

Township of Manalapan

BOARD OF HEALTH

120 Route 522 • Manalapan, NJ 07726 • 732-446-8345 • Fax 732-446-1576

Website: www.mtnj.org



May 27th is Heat Safety Awareness Day

Know your risks

We all know the summers here are hot. We have heat waves and the humidity can make it even hotter. Heat is one of the weather related killers in the United States resulting in hundred of deaths and illnesses each year. Heat illnesses include heat rash, heat cramps, heat edema, heat tetany, heat syncope, heat exhaustion, and heat stroke.

How to stay safe during a heat wave

- Drink plenty of water or other non-caffeinated and non-alcoholic beverages.
- Wear loose, lightweight clothing.
- Find a place to cool off. If you don't have air conditioning at home then spend some time in a public location that does, like a shopping mall or a library.
- Avoid spending time outside during the peak heat of the day (typically 10am – 3pm). If you exercise outdoors, avoid the worst of the heat by going early in the morning. If you work outdoors, check out the heat safety tips for workers from the Occupational Safety and Health Administration
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call the Manalapan health department to see if there are any heat-relief shelters in your area.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.

- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - Infants and young children
 - People aged 65 or older
 - People who have a mental illness
 - Those who are physically ill, especially with heart disease or high blood pressure

If You must be out in the Heat

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first “tip” (above), too.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say “broad spectrum” or “UVA/UVB protection” on their labels).

For more information contact the Manalapan Township Health Department:

Hours:

Monday-Friday, 8:30 a.m. – 4:30 p.m.

Location:

Manalapan Town Hall
120 Route 522 & Taylors Mills Road, Manalapan, NJ 07726

Phone: (732) 446-8345

Fax: (732) 446-1576