



**MIDDLESEX COUNTY**  
**PUBLIC HEALTH DEPARTMENT**  
Division of Epidemiology and Public Health Preparedness

Katherine Antonitis  
*Acting Director - Health Officer*

Carol Barrett Bellante  
*Freeholder*  
*Chairperson, Committee of*  
*Public Health & Education*

732-745-3100

## Hot Weather Tips

### Extreme Heat Prevention

To protect your health and the health of your family, neighbors, friends, and pets, when temperatures are extremely high, remember to keep cool and use common sense. The following tips are important:

- Stay cool indoors
  - If your home does not have air-conditioning go to your local community center, senior center, library, shopping center, or mall.
  - Call your local Office of Emergency Management (OEM) or Health Department for Cooling Center locations in your area. (See local contacts)
- Drink plenty of fluids
  - Talk to your doctor about how much water you should drink when the weather is hot.
- Do not drink liquids that contain alcohol, or large amounts of sugar.
- Avoid very cold liquids.
- Replace salts and minerals.
  - A sports beverage can replace the salt and minerals you lose in sweat. If you are on a low-salt diet, talk with your doctor before drinking a sports beverage or taking salt tablets.
- Talk to your doctor about the effects of the prescription medicines you are taking.
- Avoid hot foods and heavy meals.
- Use your stove and oven less.
- Take a cool shower or bath.
- Rest
- Wear lightweight, light-colored, loose fitting clothing
- Wear a wide-brimmed hat and sunglasses if you go outdoors
- Apply sunscreen (SPF 15 or higher) 30 minutes prior to going outside and reapply according to package directions
- Limit outdoor activity to morning and evening hours
- When outdoors, try to rest often in shady areas
- Pace yourself
- Do not engage in strenuous activities
- Use a buddy system
- Monitor those at high risk (infants and children; people aged 65 or older; people who have a mental illness; and those who are physically ill, especially with heart disease or high blood pressure)
- Do not wait in or leave infants, children, or pets in a parked car
- Provide cool water for your pets
- Stay informed
  - Listen to local news and weather

Extreme Heat Tips July 21, 2011

**Local Contacts:**

<b>Town</b>	<b>Office of Emergency Management</b>	<b>Health Department</b>
<b>Carteret</b>	732-541-4007	732-541-3890
<b>Cranbury</b>	609-395-0633	609-395-0900 x237
<b>Dunellen</b>	732-968-4202	732-968-3033
<b>East Brunswick</b>	732-390-6968	732-390-6788
<b>Edison</b>	732-248-7448	732-248-7293
<b>Helmetta</b>	732-251-4100	732-251-5972
<b>Highland Park</b>	732-572-3800	732-819-3790
<b>Jamesburg</b>	732-521-2222 x113	732-251-5972
<b>Metuchen</b>	732-632-8500	732-632-8504
<b>Middlesex</b>	732-356-3435	732-365-7400 x252
<b>Milltown</b>	732-828-1100	732-390-6788
<b>Monroe</b>	732-521-0222	732-521-4400
<b>New Brunswick</b>	732-745-5293 732-745-5294	732-745-5021
<b>North Brunswick</b>	732-247-7272	732-247-0922 x254
<b>Old Bridge</b>	732-721-5600 x3070	732-721-5600 x6220 732-721-5600 x6210
<b>Perth Amboy</b>	732-324-3854	732-826-0440
<b>Piscataway</b>	732-529-2530	732-562-2361 732-562-2363
<b>Plainsboro</b>	609-799-2333	609-799-0909 x1219
<b>Sayreville</b>	732-525-5463	732-390-7015
<b>South Amboy</b>	732-588-5830	732-525-5961
<b>South Brunswick</b>	732-329-4000 x7494	732-329-4000 x7237 732-329-4000 x7238
<b>South Plainfield</b>	908-753-3775	908-226-7634
<b>South River</b>	732-238-9657	732-257-1999 x125
<b>Spotswood</b>	732-251-2121	732-251-5972
<b>Woodbridge</b>	732-602-7361	732-634-4500 x5026
<b>Rutgers University</b>	732-932-2200	
<b>UMDNJ</b>	973-972-1600	

Source of information: Centers for Disease Control and Prevention <http://www.bt.cdc.gov/disasters/extremeheat/>