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## How to Beat the Heat

By [Emmett Findley, Director of Communications](#)

With the start of summer comes extremely high temperatures. The combination of heat and humidity will increase the risk for heat related health issues, especially for the elderly and those with chronic health problems, such as lung and heart disease.

Here's how you can be prepared and stay safe:

- Remain inside as much as possible.
- Use air conditioning to stay cool at home, or go to a place that has air conditioning, such as a local cooling station — [click here for info on NYC cooling stations.](#)
- If you must work outdoors, schedule frequent rest breaks in shaded or air conditioned spaces.
- Check on any neighbors, family, or friends who may be vulnerable and alone.
- NYC residents can call 3-1-1 for more tips.

Fortunately, our amazing drivers and volunteers will continue to work hard this summer and all year round to get our nourishing and much-needed meals to clients. Because of our drivers and volunteers, and with your support, our clients don't have to worry about where their next meal will come from.

To learn more about how you can help our delivery team deliver nutritious meals to our clients, [click here.](#)

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