



Preventing Heat-related Illness (HRI)

Protect Yourself and Others

- Heat-related illness can affect everyone, especially vulnerable populations.
- Heat exhaustion and heat stroke are dangerous and can be life threatening.

Watch for signs of heat-related illnesses and take actions to help yourself and others. **Learn and look** for the warning signs of heat cramps, heat exhaustion, and heat stroke.

Types of heat-related illness

Heat Exhaustion Symptoms

- Heavy sweating
- Headache
- Weakness
- Fatigue
- Dizziness
- Nausea or vomiting
- Muscle cramp



Heat Stroke Symptoms

- Very high body temperature
- Red, hot, dry skin (no sweating)
- Rapid, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion, loss of consciousness

What to do for heat exhaustion

- Move to a cool place
- Loosen clothing
- Put cool, wet cloths on body or take cool bath
- Drink cool water

Get medical help for any of the following:

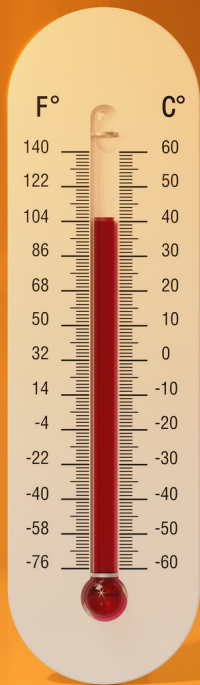
- Person throws up or cannot drink
- Symptoms get worse
- Symptoms last longer than one hour

What to do for heat stroke

Seek immediate medical attention

Call 9-1-1 right away

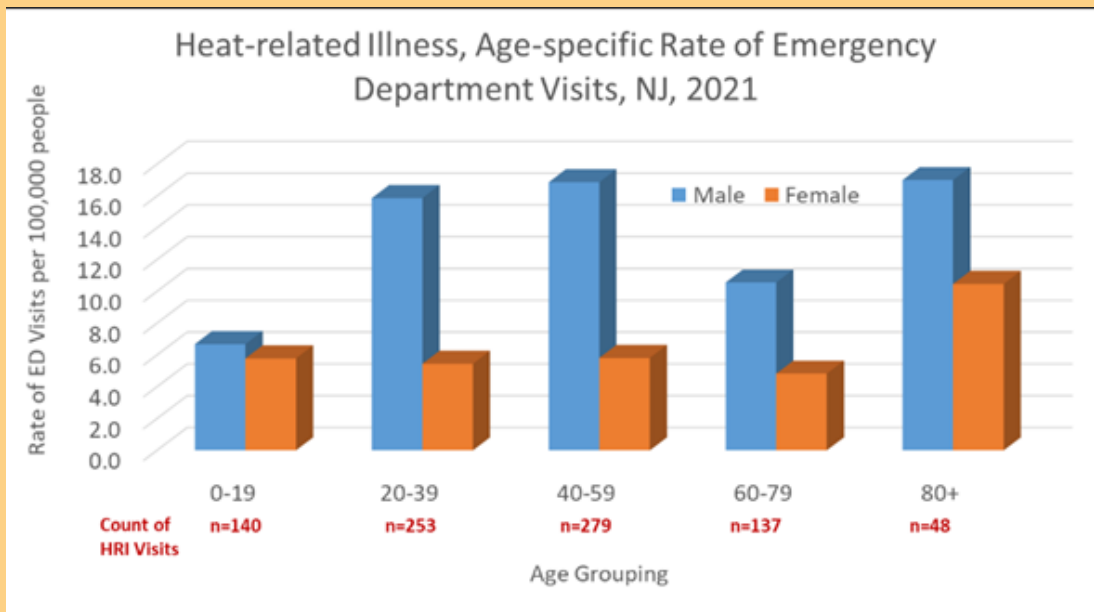
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or cool bath



Who is most at risk for heat-related illness?

- People older than 65
- Outdoor workers
- Infants and children
- People who live alone
- People without air conditioning
- People with chronic conditions (e.g., diabetes, cardiovascular disease, and respiratory disease)
- People on certain medications

Age and Gender breakdown of 857 people who went to NJ Emergency Departments in 2021



Actions you should or can take to prevent HRI

Beware of hot cars. Never leave children, people with disabilities, elderly persons, or pets in a parked car, even for a short time. On an 80°F day, the temperature inside a car can reach 100°F in less than 10 minutes.

Children, People with Disabilities, and Pets in Cars

- It only takes **two minutes** for a car to reach unsafe temperatures.
- Even the most caring and watchful person can forget a child or pet is in the vehicle. Always check to make sure all children and pets are out of the car before locking it and walking away.
- Teach children that cars are not safe places to play. Store your keys out of reach of children.
- Leave pets at home when you can.

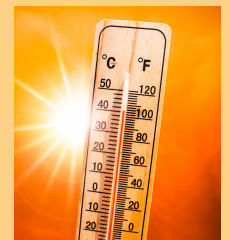


A child's body warms three to five times faster than an adult's.

Never leave infants, children, or pets in a parked car.

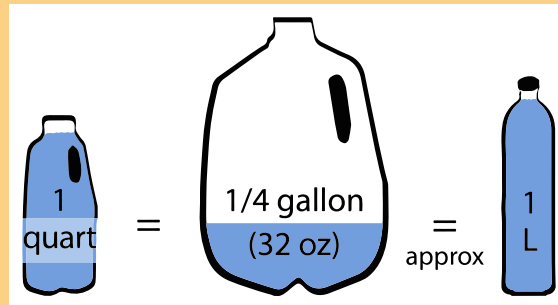
Avoid the hottest part of the day. Check the weather report and schedule outdoor activities to avoid the hottest hours of the day. Wear lightweight, loose, light-colored clothing and take frequent, air-conditioned breaks. Avoid direct sunlight.

Check on your neighbors and loved ones. In an extreme heat event, check to make sure that your neighbors and loved ones are safe, and look for signs of heat-related illness, especially if the person is elderly or lives alone.



For people without air conditioning or vulnerable populations, call **NJ 2-1-1** for information regarding Cooling Centers, visit: nj211.org/nj-cooling-centers or go to your county's Office of Emergency Management.

Stay Hydrated. Drink more water than usual and drink before you get thirsty. Avoid alcohol or liquids that have high amounts of sugar and/or caffeine. It is also important to eat regular meals that replace salt lost from sweating. When working or being active in the heat, drink about one quart of water per hour.



Stay informed. Get alerts from your county or local emergency management office by signing up for email and/or text alerts. Pay attention to weather reports when it is hot or if a heat emergency is declared. Many weather phone apps also provide National Weather Service (NWS) heat alert information.

Protect yourself and your employees if you are working outside

For outdoor workers. Please visit the CDC/National Institute for Occupational and Safety (NIOSH) Heat Stress webpage for comprehensive guidance/actions to protect workers from heat-related illness: [cdc.gov/niosh/topics/heatstress/default.html](https://www.cdc.gov/niosh/topics/heatstress/default.html). For additional actions to protect yourself, visit [OSHA's Hazard Alert](#), and see: bit.ly/NIOSH_HeatStress and bit.ly/OSHA_HeatStress.

Other Resources

American Veterinary Medical Association's Pets in Vehicles: bit.ly/AVMA-pets-in-cars
American Academy of Pediatrics' Prevent Child Deaths in Hot Cars: bit.ly/PreventChildDeathsInHotCars
CDC's Warning Signs and Symptoms of Heat-Related Illness: [cdc.gov/disasters/extremeheat/warning.html](https://www.cdc.gov/disasters/extremeheat/warning.html)
CDC's Extreme Heat: [cdc.gov/disasters/extremeheat/](https://www.cdc.gov/disasters/extremeheat/)
CDC's Extreme Heat: Tips for Preventing Heat-Related Illness: bit.ly/CDC_PreventHRI
CDC's Heat Stress and Hydration: [cdc.gov/niosh/mining/userfiles/works/pdfs/2017-126.pdf](https://www.cdc.gov/niosh/mining/userfiles/works/pdfs/2017-126.pdf)
CDC's Protecting Vulnerable Groups from Extreme Heat: [cdc.gov/disasters/extremeheat/specificgroups.html](https://www.cdc.gov/disasters/extremeheat/specificgroups.html)
NJ EPHT Climate Page: bit.ly/NJEPHTClimateChange
NJSHAD Health Indicator Report of Hospitalization and Emergency Dept. Visits for HRI: bit.ly/HRIbyMonth
National Oceanic Atmospheric Administration's Keep your pets cool: bit.ly/NWS-Keep-pets-cool
National Weather Service's Children, Pets, and Vehicles: [weather.gov/safety/heat-children-pets](https://www.weather.gov/safety/heat-children-pets)
Ready.gov's Extreme Heat: [ready.gov/heat](https://www.ready.gov/heat)