



MIDDLESEX COUNTY
PUBLIC HEALTH DEPARTMENT
Division of Epidemiology and Public Health Preparedness

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Hot Weather Tips

Extreme Heat Prevention

To protect your health and the health of your family, neighbors, friends, and pets, when temperatures are extremely high, remember to keep cool and use common sense. The following tips are important:

- Stay cool indoors
 - If your home does not have air-conditioning go to your local community center, senior center, library, shopping center, or mall.
 - Call your local Office of Emergency Management (OEM) or Health Department for Cooling Center locations in your area. (See local contacts)
- Drink plenty of fluids
 - Talk to your doctor about how much water you should drink when the weather is hot.
- Do not drink liquids that contain alcohol, or large amounts of sugar.
- Avoid very cold liquids.
- Replace salts and minerals.
 - A sports beverage can replace the salt and minerals you lose in sweat. If you are on a low-salt diet, talk with your doctor before drinking a sports beverage or taking salt tablets.
- Talk to your doctor about the effects of the prescription medicines you are taking.
- Avoid hot foods and heavy meals.
- Use your stove and oven less.
- Take a cool shower or bath.
- Rest
- Wear lightweight, light-colored, loose fitting clothing
- Wear a wide-brimmed hat and sunglasses if you go outdoors
- Apply sunscreen (SPF 15 or higher) 30 minutes prior to going outside and reapply according to package directions
- Limit outdoor activity to morning and evening hours
- When outdoors, try to rest often in shady areas
- Pace yourself
- Do not engage in strenuous activities
- Use a buddy system
- Monitor those at high risk (infants and children; people aged 65 or older; people who have a mental illness; and those who are physically ill, especially with heart disease or high blood pressure)
- Do not wait in or leave infants, children, or pets in a parked car
- Provide cool water for your pets
- Stay informed
 - Listen to local news and weather

Local Contacts:

Town	Office of Emergency Management	Health Department
Carteret	732-541-4007	732-541-3890
Cranbury	609-395-0633	609-395-0900 x237
Dunellen	732-968-4202	732-968-3033
East Brunswick	732-390-6968	732-390-6788
Edison	732-248-7448	732-248-7293
Helmetta	732-251-4100	732-251-5972
Highland Park	732-572-3800	732-819-3790
Jamesburg	732-521-222 x113	732-251-5972
Metuchen	732-632-8500	732-632-8504
Middlesex	732-356-3435	732-365-7400 x252
Milltown	732-828-1100	732-390-6788
Monroe	732-521-0222	732-521-4400
New Brunswick	732-745-5293 732-745-5294	732-745-5021
North Brunswick	732-247-7272	732-247-0922 x254
Old Bridge	732-721-5600 x3070	732-721-5600 x6220 732-721-5600 x6210
Perth Amboy	732-324-3854	732-826-0440
Piscataway	732-529-2530	732-562-2361 732-562-2363
Plainsboro	609-799-2333	609-799-0909 x1219
Sayreville	732-525-5463	732-390-7015
South Amboy	732-588-5830	732-525-5961
South Brunswick	732-329-4000 x7494	732-329-4000 x7237 732-329-4000 x7238
South Plainfield	908-753-3775	908-226-7634
South River	732-238-9657	732-257-1999 x125
Spotswood	732-251-2121	732-251-5972
Woodbridge	732-602-7361	732-634-4500 x5026
Rutgers University	732-932-2200	
UMDNJ	973-972-1600	

Source of information: Centers for Disease Control and Prevention <http://www.bt.cdc.gov/disasters/extremeheat/>