NJHealth
New Jersey Department of Health

Prevent Heat-Related Illness (HRI)
Protect yourself and others

HRI can affect everyone, especially vulnerable populations.

Heat exhaustion and heat stroke are dangerous and can be life-threatening.

Recognition and Treatment

Heat Exhaustion

Signs

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

What to do

- Move to a cool place.
- Loosen clothing.
- Put cool, wet cloths on body or take a cool bath.
- Drink cool water.
- Get medical help for any of the following:
  - Throwing up or cannot drink
  - Symptoms get worse
  - Symptoms last longer than one hour

Heat Stroke

Signs

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

What to do

- Seek immediate medical attention. **Call 9-1-1 right away.**
- Move to a cool place.
- Lower temperature with cool cloths or a 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 (e.g., diuretics, some antipsychotic medications, some antidepressants, some antihypertensive agents)

Learn more about heat-related illness and how to protect yourself and your loved one. Visit bit.ly/4lpGWrY.

Prevention
Actions you can take to prevent HRI

For yourself



- **Stay hydrated**. Drink more water than usual and drink before you get thirsty. When working or being active in the heat, drink about one quart of water per hour.
- Avoid alcohol or liquids that have high amounts of sugar and/or caffeine.
- If you need to be outside:
  - Wear lightweight, loose, light-colored clothing.
  - Take frequent, air-conditioned breaks.
  - Avoid direct sunlight.

Check weather reports and reschedule or postpone outdoor activities to another time or day when temperatures are cooler.

For people without air conditioning or vulnerable populations, call NJ 2-1-1 for information regarding Cooling Centers, visit nj211.org/nj-cooling-centers.

For others

Use a Buddy System

- Check on friends, neighbors, older adults, those who have health conditions and/or are on certain medications that can make them more vulnerable to extreme heat. Help others find a cooling center or access to indoor environments with air conditioning.

Beware of hot cars

- It only takes two minutes for a car to reach unsafe temperatures.
- Never leave infants, children, people with disabilities, elderly persons, or pets in a parked car.
- 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.

For pets

Pets feel the heat just as much as humans do, and they can also suffer from heat-related illnesses.

Follow these guidelines to protect your pet when it's hot:

- Never leave your pet in a parked car. Cracked windows won't protect your pet from suffering from heat stroke, or worse, during hot summer days.
- Provide fresh, cool water every day in a tip-proof bowl.
- Exercise pets in the early morning or evening hours.
- Avoid exposure to asphalt and concrete, which can get very hot and cause severe burns on the pads of your pet's feet.
- Always provide your pet with shade and shelter to protect it from extreme temperatures.



NJHealth
New Jersey Department of Health