

The New Jersey Poison Information & Education System — Serving New Jersey Since 1983

NEWS RELEASE

Media to contact:
800-222-1222
800-962-1253 if outside NJ

For Immediate Release
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Are You Ready for the Heat?

– Meteorologists call for longest NJ heat wave in recent years–

(Newark, NJ) – Summer is in full swing and with less than a week to go before the 4th of July holiday, the Garden State is gearing up for its first statewide heat wave. Meteorologists across the tristate area are calling for temperatures in the high 80's and 90's, along with extremely high humidity. Although high temps and high humidity levels are not uncommon in our area, experts at the New Jersey Poison Control Center suggest airing on the side of caution during the heatwave.

The potential for developing a heat-related illness increases significantly with excessive heat as well as use of certain medications. Medications such as; antidepressants, antihistamines (allergy medications), diuretics (water pills), and antipsychotics have all been known to increase the risk of heatstroke/sunstroke, a condition that occurs when a person's body temperature rises to a dangerous level.

Diane Calello, MD, [NJ Poison Control Center](#) Executive and Medical Director, [Rutgers NJ Medical School's Department of Emergency Medicine](#), reminds New Jersey residents, "Safety isn't an accident, it's a choice. Rest assured that the state's poison control center will be here to respond to your calls for help, 24 hours a day, every day of the year."

Tips to prevent heat illness:

- Hot cars can kill within minutes. Never leave children or pets alone inside parked cars. Leaving the windows down does not prevent temperatures inside the car from rising to deadly levels.
- Air-conditioning is the number one protective factor against heat-related illness and death.
- Drink plenty of water (fluids) throughout the day and less tea, coffee, cola and alcoholic beverages! Do not wait until you feel thirsty to drink – it may be too late!
- Reduce or schedule outdoor activity for cooler times of the day, before 10am and after 6pm.
- During outdoor activities, take frequent breaks and drink plenty of water or other fluids, even if you don't feel thirsty.
- Wear lightweight, light-colored, loose-fitting, open-woven clothes.
- Wear a vented hat in the sun to protect yourself from the sun's rays. Don't forget sunscreen!
- If you have a chronic medical problem, call the experts at the New Jersey Poison Control Center or ask your doctor about how to deal with the heat.

Remember, the New Jersey Poison Control Center is not only a great resource in the event of an emergency, but experts are also available to answer any questions or concerns you may have, 24/7. Save the [Poison Help](#) line in your phone today so you're prepared for what may happen tomorrow, 1-800-222-1222.

Help is Just a Phone Call Away!

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Real People. Real Answers.