



COUNTY OF HUNTERDON
DEPARTMENT OF PUBLIC SAFETY
DIVISION OF EMERGENCY MANAGEMENT



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***NATIONAL WEATHER SERVICE:
"Two Major Weather Events Pose Threats Today – Damaging Winds Possible"***

FLEMINGTON, NJ – The National Weather Service has issued a briefing regarding two weather events that will threaten our area today. Excessive heat and severe weather are both expected today in our area. The National Weather Service has issued a Heat Advisory for Hunterdon County from noon until 8PM this evening. Showers and thunderstorms will move through this morning and then pose a threat again this afternoon into this evening. The Storm Prediction Center in Norman, OK has placed Hunterdon County (and much of New Jersey) under a moderate risk for severe weather and warns about threats including wind in excess of 75MPH and large hail. A tornado cannot be ruled out, and straight-line winds are expected to dominate. The final storm track will ultimately determine which areas experience specific impacts, but everyone should be prepared.

The Hunterdon County Emergency Management Division is reinforcing the message as well, urging residents and visitors to be prepared for the dangerous conditions and to have a plan. "When it comes to the severe weather threat posed today, residents and visitors alike should have a plan to take action should the threats come to fruition. Our website has some great tips on developing a plan and a 'go-kit' for you and your family. Be prepared to seek shelter immediately in an interior room of a sturdy building, away from windows and on the lowest level possible, preferably a basement. Do not go outside until you are sure the storm has passed. Power outages are a strong possibility if the severe weather develops, based on the guidance provided from the National Weather Service. Winds in excess of 75MPH are within hurricane force criteria. Because of such guidance we are taking this threat very seriously. When discussing power outages, preparations should be made with the mindset that the power could be out for an extended period of time. Power outages and utility disruption should be reported to your service provider. Do not call 9-1-1 to report a power outage."

Emergency Management Coordinator Brayden Fahey outlines, "With regard to the excessive heat threat, the elderly, young children and infants and those who are medically compromised are most at risk to heat related illness. We are recommending everyone limit their time outdoors tomorrow and stay hydrated. While we have recently faced a long period of hot weather, tomorrow's forecast indicates it will be the most dangerous conditions we have seen this summer. If someone is experiencing a medical emergency the 9-1-1 system should be activated and professional assistance summoned quickly. While the emphasis about the severe weather threat is being directed at today, the heat may last into Saturday." Fahey recommends residents

and visitors monitor future forecasts from the National Weather Service, as well as other news releases.

The Emergency Management Division is also asking residents to become prepared and to educate themselves about the signs and symptoms of heat emergencies. According to the Center Disease Control, “Heat Stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body’s temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperatures may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided. Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, those with high blood pressure, and those working or exercising in a hot environment.”

<u>SIGNS AND SYMPTOMS</u>	
<u>HEAT STROKE</u>	<u>HEAT EXHAUSTION</u>
Extremely high body temperature (above 103F)	Heavy sweating
Red, hot and dry skin (no sweating)	Paleness
Rapid, strong pulse	Muscle Cramps
Throbbing headache	Tiredness
Dizziness	Weakness
Nausea	Dizziness
Confusion	Headache
Unconsciousness	Nausea or Vomiting
	Fainting

To become better prepared, visit our website: <http://www.co.hunterdon.nj.us/oem.html>

Fahey advises, “Our office will continue to monitor this event. We share all weather briefings and products received from the National Weather Service with the first responder community, local emergency management offices, other county departments and divisions, as well as partners in the private sector, to ensure continuity and preparedness across all levels of government. We encourage residents without air conditioning to take advantage of the cooling centers (located below) that will be open during their normal hours of operation. It is also important for those without air conditioning to consider the possibility of staying with friends or family who has AC in their homes, or visiting shopping centers or other public buildings that can provide relief from the heat.”

Hunterdon County Identified Cooling Centers

Hunterdon County Library North Campus – 65 Halstead St Clinton, NJ 08809

Hunterdon County Library Main Campus – 314 Rt 12 Flemington, NJ 08822

Hunterdon County Library South Campus - 1108A Old York Rd Ringoes, NJ 08551

Library hours of operation can be found here:

<http://www.hclibrary.us/branches/allbranches.htm#hcl>

Below are some additional tips for dealing with excessive heat:

- AIR-CONDITIONING IS THE NUMBER ONE PROTECTIVE FACTOR AGAINST HEAT-RELATED ILLNESS AND DEATH. DURING CONDITIONS OF EXTREME HEAT, SPEND TIME IN LOCATIONS WITH AIR-CONDITIONING SUCH AS SHOPPING MALLS, PUBLIC LIBRARIES, ETC.
- GET INFORMED. LISTEN TO LOCAL NEWS AND WEATHER CHANNELS AND MONITOR THE EMERGENCY MANAGEMENT DIVISION'S WEBSITE AT, [HTTP://WWW.CO.HUNTERDON.NJ.US/OEM.HTML](http://www.co.hunterdon.nj.us/oem.html)
- DRINK COOL, NONALCOHOLIC BEVERAGES AND INCREASE YOUR FLUID INTAKE, REGARDLESS OF YOUR ACTIVITY LEVEL.
- NEVER EVER LEAVE ANYONE INSIDE A PARKED CAR. THAT INCLUDES CHILDREN, THE ELDERLY, PETS. NOAA'S NATIONAL WEATHER SERVICE ADVISES THAT EVEN WHEN ITS ONLY 80 DEGREES OUTSIDE, IT CAN TAKE JUST TWO MINUTES FOR THE INSIDE OF YOUR CAR TO HEAT UP TO 123 DEGREES.
- HEAT STRESS FROM EXERTION OR WORKING IN HOT ENVIRONMENTS PLACES YOU AT RISK FOR ILLNESSES SUCH AS HEAT STROKE, HEAT EXHAUSTION, OR HEAT CRAMPS. STUDIES INDICATE THAT, OTHER THINGS BEING EQUAL, THE SEVERITY OF HEAT DISORDERS TEND TO INCREASE WITH AGE. CONDITIONS THAT CAUSE CRAMPS IN A 17 YEAR OLD MAY RESULT IN HEAT EXHAUSTION FOR SOME AGE 40 AND HEAT STROKE IN A PERSON OVER 60.
- AVOID HEAVY EXERTION, EXTREME HEAT, AND SUN EXPOSURE WHENEVER POSSIBLE.
- MONITOR HIGH RISK INDIVIDUALS BY CHECKING ON ELDERLY NEIGHBORS AS WELL AS CHILDREN.
- SPEND TIME IN AIR CONDITIONED AREAS AS MUCH AS POSSIBLE.
- LIMIT OUTDOOR ACTIVITY TO EARLY MORNING OR THE EVENING HOURS.
- DRINK PLENTY OF FLUIDS THROUGHOUT THE DAY. AVOID CAFFEINATED AND ALCOHOLIC BEVERAGES WHICH CAN INCREASE THE RISK OF DEHYDRATION
- DRESS IN LIGHT COLORED LOOSELY FITTING CLOTHING.
- MAKE SURE YOUR CHILD'S SAFETY SEAT AND SEAT BUCKLES ARE NOT TOO HOT BEFORE SECURING YOUR CHILD IN A SAFETY RESTRAINT SYSTEM, ESPECIALLY WHEN YOUR CAR HAS BEEN PARKED IN THE HEAT.

Sources: Centers for Disease Control and Prevention; National Weather Service – Mount Holly, NJ