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

Age and Gender breakdown of 857 people who went to NJ Emergency Departments in 2021

Heat-related Illness, Age-specific Rate of Emergency Department Visits, NJ, 2021

<table>
<thead>
<tr>
<th>Age Grouping</th>
<th>Count of HRI Visits</th>
<th>Rate of ED Visits per 100,000 people</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-19</td>
<td>n=140</td>
<td>Male: 6.7, Female: 4.8</td>
</tr>
<tr>
<td>20-39</td>
<td>n=253</td>
<td>Male: 8.0, Female: 6.8</td>
</tr>
<tr>
<td>40-59</td>
<td>n=279</td>
<td>Male: 13.2, Female: 12.1</td>
</tr>
<tr>
<td>60-79</td>
<td>n=137</td>
<td>Male: 15.4, Female: 14.8</td>
</tr>
<tr>
<td>80+</td>
<td>n=48</td>
<td>Male: 17.6, Female: 16.0</td>
</tr>
</tbody>
</table>
A child’s body warms three to five times faster than an adult’s.

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

For people without air conditioning or vulnerable populations, call NJ 2-1-1 for information regarding Cooling Centers, visit: 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.

![Water quarts comparison](image)

**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**


**Other Resources**

- CDC’s Warning Signs and Symptoms of Heat-Related Illness: [cdc.gov/disasters/extremeheat/warning.html](http://cdc.gov/disasters/extremeheat/warning.html)
- CDC’s Extreme Heat: [cdc.gov/disasters/extremeheat/](http://cdc.gov/disasters/extremeheat/)
- CDC’s Heat Stress and Hydration: [cdc.gov/niosh/mining/userfiles/works/pdfs/2017-126.pdf](http://cdc.gov/niosh/mining/userfiles/works/pdfs/2017-126.pdf)
- CDC’s Protecting Vulnerable Groups from Extreme Heat: [cdc.gov/disasters/extremeheat/specificgroups.html](http://cdc.gov/disasters/extremeheat/specificgroups.html)
- Ready.gov’s Extreme Heat: [ready.gov/heat](http://ready.gov/heat)