

Kasance abokin kwarai: Shiryawa Don Yanayin Zafi



Sauyin yanayi yana sa zafin da ke da haɗari ya zama ruwan dare a Birnin New York. Ku kasance a shirye kuma ku kare kanku da sauran mutane ta hanyar:

- ✓ Sanin alamomi da haɗurran cututtukan da zafi ke haifarwa
- ✓ A guje wa zafi a cikin ɗaki da kuma a waje - a riƙa shan ruwa, a rage ayyukan karfi sama da kima, sannan a kasance a wuri mai sanyi ko a inuwa sannan ba a wurin da rana take haskawa kai tsaye ba.

Idan ba ku da na'urar sanyaya yanayi:

- Tura buƙatar samun guda ɗaya a kyauta: on.nyc.gov/3uQXwMo.
 - Ku nemi wuri a kusa da ku da yake da na'urar sanyaya yanayi, misali laburare.
 - Nemi cibiyar sanyaya yanayi mafi kusa a Birnin New York. A kira **311** ko a ziyarci finder.nyc.gov/coolingcenters.
- ✓ A riƙa tuntubar abokai, 'yan uwa, makwabta da abokan aiki.

Domin samun karin bayani, a ziyarci nyc.gov/health/heat.