

DHSS and The Town of Morristown encourage Preventative Measures During Extreme Heat and Humidity

Temperatures in New Jersey are expected to hit the mid-90's over the summer the NJ Department of Health, Morristown Division of Health and Senior Services recommend residents take precautions to avoid heat-related illnesses such as heat exhaustion and heat stroke.

"The best way to avoid heat stroke is to drink plenty of fluids, stay in cool places and avoid over exerting yourself," said Health and Senior Services Commissioner Mary O'Dowd. "The Department also recommends that residents check on elderly family members and neighbors to make sure they are safe. Extreme heat and humidity can be especially dangerous to the elderly, young children and persons taking certain medications."

To safeguard against health complications from excessive heat, it is suggested you following these suggestions:

- Drink plenty of water or other non-alcoholic beverages.
- For those without air conditioning, spending time in air-conditioned places such as libraries, movies, malls. Morristown Senior Center or other public buildings during the hottest hours of the day.
- Wearing sunscreen, a hat and loose and light-colored clothing when outdoors
- Avoiding outdoor activity during the hottest hours of the day and reducing physical activity or reschedule it for cooler times of the day.
- Never leaving children, a frail elderly or disabled person, or pets in an enclosed car -- not even for a minute -- as temperatures can quickly climb to dangerous levels.

- Extreme temperatures and humidity can also bring on heat stroke and heat exhaustion. People suffering heatstroke can go from appearing normal to extremely ill in a matter of minutes. Symptoms include having hot, dry skin, a high body temperature of 106 degrees or more, an absence of sweat, and a rapid and strong pulse. Victims may become delirious or unconscious. Persons suffering from heatstroke need immediate medical attention.

Heat exhaustion is a milder illness that may take several days of high temperatures to develop. Victims may have pale, clammy skin and sweat profusely. They may feel tired, weak or dizzy and have headaches or sometimes cramps, but their body temperature will remain close to normal.

For more information on preventing heat-related illness, please visit the DHSS web site at www.nj.gov/health/eoh/hhazweb/cool.htm<<http://www.nj.gov/health/eoh/hhazweb/cool.htm>>.

Morristown cooling center is available and located at 200 South Street the phone number is 973 292-6690 for any questions.

