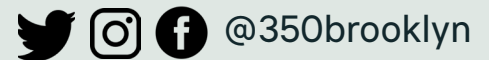


Extreme heat is dangerous.

High temperatures are more than uncomfortable—they are dangerous. Temperatures in the 90s affect people's health, especially the elderly, the very young, and those with health conditions. People who work outside like construction workers and landscapers are at risk, too.

The planet is heating up, largely because humans burn fossil fuels. Until we stop using fossil fuels and switch to renewable energy like wind and solar, heat waves will be increasingly more frequent and more severe.

Find out below how you can take action right now, or learn more by visiting us on social or at our website at www.350brooklyn.org.



THREE THINGS YOU CAN DO LOCALLY

Actions you can take to ease the impact of heat waves right now.

1. Care for trees

Trees not only shade us but they absorb carbon dioxide and breathe out oxygen. Trees can lower the temperature of surrounding areas by as much as 5 degrees.

- **Water the tree in front of your home.** A mature tree needs 8-10 gallons of water/week in the summer, while a young one needs 10-20 gallons.
- **Ask New York City to plant a tree on your block.** Go to the "Request a Street Tree" page on the NYC Department of Parks site (or scan at right!) You can also call 311.

Request a tree from the city!

Scan the QR code below.



Get help with NYC's Cooling Assistance

Scan the QR code below.



2. Take advantage of air conditioning

If you don't have air conditioning, spending 2-3 hours in an air-conditioned space helps your body cope. And low-income New Yorkers can get financial help with buying an air conditioner or fan, or with paying for the electricity to run it.

- **Use New York City's Cooling Centers.** NYC opens air-conditioned buildings for extended hours during extreme heat. Search "NYC Cooling Centers" or call 311.
- **Apply for help getting an air-conditioner or paying electric bills.** Search for the Home Energy Assistance Program (or scan at right.) You can also call 311.

3. Support local parks & community gardens

Urban areas are hotter because hard surfaces like buildings, sidewalks and roads absorb and retain heat. Neighborhoods with few green spaces are "urban heat islands," hotter than neighborhoods with lots of street trees and parks.

- **Local parks often have a local association that advocates for that park.** Find yours by calling (212) 360-1310 or look up the NYC Partnerships for Parks website.
- **Find your local community garden** by going to the Grow NYC website and searching for "Community Gardens." If you don't have one nearby, start one! To find out how, go to the "Green Thumb" program on the NYC Department of Parks website.