



NJ Office of Emergency Management

Colonel Rick Fuentes
Superintendent, New Jersey State Police
State Director of Emergency Management

Major Dennis McNulty
Commanding Officer, Emergency Management

FOR FURTHER INFORMATION:

Mary Goepfert
(609) 963-6818

FOR IMMEDIATE RELEASE:

June 1, 2011

NJ Office of Emergency Management Offers Hot Weather Safety Tips

West Trenton, NJ - The New Jersey Office of Emergency Management, in coordination with the National Weather Service, is monitoring an excessive heat warning today. Temperatures and heat indexes are expected to reach the low to mid-90's in parts of Central and Southern New Jersey.

"Higher temperatures have the possibility of making outdoor activities and non air-conditioned facilities dangerous and uncomfortable," said Colonel Rick Fuentes, State Police Superintendent and Director of the NJ Office of Emergency Management. "Be mindful of the threats that heat poses, such as heat cramps, heat exhaustion and heat stroke. These threats can be minimized and eliminated if we practice heat-related precautions and guidelines. Children, the elderly and pets are most at risk."

The NJOEM offers these 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 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 and check on family members, the elderly and people with disabilities in your community who may need assistance keeping cool
- Monitor weather forecasts

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

stations. (<http://www.ready.nj.gov/about/association.html>)

For more information regarding heat related emergencies, please log on to www.ready.nj.gov or call 211. For weather-related info, visit <http://www.erh.noaa.gov/er/phi/>

###

To stay informed about disasters and emergencies in New Jersey via social media, follow the NJOEM on [Twitter @ReadyNJ](#), "like" us on www.facebook.com/READYNEWJERSEY, or get email and text message alerts via www.Nixle.com or www.njalert.gov.