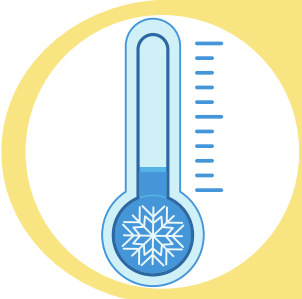
New Jersey Department of Health

GUIDANCE FOR SCHOOLS
on HOT and HUMID days

TAKE THESE ACTIONS TO PROTECT STUDENTS FROM HEAT-RELATED ILLNESS



KEEP COOL

Utilize cooler areas of school buildings when possible. Encourage students to wear lightweight, loose, light-colored clothing.

HYDRATE

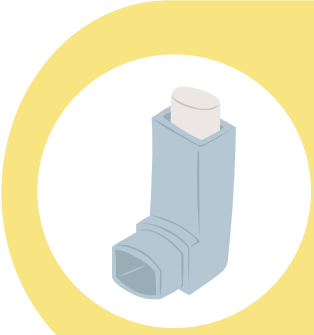
Encourage students to drink water even if they don't feel thirsty. Have water available; avoid drinks with excessive sugar or caffeine.

MODIFY PHYSICAL EDUCATION AND RECESS ACTIVITIES

Have students take frequent breaks to rest and hydrate. Consider indoor activities if air-conditioned or cooler spaces are available.

LIMIT STRENUOUS OUTDOOR ACTIVITIES

Consider rescheduling outdoor sports/athletic activities to avoid the hottest part of the day or to another day. When outdoors, encourage students to apply sunscreen with an SPF of 30 or higher. Utilize shaded areas if available.

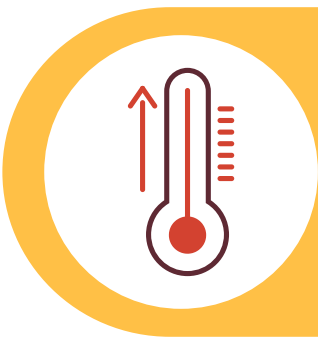


ENSURE THAT STUDENTS WITH INCREASED RISK OF HEAT-RELATED ILLNESS ARE FOLLOWING RECOMMENDATIONS

Students with health conditions such as diabetes, asthma, or who take certain medications are more sensitive to higher temperatures and humidity.

WATCH FOR SIGNS OF HEAT-RELATED ILLNESS

Know the warning signs of heat cramps, heat exhaustion, and heat stroke. See the Centers for Disease Control and Prevention (CDC) fact sheet on the warning signs and symptoms of heat-related illness.



FOLLOW U.S. ENVIRONMENTAL PROTECTION AGENCY'S (EPA) GUIDE FOR INDOOR AIR QUALITY IN SCHOOLS

The EPA recommends that indoor temperatures should range between 67.5°F and 80°F and relative humidity should range between 30% and 60%.

MONITOR YOUR LOCAL CONDITIONS BY USING THE NATIONAL WEATHER SERVICE'S HEATRISK PROTOTYPE

Reduce indoor temperatures with air conditioning units when the risk of heat-related impacts is moderate or higher (orange, red, magenta). If the school facility cannot cool indoor air, consider reducing school hours to avoid the hottest part of the day.