
Environmental Justice

Session 11: Community Disaster Preparedness



Group Agreements



One Mic

Only one person should be speaking at a time!



Challenge Ideas, Not People

Try to question and critique the ideas being presented, rather than the person presenting them, so everyone can engage without feeling shut down.



Listen with Empathy

Everyone has different experiences and perspectives - try to avoid judgement and seek understanding.



Step Up, Step Back

If you are usually quiet challenge yourself to take more space, and if you usually talk a lot be mindful to leave room for quieter voices.



Land the Plane

Out of respect for our limited time, please try to get to the point of your comment or question as concisely as possible.



An Incomplete Picture

Every lecture here is an incomplete picture of the topic we are about to discuss. I invite folks with classroom, professional, or lived experiences with the topic to participate and share those experiences, whether they align or conflict with the narrative i present.

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Last Week's Group Assignment



Group 1 - Housing Affordability

Over
50%
of NYC Renters spend
over half their income
on housing and
utilities

Decades of Gentrification, Luxury Development, Systemic Racism, and policies favoring the wealthy have pushed out families, workers, and small businesses.



Who Does this Hurt the Most?

- ➡ Families forced into overcrowded conditions
- ➡ Workers/Low Income communities compelled to live in high-risk areas with greater health hazards
- ➡ Essential workers commuting hours to jobs they can't afford to live near
- ➡ Longstanding Immigrant Communities losing their neighborhoods and roots



New York City is losing what makes it special; its **cultural diversity**, its **people**, its **soul**.

We are not always protected by the laws and our city officials; we must fight to protect our own rights. Free legal advice and counsel is available to NYC residential renters. Find out more information by calling 311 and asking for the “Tenant Hotline” or visiting:

<https://portal.311.nyc.gov/article/?kanumber=KA-01985>.

**NYC
311**

Group 2 - Weatherization for NYCHA residents



The poster features a vibrant, stylized cityscape with tall buildings in shades of purple, blue, and orange. A large, smiling sun with a face is in the top right corner, while a sad, grey cloud with a face is in the bottom right. A small, green, smiling cloud is on the left. A red banner with white text is in the upper middle. A green box with white text is in the center. A purple box with white text is in the lower right. A small sign with a dollar sign is in the bottom left. The CUNY SPH logo is in the bottom right corner.

Weatherize **Now!**

Attention NYCHA Residents!

Did you know NYCHA residents are less likely to have air conditioning and working heating?
NYCHA residents deserve high quality housing!
Weatherization is the solution and the time is NOW!

WHAT IS WEATHERIZATION?	BENEFITS OF WEATHERIZATION:
<ul style="list-style-type: none">• Insulating, Sealing and Window Repairs/Replacements• Heating, Ventilation and Cooling (HVAC) Upgrades• Improved Indoor Air Quality• Energy-Efficient	<ul style="list-style-type: none">• Lower Energy Bills: Save Money on Heating and Cooling.• Healthier Living Environment: Improved Air Quality and Reduced Allergens.• Increased Comfort: A Warmer Home in Winter and Cooler in Summer.

Contact the Board: NYCHA Board Members
90 Church Street New York, NY 10007
Phone: 212-306-3454 Fax: 212-306-6081

CUNY SPH

02

Guest Lecture





Community Organizations Active in Disasters

Carol Johnson - Disaster Liaison, East Harlem COAD

About Us



Mission

To make East Harlem a better prepared and safer community through rapid communication, coordination, identification, and distribution of resources during a public health emergency.



Vision

East Harlem is a prepared and safe community.



Who We Are

The East Harlem COAD is a coalition of local organizations and businesses who work to prepare for, respond to, and recover from disasters that affect the lives of East Harlem residents.

East Harlem

Population 118,409 *NYC Health 2023

47%

Spend More
Than 30% of
Income on Rent

37%

are under 18 or
over 64

18%

Have Limited
English Proficiency

Role of the COAD



Preparedness

Creating Emergency Plans
Conducting Drills & Exercises
Providing Training



Response

Communicating with Partners
Assessing Local Needs
Identifying Local Resources



Recovery

Coordinating Local Resources
Supplementing Citywide Efforts
Identifying Lessons Learned



Our Member Organizations



Our Partner Organizations



East Harlem COAD

**CATALYST
FUND**

2022 RECIPIENT





HEN

HARLEM EMERGENCY NETWORK

When you stay ready, you don't have to get ready

Heading

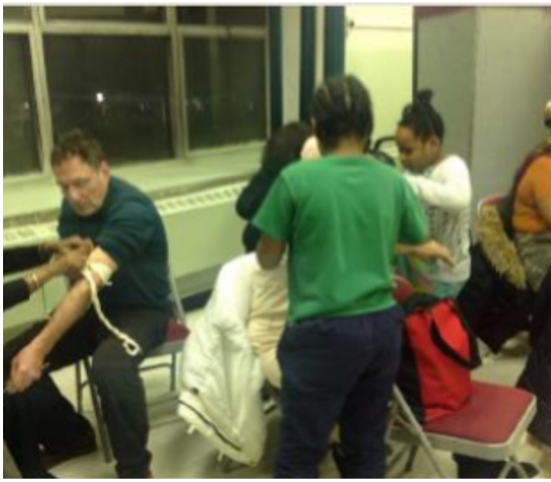


About Harlem Emergency Network

Harlem Emergency Network (HEN) is an emergency communications volunteer organization that services Harlem and Upper Manhattan.

Our goal is to help to prepare for, respond to, and recover from disasters and to ensure that Harlem remains a resilient community in the face of major emergencies that can affect the community's quality of life.

Our mission is to collaborate with groups with similar objectives and draw from the deep well of resources within Harlem and surrounding communities (senior citizens, houses of worship, institutions, businesses, medical facilities, civic groups, etc.).



HEN Leadership Team

Carol Johnson Incident Commander
 Wali Abdun-Noor Logistics Chief
 Bob Poncé Planning Chief
 Mark McPhee Public Information Officer
 Anesta Vannoy Admin. Chief
 Haja Worley Co-Founder
 Akil Rose Organizational Liaison



CLIMATE READY UPTOWN PLAN



A guide to prepare for
extreme **heat** and **flooding** in
Northern Manhattan



URBAN SYSTEMS LAB



HEAT: STAY SAFE

SUNBURN

Printed red and warm skin blisters on the skin

Stay out of the sun, take a cool bath, put lotion on sunburn, and do not break blisters

HEAT RASH

Red clusters of small blisters that look like pimples on the skin

Stop all activity and move out of the sun. Drink water or electrolytes and wait for rashes to stop

HEAT CRAMPS

Heavy sweating while outside after 1 hour, especially if you have a low sodium diet or a heart condition

GET HELP IF: cramps continue to stop, or you feel dizzy, faint, or nauseous

HEAT EXHAUSTION

Fast, weak pulse, cold, pale, and clammy skin. Nausea or vomiting, symptoms persist for longer than an hour, and/or symptoms are getting worse

GET HELP IF: fainting, weakness, dizziness, headache, or vomiting

(CAN BE FATAL) HEAT STROKE

High body temperature (103°+), hot, red, dry, damp skin. Lay person down and elevate legs slightly. Help gradually lower the person's temperature with cool clothes or a bath, sponging with cool water, or ice packs.

Call 911, this is a medical emergency

What To Do

Drink lots of water ALL day long. Avoid direct sunlight. Avoid strenuous exercise. Avoid energy sports drinks, caffeinated, or alcoholic beverages. Heat advisory. Find regularly, or the Cooling Center. Find a cooling center near you. Find a cooling center near you. Find a cooling center near you.

HEAT: BE PREPARED

The best way to protect yourself from extreme heat is through air conditioning. Other tips to stay safe include:

- See if you are eligible for a free AC (1)
- Check medications for heat-related illnesses
- Take a cold shower
- No AC? Open windows when it is cooler outside than inside. Use fans for extra cooling.
- Make sure you have water cool.
- Wear long, loose, light-colored clothing.
- Cool it NYC shows places in the city that find shade (1)
- Avoid strenuous exercise. Avoid direct sunlight. Avoid energy sports drinks, caffeinated, or alcoholic beverages. Heat advisory. Find regularly, or the Cooling Center. Find a cooling center near you. Find a cooling center near you.

FLOODING: DURING

During a storm, you **should not** leave the location you are in unless it becomes unsafe. This is called "sheltering in place"

- If you are home:
- Try to stay off your cell phone except to get updates
 - If you see water, unplug all electrical devices and move to higher ground
 - Make an indoor space for pets to relieve themselves
- If you are not home:
- Stay where you are. Avoid all travel unless there is an emergency
 - If you are outside, find somewhere to go inside immediately (i.e. store, office)
 - If you are on public transit, listen to news from MTA officials. Call 211 for emergency updates

DO NOT LEAVE YOUR LOCATION UNLESS IT BECOMES UNSAFE or you are instructed to do so. Prepare in advance so you are ready to shelter in place

In case of POWER OUTAGE (1)

During heat waves and summer storms, power outages are more common. Be careful of high indoor temperatures during power outages. If you live in a high rise building, take extra care to be prepared for a power outage.

To prepare:

- Keep extra drinking water and supplies in your home during the summer
- Keep all of your technology fully charged
- If there is a blackout, move all of your refrigerated food to the freezer

HEAT: UNDERSTANDING RISK

"Heat Index" is the "real feel" temperature. If it is humid it will feel **HOTTER**

100° one day or 95° for 2+ days = **EXTREME HEAT**

Check the risks that apply to you:

- I do not have access to AC or I do not run my AC often
- I live on a higher floor (7+)
- My apartment gets a lot of sun
- I am an older adult, or have a younger child under 12
- I live in an overcrowded home (more than one person per room)
- I have to spend more than 20 minutes outside
- It is hard to get to shaded green spaces
- If you checked one or more boxes, you need to be extra careful of your health on hot days

Additional risks:

- Obesity
- Arthritis
- Asthma or other breathing issues
- Heart Conditions
- Diabetes
- Medication
- Autoimmune conditions
- Using blood pressure medication
- Migraines
- I have underlying health conditions

FLOODING: RECOVERY

Reconnect with your Network

Send texts instead of calling to preserve cellphone battery

Organizations that help relocate friends and family (1):

- Google Person Finder
- Facebook Safety Check/Crisis Response
- Unaccompanied Minors Registry

If You Evacuated

- Only return to your home when local authorities declare it safe
- Beware of downed power lines, metal, glass or broken wood
- Avoid flood water as much as possible and get help if you come into contact with flood water and start to get sick
- Don't use any electrical products that have been flooded

Cleaning your Home After a Flood

- Do not help with cleaning if you have breathing issues or a weakened immune system
- Open all doors and windows to prevent mold from forming
- Throw out anything that flooded and has not completely dried within 36 hours
- Landlords are required to return essential services like electricity, heat and hot water as quickly as possible
- If your landlord does not return these services report with 311

ADVOCACY

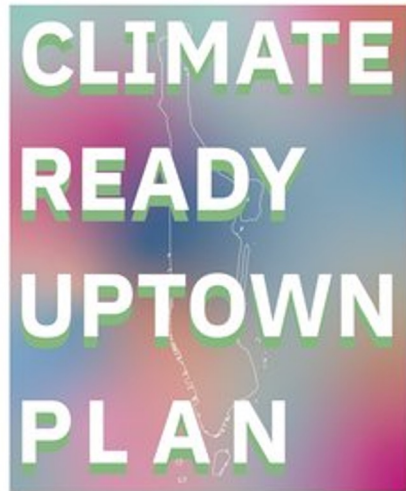
The resiliency of a community is measured by its ability to absorb, respond and recover after extreme events. A resilient Northern Manhattan needs more investments to prepare for climate change:

- Expand the Be-a-Buddy Program to Northern Manhattan
- Northern Manhattan needs more evacuation centers for better preparation for emergencies
- Increase resources directly to communities so residents can plan
- Northern Manhattan needs more evacuation centers for better preparation for emergencies
- New York City and State must implement WE ACT's Extreme Heat Agenda (1)
- Including street trees, green roofs, cooling centers, bioswales, and rain gardens to combat extreme heat and rain events
- Improve drainage and expand NYC's sewer system to handle increasing flood events

Stay Involved (1)

Join our organizations to improve the resiliency of Northern Manhattan!

WE ACT for Environmental Justice
facebook.com/harlememergencynetwork/
East Harlem COAD (Community Organizations Active in Disaster)
https://www.eastharlemcoad.org/



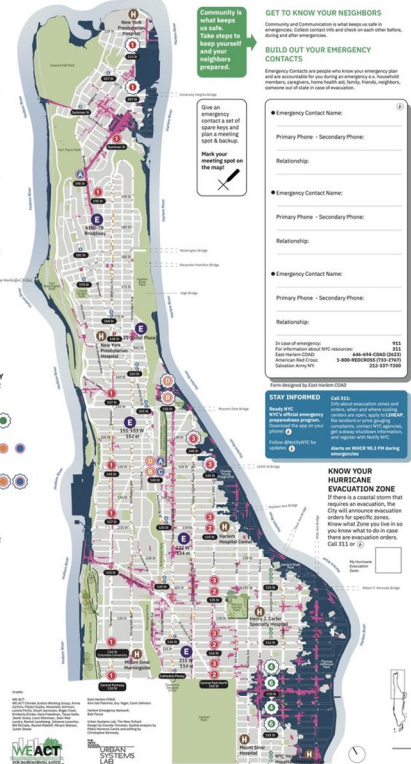
Use this guide to prepare yourself for extreme heat and flooding in Northern Manhattan

FOR MORE INFORMATION

If you see this sign, it means you are in a flood zone. For more information on flood zones, visit the City of New York's website.

PERSONALIZE YOUR PLAN

- MARK YOUR HOME
Draw a house to mark where you live
- MARK YOUR CLOSEST EVACUATION CENTER
Draw a circle around the closest evacuation center from your home
- TAKE A LOOK AT FLOODING
Flooded areas where water can reach this high
- IDENTIFY SAFER SUBWAY STATIONS AROUND YOUR HOME
Stations more likely to be impacted by coastal flooding look like this. Stations more likely to be impacted by groundwater flooding look like this. Stations more likely to be impacted by both are marked with both icons.
- IDENTIFY SAFER BUS STATIONS AROUND YOUR HOME
Bus stations look like this. See which ones are further from flooded areas and/or coastal flooding.
- HAP YOUR ROUTE TO YOUR EVACUATION CENTER AND TO YOUR NEAREST HOSPITAL
- FIND THE CLOSEST LINKNYC KIOSK
LINKNYC kiosks look like this. Use them to charge your phone and get information during a power outage.



GET TO KNOW YOUR NEIGHBORS
Evacuation zones are areas that are at risk of flooding. It's important to know who lives in your area and how to reach them in an emergency.

BUILD OUT YOUR EMERGENCY CONTACTS
Emergency contacts are people who have your emergency plan and can help you if you are in an emergency. They can help you get to safety and provide you with information on what to do in an emergency.

Emergency Contact Name: _____
Primary Phone - Secondary Phone: _____
Relationship: _____

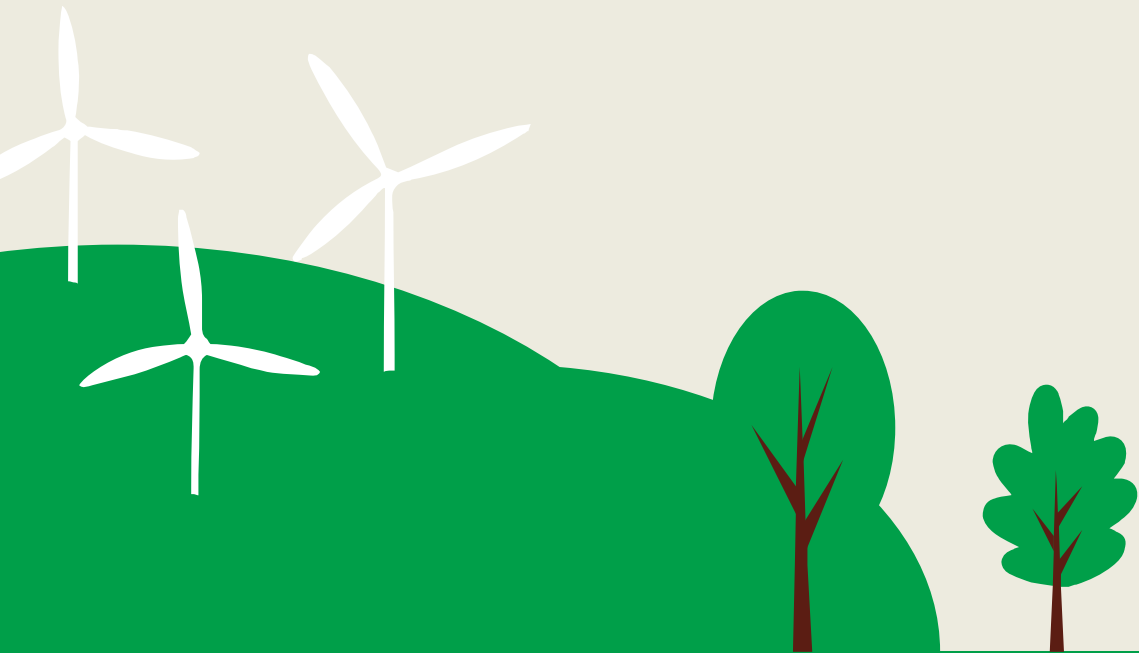
Emergency Contact Name: _____
Primary Phone - Secondary Phone: _____
Relationship: _____

Emergency Contact Name: _____
Primary Phone - Secondary Phone: _____
Relationship: _____

STAY INFORMED
Stay informed about emergency alerts and warnings. Sign up for text alerts and download the City of New York's mobile app.

KNOW YOUR HURRICANE EVACUATION ZONE
If there is a coastal storm that threatens an evacuation, the City will announce evacuation orders by specific areas. Know what Zone you live in so you know what to do in case there are evacuation orders. Call 311 or (1)

Questions?

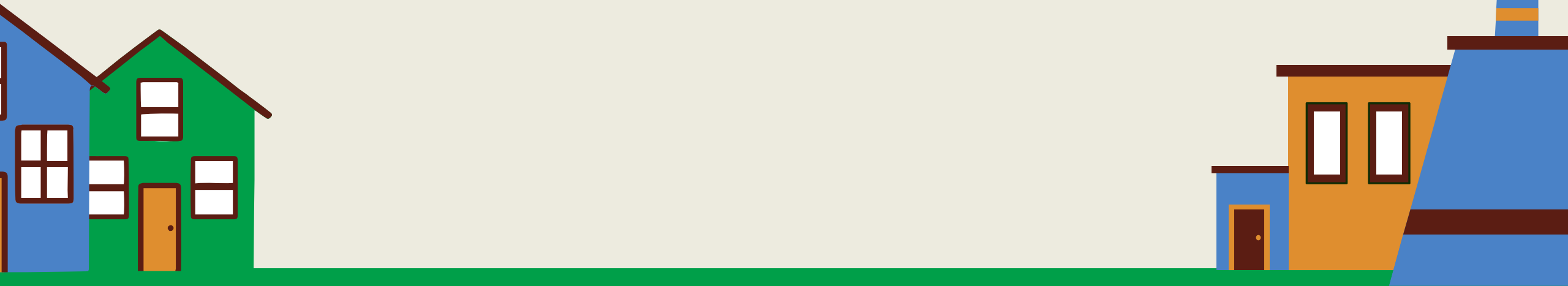


03

Group Assignment



Discussing Final Group Projects



Next Week's Assignment:

Submit an environmental justice strategy for your policy proposal

The strategy should include a power mapping analysis of key stakeholders and veto players involved in this proposal, as well as an escalation plan for this policy across one legislative cycle for whatever legislative body is involved in your proposal

