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Staying Safe During Summer Heat Waves



An extended period of high heat and humidity is expected in Ewing Township through at least Sunday with high temperatures in the low to mid 90s each day. These temperatures can create heat related stress, particularly among seniors, children, and those with pre-existing conditions, especially if they live without air conditioning.

Below are some key strategies for keeping everyone safe during heat waves:

- Never leave people or pets in a closed car on a warm day.
- People without air conditioning should reach out to NJ 2-1-1 for information regarding Cooling Centers: www.nj211.org/nj-cooling-centers
- Take cool showers or baths.
- Wear loose, lightweight, light-colored clothing.
- Use your oven less to help reduce the temperature in your home.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Drink plenty of fluids to stay hydrated.
- Avoid high-energy activities or work outdoors, during midday heat, if possible.
- Check on family members, seniors and neighbors.
- Watch for heat cramps, heat exhaustion and heat stroke (see below).
- Consider pet safety. If they are outside, make sure they have plenty of cool water and access to comfortable shade. Asphalt and dark pavement can be very hot to your pet's feet.
- If using a mask, use one that is made of breathable fabric, such as cotton, instead of polyester. Don't wear a mask if you feel yourself overheating or have trouble breathing.

Heat events (heatwaves) are not just uncomfortable but can be dangerous and residents should seek immediate medical attention if they are experiencing signs of heat stroke or are experiencing symptoms of heat exhaustion that do not improve within one hour. The table to the right details the warning signs of heat stroke and heat exhaustion:

Heat Stroke	Heat Exhaustion
Very high body temperature	Heavy sweating
Red, hot, dry skin (no sweating)	Headache
Rapid, strong pulse	Weakness
Headache	Fatigue
Dizziness	Dizziness
Nausea	Nausea or vomiting
Confusion, loss of consciousness	Muscle cramps