FACEBOOK

Libraries, community and senior centers, malls and other locations offer cooling centers where you can cool off during a heat wave. Use the Cooling Center Finder to get public transportation information or

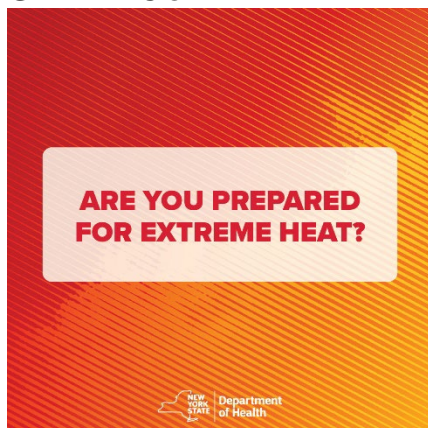


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INSTAGRAM

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GRAPHIC 3



TWITTER

Know the symptoms of heat-related illness. Check on others, especially those who are older or with health conditions that make them vulnerable. Take breaks when working outdoors and avoid strenuous activity. Stay hydrated by drinking plenty of fluids, health.ny.gov/environmental/emergency/weather/hot/

FACEBOOK

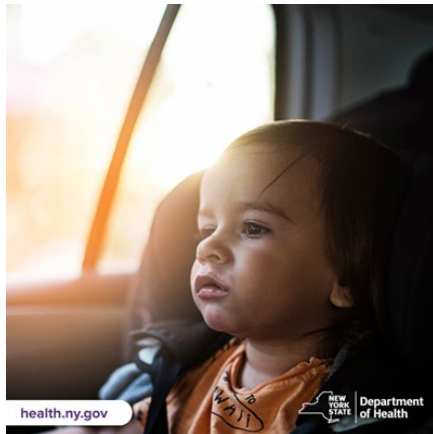
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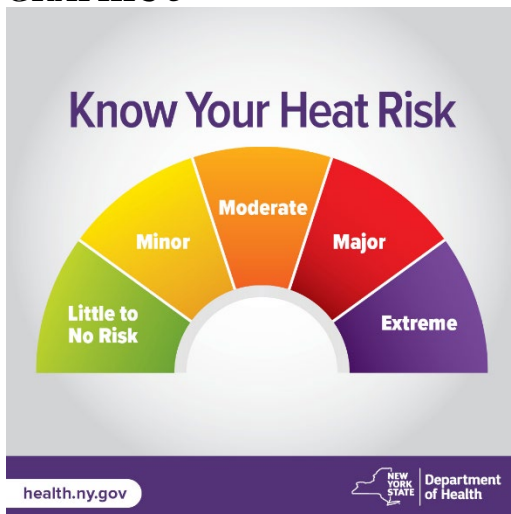
GRAPHIC 4



CAPTION

A child can die of heat stroke in minutes. Check your back seat and never leave a child behind in a vehicle. health.ny.gov/environmental/emergency/weather/hot/hot_cars

GRAPHIC 5



CAPTION

Extreme heat is the leading cause of weather-related deaths in the U.S. Check the heat risk in your area here: <http://ephtracking.cdc.gov/Applications/HeatRisk/> and learn how to protect your health: <http://health.ny.gov/extremeheat>



GRAPHIC 6



CAPTION

Outdoor air pollution has been linked to health problems like heart disease, asthma, and low birth weight. Check for local alerts when the level of certain outdoor air pollutants is expected to be unhealthy. health.ny.gov/environmental/outdoors/air/

GRAPHIC 7



CAPTION

Unhealthy levels of ozone pollution form in sunlight, usually on hot summer days. Follow local air quality alerts and know how to protect your health when outdoor air is unhealthy. health.ny.gov/environmental/outdoors/air/ozone.htm