

NJ Office of Emergency Management



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FOR IMMEDIATE RELEASE:

July 6, 2010

NJ Office of Emergency Management Offers Tips to Beat the Heat!

West Trenton, NJ - The New Jersey Office of Emergency Management, in coordination with the National Weather Service, is monitoring an early summer heat wave, anticipated to begin extend into this week. At present, temperatures are being estimated to hit in the upper 90s and possibly even reach 100 degrees or higher.

"High temperatures and humid conditions have the possibility of making outdoor activities and non air-conditioned facilities extremely dangerous and uncomfortable," said Colonel Rick Fuentes, State Police superintendent and director of the Office of Emergency Management. "Be mindful of the threats that heat waves pose such as heat cramps, heat exhaustion, heat stroke and sometimes death. These threats can be minimized and eliminated if we practice heat related precautions and guidelines."

Colonel Fuentes suggested the following heat related emergency safety tips:

- Stay indoors in air conditioning as much as possible
- If you do go outside stay in the shade
- If your home is not air conditioned, spend at least two hours daily at an air conditioned mall, library or other public place
- Wear sunscreen outside, along with loose fitting light colored clothes that cover as much skin as possible
- Drink water regularly even if you are not thirsty. Limit alcohol, and sugary drinks which speeds dehydration
- Never leave children or pets alone in the car
- Avoid exertion during the hottest part of the day
- Take a cool shower or bath
- Be a good neighbor, check on elderly and special needs individuals in your community who may need assistance keeping cool

Additionally, residents should contact their local and/or county offices of emergency management regarding any open cooling stations.

For more information regarding heat related emergencies, please log on to www.ready.nj.gov or call 211.

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