

# Preventing Heat-related Illness (HRI)

Protect Yourself and Others

- Heat-related illness can affect everyone, especially vulnerable populations.
- Heat exhaustion and heat stroke are dangerous and can be life threatening.

**Watch for signs of heat-related illnesses** and take actions to help yourself and others. **Learn and look** for the warning signs of heat cramps, heat exhaustion, and heat stroke.

## Types of heat-related illness

### Heat Exhaustion Symptoms

Heavy sweating  
Headache  
Weakness  
Fatigue  
Dizziness  
Nausea or vomiting  
Muscle cramp



### Heat Stroke Symptoms

Very high body temperature  
Red, hot, dry skin (no sweating)  
Rapid, strong pulse  
Headache  
Dizziness  
Nausea  
Confusion, loss of consciousness

### What to do for heat exhaustion

- Move to a cool place
- Loosen clothing
- Put cool, wet cloths on body or take cool bath
- Drink cool water

#### Get medical help for any of the following:

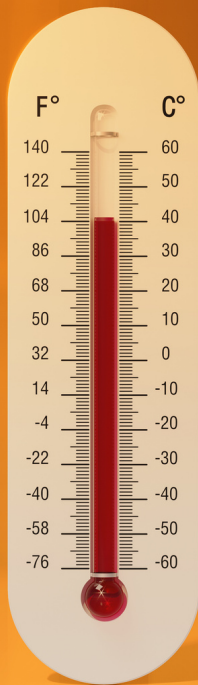
- Person throws up or cannot drink
- Symptoms get worse
- Symptoms last longer than one hour

### What to do for heat stroke

#### Seek immediate medical attention

#### Call 9-1-1 right away

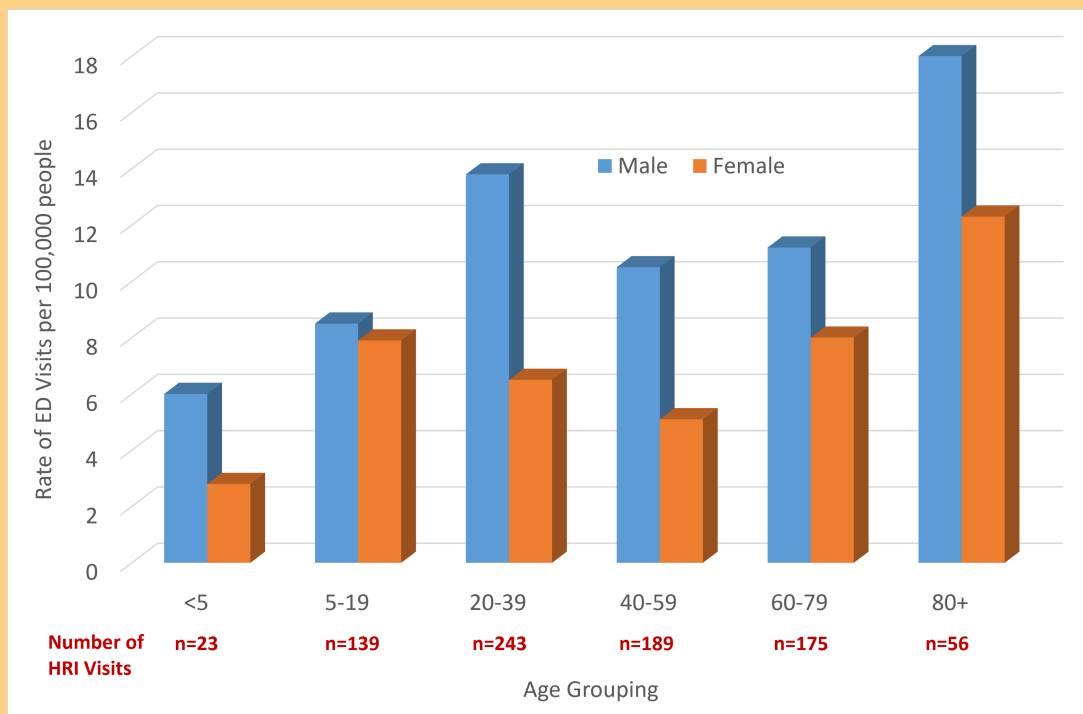
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or cool bath



## Who is most at risk for heat-related illness?

- People older than 65
- Outdoor workers
- Infants and children
- People who live alone
- People without air conditioning
- People with chronic conditions (e.g., diabetes, cardiovascular disease, and respiratory disease)
- People on certain medications

## Emergency Department Visits due to Heat-Related Illness by Age Group and Sex, May through September, NJ, 2022



## Actions you should or can take to prevent HRI

**Beware of hot cars.** Never leave children, people with disabilities, elderly persons, or pets in a parked car, even for a short time. On an 80°F day, the temperature inside a car can reach 100°F in less than 10 minutes.

### Children, People with Disabilities, and Pets in Cars

- It only takes **two minutes** for a car to reach unsafe temperatures.
- Even the most caring and watchful person can forget a child or pet is in the vehicle. Always check to make sure all children and pets are out of the car before locking it and walking away.
- Teach children that cars are not safe places to play. Store your keys out of reach of children.
- Leave pets at home when you can.



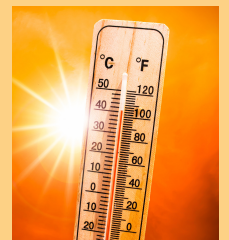
A child's body warms three to five times faster than an adult's.



Never leave infants, children, or pets in a parked car.

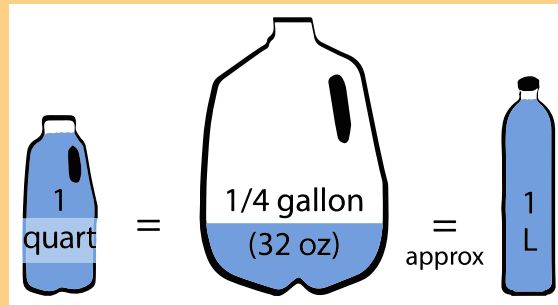
**Avoid the hottest part of the day.** Check the weather report and schedule outdoor activities to avoid the hottest hours of the day. Wear lightweight, loose, light-colored clothing and take frequent, air-conditioned breaks. Avoid direct sunlight.

**Check on your neighbors and loved ones.** In an extreme heat event, check to make sure that your neighbors and loved ones are safe, and look for signs of heat-related illness, especially if the person is elderly or lives alone.



For people without air conditioning or vulnerable populations, call **NJ 2-1-1** for information regarding Cooling Centers, visit: [nj211.org/nj-cooling-centers](https://nj211.org/nj-cooling-centers) or go to your county's Office of Emergency Management.

**Stay Hydrated.** Drink more water than usual and drink before you get thirsty. Avoid alcohol or liquids that have high amounts of sugar and/or caffeine. It is also important to eat regular meals that replace salt lost from sweating. When working or being active in the heat, drink about one quart of water per hour.



**Stay informed.** Get alerts from your county or local emergency management office by signing up for email and/or text alerts. Pay attention to weather reports when it is hot or if a heat emergency is declared. Many weather phone apps also provide National Weather Service (NWS) heat alert information.

## Protect yourself and your employees if you are working outside

**For outdoor workers.** Please visit the CDC/National Institute for Occupational and Safety (NIOSH) Heat Stress webpage for comprehensive guidance/actions to protect workers from heat-related illness: [cdc.gov/niosh/topics/heatstress/default.html](https://www.cdc.gov/niosh/topics/heatstress/default.html). For additional actions to protect yourself, visit [OSHA's Hazard Alert](#), and see: [bit.ly/NIOSH\\_HeatStress](https://bit.ly/NIOSH_HeatStress) and [bit.ly/OSHA\\_HeatStress](https://bit.ly/OSHA_HeatStress).

## Other Resources

American Veterinary Medical Association's Pets in Vehicles: [bit.ly/AVMA-pets-in-cars](https://bit.ly/AVMA-pets-in-cars)  
American Academy of Pediatrics' Prevent Child Deaths in Hot Cars: [bit.ly/PreventChildDeathsInHotCars](https://bit.ly/PreventChildDeathsInHotCars)  
CDC's Warning Signs and Symptoms of Heat-Related Illness: [cdc.gov/disasters/extremeheat/warning.html](https://www.cdc.gov/disasters/extremeheat/warning.html)  
CDC's Extreme Heat: [cdc.gov/disasters/extremeheat/](https://www.cdc.gov/disasters/extremeheat/)  
CDC's Extreme Heat: Tips for Preventing Heat-Related Illness: [bit.ly/CDC\\_PreventHRI](https://bit.ly/CDC_PreventHRI)  
CDC's Heat Stress and Hydration: [cdc.gov/niosh/mining/userfiles/works/pdfs/2017-126.pdf](https://www.cdc.gov/niosh/mining/userfiles/works/pdfs/2017-126.pdf)  
CDC's Protecting Vulnerable Groups from Extreme Heat: [cdc.gov/disasters/extremeheat/specificgroups.html](https://www.cdc.gov/disasters/extremeheat/specificgroups.html)  
NJ EPHT Climate Page: [bit.ly/NJEPHTClimateChange](https://bit.ly/NJEPHTClimateChange)  
NJSHAD Health Indicator Report of Hospitalization and Emergency Dept. Visits for HRI: [bit.ly/HRI-ED-Visits](https://bit.ly/HRI-ED-Visits)  
National Oceanic Atmospheric Administration's Keep your pets cool: [bit.ly/NWS-Keep-pets-cool](https://bit.ly/NWS-Keep-pets-cool)  
National Weather Service's Children, Pets, and Vehicles: [weather.gov/safety/heat-children-pets](https://www.weather.gov/safety/heat-children-pets)  
Ready.gov's Extreme Heat: [ready.gov/heat](https://www.ready.gov/heat)