

# OUR WARM CITY

## WHAT ARE EXTREME HEAT EVENTS?

Also known commonly as heat waves, these natural disasters are typically defined as any one day above 100F or any multiple, consecutive days over 95F.

Essentially, when it's hot during the summer, you could be experiencing one.

When exposed to extreme heat, the following symptoms can occur:

- Profuse sweating
- Fatigue
- Thirst
- Muscle cramps
- Headache and Dizziness
- Nausea and vomiting
- Dark urine



### OUR WARM CITY

A comic on heat and community in the city, available online and in print at various community gardens around the city.

Check out the start of the adventure here!



### Did You Know?

Extreme heat events send 450 people to the emergency room each summer in NYC.

This number is expected to rise to the thousands in the next 20 years.



**Find Your Nearest Community Garden**  
<https://tinyurl.com/nycgardensearch>

**Beat the Heat**  
<https://www1.nyc.gov/assets/em/html/beat-the-heat/beattheheat.html>

**NYC Cool Neighborhoods**

### Resources

- Getting involved with your local community garden
- Work with your local representatives to add more green spaces.
- Sign the petition for equal access to cool spaces.

**How you can help**

## WHY IS HEAT PREPARATION IMPORTANT?

Heat is different from other weather events because it is silent and invisible. You can't see it coming.

While knowing when one is coming is useful, having a plan in place to respond is vital.

This is particularly true for those who are elderly, under thirteen, and have different abilities.

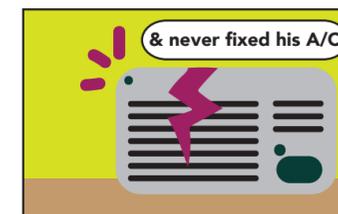
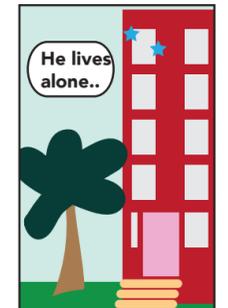
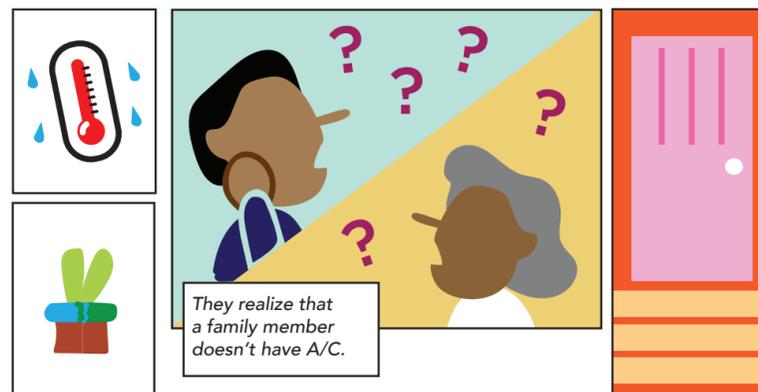
Saving lives can only work if people like you work together to help us all during these events.

## WHERE DO THEY HAPPEN?

Everywhere. But Bedstuy and the Bronx are hit the worst.

This has to do with things like:

- Access to green space
- Highways and traffic
- Pavement
- Geographic diversity
- Historical social practices like redlining



Find out the end of the story and other tales:  
[keepcool.info](http://keepcool.info)

1

We've partnered with your **electricity** company to share information...



and have had this **brochure** (and others!) printed and shared...



and have worked with your local **community** gardens to share information!



2

We're partnering with your local community gardens to host **workshops** that teach you and your community about the impact of extreme heat. These cover not only the impact on your plants, but on you, your family, and your neighbors too.

Plus, you'll get a free planter AND seeds to bring home.

So bring a friend, parent, or neighbor and join us at the many events happening around your neighborhood.

Find your nearest workshop online! Link on the back of this sheet.



3

At home, your **planter or other collected object** is yours to use as you wish. However, each will change color during an extreme heat event. Just make sure to not keep these in on top of heaters or in other hot areas!

These objects are meant as a gentle reminder that climate change can happen to you!

4

During an extreme heat event, you then have a couple options.

When you notice your object change, you can call your friends, family, and neighbors directly, or even pay them a visit. These face to face encounters can help save someone in trouble, or can be a nice initiative to pay someone a visit.

Alternatively, you can use the **KeepCool texting service and forum** to post if you're worried about someone and can't reach them.

Our garden partners are on hand to check in on those in need during these events, and work with the service to ensure communities are covered.



6

Your planter lives with you at home, and will change colors for the entire summer, if not longer. We hope you take this information and share it with others so they can learn about extreme heat too!



5

If you've used the service, you'll get a note when a volunteer has checked in.

You can sign up to volunteer at your garden or block association!

