



Υε adamfo:
Ahosiesie ma
Wiem Tebea a
Eye hyew

Wiem tebea a eye hye ne nsuframa nye nea esee ahotɔ nko, na mmom eye wiem tebea mu ade a edi awu sen biara wɔ NYC nso. Wiem nsakraee rema wiem tebea a eye hyew a eye hu abu so na aye kese wɔ NYC. Siesie wo ho na bɔ wone afoforɔ ho ban denam afotuo a ewɔ nwomawa yi mu a wobedi akyiri no so.

Yaree a ɔhyew de ba Ho Nsenkyerɛnne

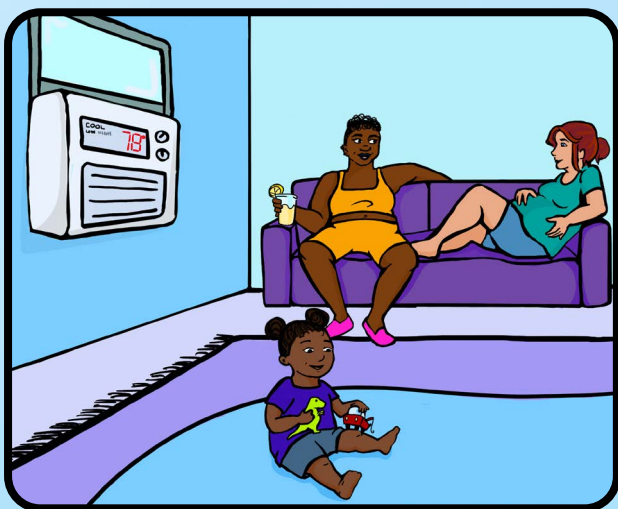
Se wo anaa obi a wonim no wɔ yaree a efiri ɔhyew mu ho senkyerɛnne te se ɔhyew a ama obi atwa ahwe anaa ɔbre a, fre **911** na duru baabi a eho ye nwunu, yi ntadee a eboro so, na nom nsuo pii ntem ara:

- Ntini mu eyaw
- Fifiri a ete obi boro so
- Ahome a ensi so
- Anisubiri
- Tipaee
- Mreye
- Abofono



Nnipa a Wɔwɔ Asiame Kɛsɛ firi ɔyare a ɔhyew de Ba mu

- Nnipa a wonni abɔmframa mfidie a wɔde ye adwuma anaase wɔmfa nni dwuma
- Mpanyimfoɔ a wɔadi mfie 60 ne akyiri
- Nnipa a wɔwɔ apɔmuden ho haw a emu ye den, te sɛ akomayareɛ, adwenemyareɛ anaa adwene mu tebea ahodoɔ, anaa asikyereyareɛ
- Nnipa a wɔnom nnubɔne anaa wɔnom nsa pii
- Nnipa a wɔnom nnuro a ɛma ɛye den ma wɔn nipadua sɛ ɛbeyɛ nwunu (te sɛ nnuro a ɛma wo gu nsuo yie ne nnuro bi a ekum adwenemhaw ne mogya mmorosoo)
- Nnipa a wɔntumi nkɔ baabiara anaase wɔntumi mfiri wɔn fie
- Nkokoaa ne mmofra a wonnii mfie 4
- Nnipa a wɔye adwuma wɔ abɔnten anaa mmeaɛ a ɛho ye hye wɔ dan mu
- Nnipa a wɔnyem
- New Yorkfoɔ a wɔye abibifoɔ ne wɔn a wonnya sika pii (ɛsiane nhyehyɛ mu pɛye a enni ho a ɛma nsonsonoe ba nneɛma a wonya mu, te sɛ adan a ne boɔ nye den, mframa a wɔde ye adwuma, ne apɔmuden ho nhyehyɛ nti)





Abɔnten a Wobɛtena Ama Wo Ho Aye Nwunu

- Kwati apɔmutenetene a emu ye den (te se apɔmutenetene a wɔde gye wɔn ani ne nsaanodwuma a emu ye den).
- Nom nsuo pii, se sukɔm nne wo mpo a.
- Kwati anonnee a nsa(alkɔhɔl), caffeine(kafeen), anaa asikyire wom.
- Tena Nwunu ase ne baabi a owia nni ho tɛɛ.
- Hye ntadeɛ a emu ye hare ne kye bɔ w'ananim ne wo ti ho ban.
- Hye ahwehweaniwa a ɛbɔ w'ani ho ban firi owia ho a SPF 15 anaa nea ɛboro saa wom.
- Fa abɔnten so dwumadie to anɔpatutuutu ne anwummere, bere a owia no ano nye den saa no.

Se woye adwuma wɔ abɔnten daa a, asiane kesee wom se wobɛnya nyarewa a efiri ɔhyew mu ba. Sɛnea ɛbeyɛ a wobɛte wo ne wo mfefo asiane so no:

- Gyaɛ dwumadie nyinaa na kɔ baabi a ɛhɔ ye nwunu bere a wote nka se woaye mmerɛ.
- Nom nsuo simma 15 biara.
- Mpen pii gye w'ahome wɔ mmeaɛ a nwunu wɔ anaase abɔmframa mfidie a wɔde ye adwuma wɔ ho.
- Hye ntadeɛ a emu ye hare, ne kɔla ani hyeren, na ɛnkyekyere wo.
- Kwati anonnee a caffeine anaa asikyire wom.



Edan Mu Tena na Ama Wo Ho Aye Nwunu

- Fa wo abomframa afidie no to 78 degrees F anaa “low cool” so na ama aye nea ahobammɔ wom na ahotɔ wom na woakora sika so. Sɛ wode bɔmframa(fan) di dwuma anaa wobue mpoma mu a, ɛremma dan no mu nnye nwunu bere a abɔnten ye hye kese no.
- To mpoma ntama mu.
- Bɔ mmɔden sɛ woremfa stofu anaa fononoo nni dwuma.
- Dware nsuonwunu.
- Nom nsuo pii, sɛ sukɔm nne wo mpo a.
- Kwati anonnee ansa(alkohol), caffeine, anaa asikyire wom.

Sɛ wonni Abomframa afidie a:

- Fa Home Energy Assistance Program no so bisa bi a wontua hwee w on.nyc.gov/3uQXwMo. Twere wo din wɔ Con Edison's sikasem mmoa nhyehyɛ no mu na woanya sika a wɔate so wɔ wo fie akadeɛ ka ho wɔ bit.ly/3juNAAs.
- Hwehwe baabi a ɛben ho a ɛwɔ bi, te sɛ w'adamfo fie, tete nneema akoraɛɛ, anaa nwomakorabea.
- Fre **311** anaa kɔ finder.nyc.gov/coolingcenters na hwehwe NYC onwunu beaɛɛ a ɛben ho.



Sɛ abɔntɛn yɛ hyɛw paa a, kae sɛ **wobɛyɛ adamfoɔ**! Hwɛ nnamfoɔ, abusuafoɔ, afipamfoɔ, ne mfɛfoɔ hwɛ sɛ wɔbɛtena ahobammɔ ne apɔmuden mu.



Sɛ woɛ nsem pii a, skane QR koodu no anaa kɔ **nyc.gov/health/heat**.