



**Hunterdon County Department of Public Safety
OFFICE OF EMERGENCY MANAGEMENT
EMERGENCY PREPAREDNESS**

www.co.hunterdon.nj.us/oem.htm

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INFORMATION AND PRECAUTIONS FOR THE UPCOMING HEAT WAVE FROM THE NATIONAL WEATHER SERVICE, MOUNT HOLLY, NJ:

LAST YEAR...HEAT RELATED FATALITIES WERE THE SECOND HIGHEST AMONG ALL THE WEATHER RELATED DEATHS...SECOND ONLY TO TORNADOES AND MORE THAN DOUBLE ALL OTHER CAUSATIVE FACTORS INCLUDING FLOOD... LIGHTNING...HURRICANE...AND WINTER.

THE 10 YEAR AVERAGE ALSO RANKS HEAT AS THE SECOND GREATEST WEATHER RELATED CAUSE OF FATALITIES.

WHAT TO DO...

FIRST AND FOREMOST...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.

SUNBURN WITH ITS ULTRAVIOLET RADIATION BURNS CAN SIGNIFICANTLY RETARD THE SKINS ABILITY TO SHED EXCESS HEAT.

HEAT CRAMPS ARE PAINFUL SPASMS USUALLY IN THE MUSCLES OR LEGS AND ABDOMEN AND ASSOCIATED WITH HEAVY SWEATING. TAKE SIPS OF WATER. IF NAUSEA OCCURS...DISCONTINUE WATER.

HEAT EXHAUSTION...HEAVY SWEATING, WEAKNESS, SKIN COLD PALE AND CLAMMY. FAINTING AND OR VOMITING. GET OUT OF THE SUN...LAY DOWN AND LOOSEN CLOTHING. TRY TO GET INTO AN AIR CONDITIONED ROOM. APPLY COOL WET CLOTHS. TRY SIPS OF WATER. IF NAUSEA OCCURS...DISCONTINUE WATER. IF VOMITING CONTINUES...SEEK IMMEDIATE MEDICAL ATTENTION.

HEAT STROKE IS DANGEROUSLY HIGH BODY TEMPERATURE ...ABOUT 106F OR HIGHER. IT RESULTS IN HOT DRY SKIN...RAPID STRONG PULSE...POSSIBLE UNCONSCIOUSNESS. THIS IS A SEVERE MEDICAL EMERGENCY AND GET THE PERSON TO A HOSPITAL IMMEDIATELY!!! DELAY CAN BE FATAL. WHILE WAITING FOR EMERGENCY ASSISTANCE, TRY AND MOVE THE VICTIM TO A COOLER ENVIRONMENT. REDUCE BODY TEMPERATURE WITH A COLD BATH OR SPONGING. DO NOT GIVE FLUIDS.

HERE IS WHAT YOU CAN DO AT HOME OR AT WORK TO REDUCE YOUR RISKS.

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.