



# News

Burlington County Board of Chosen Freeholders  
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## **HEALTH DEPARTMENT ISSUES HEAT ADVISORY Residents Offered Tips To Prevent Heat-Related Illnesses**

With the heat index projected to reach high levels throughout the week, the Burlington County Health Department has declared a Heat Advisory, urging residents to take precautions against heat-related illnesses. The Heat Advisory is currently expected to be in effect through Friday, July 19<sup>th</sup>.

While anyone is susceptible to a heat-related illness, some are at greater risk than others. These include infants and young children, persons over the age of 65, people who are overweight, people who overexert during work or exercise, and people who are physically ill.

Residents are once again encouraged to check in on individuals who fall into these categories, to ensure they do not fall victim to heat exhaustion or heat stroke.

In addition, residents who may live in homes where there is no air conditioning are advised to utilize public facilities in the county (i.e. malls, libraries, etc.) that are open for business during peak heat hours.

The county's Human Services Department reports it still has a limited supply of fans available to elderly or infirm residents with limited income. Seniors should call the Office on Aging at (609) 265-5069 for information.

Heat stroke and heat exhaustion are preventable. The first step is to drink plenty of fluids. Additional tips to prevent dehydration and other heat-related illnesses include:

- Avoid caffeinated beverages and alcohol – these fluids dehydrate the body rather than hydrate like water and sports drinks
- Avoid carbonated beverages, which can cause bloating and keep people from drinking enough fluid to rehydrate
- Wear light colored, absorbent, loose fitting clothing
- Stay in cool, shady areas when possible, protect your skin with sun block
- Limit your exercise. If you must exercise drink 2 to 4 glasses of nonalcoholic fluids each hour.

Heat exhaustion and heat stroke occur when bodies are unable to properly cool themselves. Heat stroke is an extreme rise in body temperature and the body cannot rid itself of the excess heat. Heat stroke can cause death or permanent disability if emergency treatment is not sought. Heat exhaustion is a milder form of heat stroke that can occur from long exposures to high temperatures.

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