

# New Yorkers, Get Cool

Older adults and people with certain medical conditions are at higher risk of heat-related illness. Spending at least a few hours in air conditioning is one of the best ways to protect yourself. Find out if your household is eligible to receive a free air conditioner through a Home Energy Assistance Program (HEAP) Cooling Assistance Benefit and take steps to get cool.

Households with U.S. Citizens or qualified aliens may be eligible to receive a free air conditioner through a HEAP Cooling Assistance Benefit starting May 1<sup>st</sup> if:

- Your gross monthly income is at or below HEAP's monthly income limits, or you receive SNAP, Temporary Assistance, or Supplemental Security Income Living Alone
- A household member has a documented medical condition worsened by heat
- You received a Regular HEAP Heating Benefit greater than \$21 this year
- You have no working air conditioners or your air conditioner is at least 5 years old
- You have not received a HEAP-funded air conditioner in 10 years

**Learn more about the HEAP Cooling Assistance Benefit at:**

[www.otda.ny.gov/programs/heap/#cooling-assistance](http://www.otda.ny.gov/programs/heap/#cooling-assistance) or 1-800-342-3009

**If you do not have air conditioning at home, find a place to get cool in your community:**

[www.health.ny.gov/environmental/weather/cooling](http://www.health.ny.gov/environmental/weather/cooling)



## Tips to Get Cool:

- Stay indoors in air conditioning for at least a few hours
- Drink plenty of cool nonalcoholic and caffeine-free liquids
- Talk to your doctor about how to stay hydrated and medications that might make you sensitive to heat
- Avoid working or playing outside during the hottest part of the day (11 a.m. to 4 p.m.)
- Take a cool shower or bath

Find more extreme heat advice at [www.health.ny.gov/extremeheat](http://www.health.ny.gov/extremeheat)