

Assemblywoman Aravella Simotas Warns EXTREME COLD IS COMING

HEALTH RISKS

HYPOTHERMIA AND FROSTBITE ARE DANGERS FROM PROLONGED EXPOSURE TO EXTREME COLD

Hypothermia: body temperature is abnormally low. This can be deadly.

Frostbite: serious injury to a part of the body frozen from the cold -- usually fingers, toes or the face or ears.

What to do: Call 911 to get medical help

HEATING TIPS

Only electric space heaters are legal in NYC. Keep them far away from water and flammable objects like curtains.

Never heat your home with a gas stove or oven, charcoal grill, or kerosene, propane, or oil-burning space heaters, these can release dangerous carbon monoxide gas.

Call 911 if you suspect carbon monoxide poisoning; get the victim(s) to fresh air immediately.

DANGEROUS FRIGID WEATHER IS EXPECTED FRIDAY NIGHT THROUGH THE WEEKEND. TEMPERATURES IN SINGLE DIGITS WITH SUB-ZERO WIND CHILLS.

Stay indoors if possible.

Seniors, infants, and those with chronic medical conditions and cognitive impairments are most at risk.

SAFETY TIPS

- If you go outside, bundle up in lots of layers.
 - If a layer becomes wet, remove it.
 - Keep your head covered.
- Keep hands, ears, and noses covered to avoid frostbite.
- Scarves and hood strings can strangle small children. Use other clothing, like bunting suits, to keep them warm
- Use warm sleep clothing on babies, not loose bedding which may contribute to Sudden Infant Death Syndrome (SIDS).
- Drinking alcohol increases your chances of hypothermia and frostbite.

More Safety Tips: [NYC.gov/EmergencyManagement](https://www.nyc.gov/emergencymanagement)

IF YOU LOSE HEAT OR HOT WATER AT HOME:

If you're a tenant: tell the building owner, manager, or superintendent.

If the problem isn't fixed, call **311**, file a complaint at **311ONLINE** or download the free mobile app.

If you own a private home: insulate as much as possible. Hang blankets over windows and doorways.

Keep fireplaces well-maintained and ventilated.

Open faucets to a steady drip so pipes do not freeze.

EMERGENCY HEATING ASSISTANCE:

Call the **NYC Heat Line:** 212-331-3150 or 311. Eligibility is based on household income, family size and energy costs.

HOMELESS SERVICES:

If you see a homeless person out in the cold, call 311 for help.

DON'T FORGET PETS!

Bring pets indoors or make sure they have a warm shelter and unfrozen water. Call 311 to report animal neglect or abuse.