



NJ Office of Emergency Management

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FOR IMMEDIATE RELEASE:

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Excessive Heat Forecast For Today Near 100 Degree Heat Index Expected

WEST TRENTON, N.J. – The New Jersey Office of Emergency Management, in coordination with the National Weather Service, is monitoring an excessive heat warning for today. Temperatures and heat indexes are estimated to hit in the upper 90's, and possibly even reach 100 degrees or higher. Children, older adults, people with disabilities and pets are most at risk during excessive temperatures.

"High temperatures and humid conditions have the possibility of making outdoor activities and non air-conditioned facilities extremely dangerous and uncomfortable," said Colonel Rick Fuentes, State Police superintendent and director of the Office of Emergency Management. "Be mindful of the threats that heat waves pose such as heat cramps, heat exhaustion, heat stroke and sometimes death. These threats can be minimized and eliminated if we practice heat-related precautions and guidelines."

Colonel Fuentes suggested the following heat related emergency safety tips:

- Stay indoors in air conditioning as much as possible
- If you do go outside stay in the shade
- If your home is not air conditioned, spend at least two hours daily at an air conditioned mall, library, senior center or other public place
- Wear sunscreen outside, along with loose fitting light colored clothes that cover as much skin as possible
- Drink water regularly even if you are not thirsty. Limit alcohol, and sugary drinks which speeds dehydration
- Never leave children or pets alone in the car
- Avoid exertion during the hottest part of the day
- Take a cool shower or bath
- Be a good neighbor, check on elderly and people with disabilities in your community who may need assistance keeping cool

Additionally, residents should contact their local and/or county offices of emergency management regarding any open cooling stations.

Heat is often referred to as the “silent killer,” in contrast to tornados, hurricanes and other natural hazards with more dramatic visual effects. For more information regarding heat related emergencies, please log on to www.ready.nj.gov, visit the National Weather Service Heat Safety Page (<http://www.weather.gov/om/heat/index.shtml>), or call 2-1-1 New Jersey’s toll-free, confidential help line.

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