

Cool Off! Ways to Beat the Heat

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Extended hot weather with high humidity is expected for several days. Montgomery Health Department reminds residents to be self-aware, stay cool and hydrated, and avoid over-exertion on hot summer days.

The Montgomery branch and all locations of the Somerset County Library System are great air-conditioned spots to relax and cool off in the heat of the day. Check their [days and hours](#).

Shopping malls and movie theaters are other cool destinations for beating the heat. Please check-in on neighbors and friends in town when the heat peaks this summer, especially elderly residents or families with young children.

COOLING TIPS:

- Hot cars can kill within minutes. Never leave children or pets alone inside parked cars. Leaving windows down does not prevent temperatures inside a car from rising to deadly levels and idling is not advised - cars can stall and air conditioners can fail.
- Room air-conditioning is the number one protective factor against heat-related illness.
- Drink plenty of water (fluids) throughout the day and less tea, coffee, cola and alcoholic beverages. Do not wait until you feel thirsty to drink.
- Reduce or schedule outdoor activity for cooler times of the day, before 10 a.m. and after 6 p.m.
- During outdoor activities, take frequent breaks.
- Wear lightweight, light-colored, loose-fitting and open-woven clothes.
- Wear a vented hat in the sun to protect yourself from the sun's rays. Don't forget sunscreen!
- Know the signs of [heat stroke and heat exhaustion](#) and what to do if they occur.

If you have a health condition that requires limiting fluids, talk with your doctor. Certain medications are known to increase the risk of heatstroke/sunstroke. Talk to your doctor or pharmacist, or more information is available from the experts at the [New Jersey Poison Control Center](#) (1-800-222-1222).