



TOWNSHIP OF SOUTH HACKENSACK
227 PHILLIPS AVE
SOUTH HACKENSACK NJ 07606
201-440-1815 ext. 165
201-440-0719 FAX



HIGH HEAT PREPAREDNESS

DID YOU KNOW: That in a normal year, approximately 175 Americans die from extreme heat? Heat kills by pushing the body beyond its limits. Under normal conditions, the body's internal thermostat produces perspiration that evaporates and cools the body. However in extreme heat and high humidity, evaporation is lowered and the body must work extra hard to maintain a normal temperature.

HEAT FACTS:

Children under the age of five and the elderly are more susceptible to the effects of heat.

Men sweat more than woman and are more susceptible to heat illness because they can more quickly become dehydrated.

Sunburn can significantly slow the skin's ability to release excess heat.

TERMS TO KNOW:

Heat Advisory: Is issued when the heat index is expected to be between 105-115 degrees for less than 3 hours.

Excessive Heat Warning: Is issued when the heat index is expected to exceed 115 degrees during the day or the heat index will exceed 105 degrees for more than 3 hours for two consecutive days.

The Heat Index: Is what the temperature feels like to the human body based on both the air temperature and humidity.



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WHAT CAN YOU DO?

Stay indoors as much as possible

Spend whatever time possible in air condition, if air condition is unavailable stay on the lowest floor out of the sunshine or go to a public building where air condition is available.

Wear lightweight, loose-fitting, light-colored clothing. Light colors reflect more of the sun's energy than dark clothes.

Drink plenty of fluids. Water's the best. Avoid drinks containing alcohol or caffeine.

Eat light meals spread out over the day.

Reduce activity levels when possible in hot weather.

Avoid using salt tablets unless directed by a physician.

Avoid getting sunburned- use protection if you must go outside.

Watch out for others. Check on your neighbors and family- especially those who are elderly and or children. High Heat Kills.

Parents and caretakers should be careful not to overdress children and to give them plenty of fluids.

Don't leave children, a frail elderly or disabled person or pets in an enclosed car. Not even for a minute, as temperatures can quickly climb to dangerous levels.

Websites:

www.redcross.org

www.nws.noaa.gov

www.flash.org

www.ready.gov



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Heat Disorders

Sunburn: Symptom's are skin redness and pain, possible swelling, blisters, fever and headaches.

First Aid: Take a shower, using soap to remove oils that may block pores, preventing the body from cooling naturally. If blisters occur, apply dry, sterile dressing and seek medical attention

Heat Cramps: Symptom's Painful spasms usually in leg and abdominal muscles. Heavy sweating.

First Aid: Firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue.

Heat Exhaustion: Symptoms Heavy sweating, weakness, skin cold, pale and clammy. Weak pulse, normal temperature possible, fainting and vomiting.

First Aid: Get victim to lie down in a cool place, loosen clothing. Apply cool, wet cloths. Fan or move victim to air-conditioned place. Give sips of water. If nausea occurs, discontinue. If vomiting occurs, seek immediate medical attention.

Heat Stroke: (Sun Stroke) - Symptoms: High body temperature (106 t). Hot and dry skin, rapid and strong pulse. Possible unconsciousness, victim will likely not sweat.

First Aid: This is a severe medical emergency, call 9-1-1 immediately. Delay can be fatal. **DO NOT GIVE ANY FLUIDS**, move victim to cooler environment. Cool bath or sponging may reduce body temperature before ambulance arrives. Use extreme caution.

For emergency preparedness information call our office at 201-440-1815 ext. # 165.

Yours in Preparedness

Michael J Ward
OEM Coordinator