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
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.

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** 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


Other Resources
American Academy of Pediatrics’ Prevent Child Deaths in Hot Cars: bit.ly/PreventChildDeathsinHotCars
CDC’s Warning Signs and Symptoms of Heat-Related Illness: cdc.gov/disasters/extremeheat/warning.html
CDC’s Extreme Heat: cdc.gov/disasters/extremeheat/
CDC’s Heat Stress and Hydration: cdc.gov/niosh/mining/userfiles/works/pdfs/2017-126.pdf
CDC’s Protecting Vulnerable Groups from Extreme Heat: cdc.gov/disasters/extremeheat/specifegroups.html
NJ EPHT Climate Page: bit.ly/NJEPHTClimateChange
Ready.gov’s Extreme Heat: ready.gov/heat