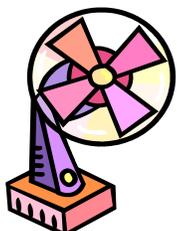


HOT WEATHER HEALTH ADVISORY

Hot weather especially when combined with high humidity can make us sick very quickly if we are not careful. Hot, humid weather makes the body work extra hard to maintain a normal temperature and it can also make it more difficult to breathe. Protect yourself against extreme hot & humid weather with a few simple health and safety tips.



- 1. TAKE SPECIAL PRECAUTIONS:** The elderly, people with a chronic illness, babies and young children under five years of age are particularly sensitive to heat's effects. Be sure to offer plenty of liquids to drink, keep them in the shade, and take care not to overdress them. Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone. See if your municipality has an emergency cooling center for community members.
- 2. GET OUT OF THE HEAT:** Take advantage of air conditioned facilities such as public libraries indoor shopping malls, movie theaters, community buildings, or senior citizen centers. If you must go outside, limit excursions to early morning or later in the day when temperatures are lower.
- 3. STAY IN THE SHADE** When outdoors stay out of direct sun . There can be a ten to fifteen degree difference in the temperature in the shade.



- 4. USE FANS, EVEN IF YOU HAVE AIR CONDITIONING:** While electric fans do not cool, a fan in each room will help to circulate air and lower temperatures. If you don't have air conditioning ... create cross-ventilation by opening windows on two sides of the building, keep curtains, shades or blinds drawn during the hottest part of the day, and open windows at night.
- 5. COOL YOUR BODY TEMPERATURE** If possible, take a cool bath or shower or let children play in a shaded pool or sprinkler. Cool water helps dissipate body heat. DO NOT exercise outdoors during hot, humid weather. If you have to work outdoors, avoid strenuous work during the hottest part of the day, drink water on a continuous basis, wear a hat for shade, take frequent breaks to get out of the heat, and use a buddy system for safety.
- 6. NEVER-EVER LEAVE CHILDREN OR PETS ALONE IN A CLOSED VEHICLE**
- 7. WEAR LOOSE FITTING CLOTHING IN LIGHTER COLORS:** Dark colors will absorb heat. Light colored loosely woven cotton and linen or breathable fabrics are best. Protect your face and head by wearing a wide-brimmed hat.
- 8. DRINK PLENTY OF FLUIDS:** Try to drink 8 - 10, cups of liquid daily. Carry water or diluted juice with you and sip continuously even if you do not feel thirsty. Snack on fruits & veggies since they have a high water content.



9. **AVOID ALCOHOL, CAFFEINE** Stay away from caffeinated beverages and alcohol, which can dehydrate the body. Alcohol may also dull your perception of the actual temperature.
10. **SALT AND ELECTROLYTES:** Don't take salt tablets unless you check with your doctor first. You get enough salt from your food or drinking a sports drink.

Warning signs & treatment of common heat-related problems:

DEHYDRATION: Dehydration occurs when your body loses more fluid than it takes in, and doesn't have enough water and other fluids to carry out its normal functions. Not drinking enough water during hot weather or exercise can cause dehydration. Symptoms include dry mouth, thirst, headache, dizziness, cramps, excessive fatigue and irritability. You can usually reverse mild dehydration by drinking more fluids, but severe dehydration needs immediate medical treatment.

HEAT RASH: ("prickly heat") is caused by blocked sweat ducts. Although not dangerous, the rash has a tingly or prickly feeling. Shower or wash often, dry your skin completely and change into dry clothing. Stay out of the heat until the rash is gone.

HEAT CRAMPS: (mild to severe muscle cramps in the arms, legs or abdomen) are due to profuse perspiration. Look for pale, moist skin with heavy sweating and occasional nausea or faintness. Move the person to a cool area but **do not** massage the cramped muscles. If not nauseous, slowly sip one or two glasses of an electrolyte drink (*Gatorade*). Do not resume the activity which caused the cramps for at least 12 hours or the cramps may return.

HEAT EXHAUSTION: is a mild form of shock from excess exposure to heat. Look for pale, clammy skin with profuse sweating, headache, dizziness, fatigue, and cramping. Body temperature remains close to normal. Move the person to a cool area.

HEAT STROKE ("sunstroke") occurs when the body can't rid itself of excess heat, and there is a sudden rise in body temperature. Symptoms appear rapidly: look for very hot and dry skin (no sweat), dizziness, nausea, confusion and unconsciousness. Lower the body temperature as quickly as possible. Move the person to a cool area, or immerse in/pour cool water over the person. **SEEK MEDICAL ATTENTION IMMEDIATELY: HEAT STROKE CAN BE FATAL**

The New Jersey Board of Public Utilities (NJBPU) reminds the public that electric utilities are prohibited from disconnecting service during periods of excessive heat to eligible residential customers. People who are having difficulties with their electric bills should contact their electric company as soon as possible to make payment arrangements. In addition, a number of energy assistance programs may still have funding available. For more information please call 2-1-1 or go to the NJBPU web site at www.nj.gov/bpu/.

Montgomery Township Health Department

Serving Montgomery & the Boroughs of Hopewell, Pennington, & Rocky Hill



Public Health
Prevent. Promote. Protect.