



SUMMER SAFETY TIPS TO BEAT THE HEAT

The following information is from The County of Gloucester Office of Emergency Management and Gloucester County Emergency Medical Services (EMS):

In the summer, the combination of high heat and humidity can be very dangerous.

People at risk during these weather conditions include:

- People with disabilities and/or people who have diabetes, heart and respiratory conditions
- The elderly
- Infants and preschool children
- People taking certain medications, for example, mental health conditions. For partial list of medications that may cause higher risk

Tips on how to avoid heat-related illness:

- Drink lots of water and natural fruit juices even if you don't feel very thirsty.
- If you don't have air conditioning, keep drapes drawn and blinds closed on the sunny side of your home, but keep windows slightly open.
- Fans alone may not provide enough cooling when the temperature is high.
- Go to air conditioned or cool places such as shopping malls, libraries, community centers or a friend's place.
- Spend some time near the lake or waterfront where it is cooler.
- Wear loose fitting, light clothing.
- Keep lights off or turned down low.
- Take cool bath or shower periodically or cool down with cool, wet towels.
- Avoid alcoholic beverages, coffee and cola.
- Avoid going out in the blazing sun or heat when possible. If you must go outside, stay in the shade as much as possible and plan to go out early in the morning or evening when it is cooler & smog levels may not be as high in the afternoon. Wear a hat.
- Avoid heavy meals and using your oven.
- Avoid intense or moderately intense physical activity.
- Never leave a child in a parked car or asleep in direct sunlight.
- Consult your doctor or pharmacist regarding the side effects of your medications.



Summer Safety: Fan Facts

DO...

- Use your fan in or next to a window. Box fans are best.
- Use a fan to bring in the cooler air from outside.
- Use your fan by plugging it directly into the wall outlet

DON'T...

- Use a fan in a closed room without windows or doors open to the outside.
- Believe that fans cool air. They don't. They just move the air around. Fans keep you cool by evaporating your sweat.
- Use a fan to blow extremely hot air on yourself. This can cause heat exhaustion to happen faster.

If you're afraid to open your window to use a fan, choose other ways to keep cool. See the other tips listed above.

Get help from a friend, relative or doctor if you have these symptoms of heat illness:

- Rapid breathing or difficulty breathing
- Weakness, dizziness or fainting
- More tiredness than usual
- Headache
- Confusion
- Nausea

Friends and relatives can help someone with heat illness by doing the following:

- Call for help
- Remove extra clothing from the person
- Cool the person with lukewarm water, by sponging or bathing
- Move the person to a cooler location
- Give the person sips of cool water not ice cold water

Even a few hours in cooler environment during extremely hot weather lowers the core body temperature and helps save lives.



County Of Gloucester
Department of Emergency Management
1200 N. Delsea Dr. Clayton, NJ 08312



Cooling Centers for Gloucester County

Franklinville, Franklin Community Center, 1584 Coles Mill Road

Glassboro Senior Center, 152 S. Delsea Dr.

Mantua Township Community Center, 111 Mercer Ave.

Paulsboro, Second Baptist Church, 1534 Pine Street

Thorofare, Fire Hall, Fire House Road

Williamstown, Pfeiffer Community Center, 301 Blue Bell Road

In an emergency call 9-1-1