



COUNTY OF HUNTERDON
DEPARTMENT OF PUBLIC SAFETY
DIVISION OF EMERGENCY MANAGEMENT



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FOR IMMEDIATE RELEASE

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Hunterdon County OEM Prepared For Hot Weather

The Hunterdon County Office of Emergency Management (OEM) reports that the National Weather Service warns of high temperatures over the next few days into the weekend, that could exceed 100°, which presents potentially dangerous conditions that the OEM has prepared for.

OEM Coordinator Brayden Fahey told the Freeholder Board at Tuesday's meeting, "The main County Library is available to the public if needed for relief from the heat. In an extreme situation, building #1 at the County Complex on Route 12 is also available. Both are supported by permanent generators to supply independent power."

The Weather Service advises that the hottest days are expected to be Friday through Sunday. On those days, heat index values of 100° to 105° are possible. These temperatures are of serious concern to all, but particularly to the elderly, children, and those with pre-existing medical conditions.

The heat index, according to the National Weather Service, is a measure of how hot it really feels when relative humidity is factored in with the actual air temperature.

Fahey noted, "The simplest and best thing people can do is practice heat safety wherever you are. Limit strenuous activity, stay hydrated, avoid direct sunlight for prolonged periods of time and keep your body temperature low with a cool shower, cold compresses or air conditioning when available. To receive updates in the event of a power outage or other issue, we recommend that residents visit the County website to sign up for our Community Alerts system."

JCP&L suggests setting your thermostat to 78° to save energy, changing your air conditioner filter, using fans to keep air moving in your home, keeping all window shades closed during peak heat times, close rooms that are not regularly used, only operate window air conditioners when someone is in the room and avoid using heat-producing appliances during the hottest hours of the day. Fahey added that, "Utility issues should be reported directly to the provider. Please do not call 9-1-1 to report an outage or attempt to obtain restoration information. The 9-1-1 system should be reserved for life-threatening emergencies."

During the heat wave The National Weather Service recommends the following: reschedule strenuous activities to the coolest part of the day, wear lightweight clothing, eat easy to digest foods, drink plenty of water and avoid caffeine and alcohol. Use air conditioning or go to a place with air conditioning available and remember your pets are affected by the heat as well; keep them hydrated and as comfortable as possible and never leave them in a hot car.

Hunterdon County has several resources available if you need help during the heat wave.

Hunterdon County Community Alerts: <http://www.co.hunterdon.nj.us/communityalerts.html>

Hunterdon Helpline: 908-782-4357

New Jersey 211: dial 2-1-1 or visit www.nj211.org

JCP&L: 888-544-4877 (to report outages)

The infographic is a vertical split graphic. The left side is orange and represents Heat Exhaustion, while the right side is red and represents Heat Stroke. At the top, the words 'HEAT EXHAUSTION' and 'HEAT STROKE' are written in white on their respective colored backgrounds, separated by the word 'OR'. In the center, a human silhouette is split vertically. The left half is orange and the right half is red. Various symptoms are listed on either side, connected to the silhouette by lines. For Heat Exhaustion, symptoms include faint or dizzy (with a dizziness icon), excessive sweating (with a sweat drop icon), cool, pale, clammy skin (with a thermometer icon), nausea or vomiting (with a stomach icon), rapid, weak pulse (with a heart icon), and muscle cramps (with a lightning bolt icon). For Heat Stroke, symptoms include throbbing headache (with a lightning bolt icon), no sweating, body temperature above 103° and red, hot, dry skin (with a thermometer icon and an upward arrow), nausea or vomiting (with a stomach icon), rapid, strong pulse (with a heart icon), and may lose consciousness (with a sad face icon). At the bottom, the left side lists three treatment steps for Heat Exhaustion: getting to a cooler place, drinking water if conscious, and taking a cool shower or compresses. The right side features the text 'CALL 9-1-1' in large white letters, followed by the instruction to take immediate action to cool the person until help arrives.

HEAT EXHAUSTION OR **HEAT STROKE**

Faint or dizzy — Throbbing headache

Excessive sweating — No sweating

Cool, pale, clammy skin — Body temperature above 103°
Red, hot, dry skin

Nausea or vomiting — Nausea or vomiting

Rapid, weak pulse — Rapid, strong pulse

Muscle cramps — May lose consciousness

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives