



News

Burlington County Board of Chosen Freeholders
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For Immediate Release

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BURLINGTON COUNTY HEALTH DEPARTMENT ISSUES HEAT ADVISORY

Residents Urged To Take Precautions To Avoid Heat-Related Illness

With the heat index projected to be above 100 degrees after 1 PM today and possibly topping out at 105, the Burlington County Health Department has declared a Heat Advisory, urging residents to take precautions against heat-related illnesses.

While “anyone” is susceptible to a heat-related illness, some are at greater risk than others, officials said. 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.

“Family and friends should be mindful of anyone they know who falls into one of these categories,” said Freeholder Mary Ann O’Brian. “These individuals should be visited at least twice a day, and watched for any symptoms of 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.

Meantime the Office on Aging reports it still has a small supply of fans available to elderly or infirm residents with limited income. Individuals should call the Office on Aging at (609) 265-5468 for information.

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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.

For more information on heat-related illnesses, prevention tips and first aid recommendations please go to:

- Burlington County Health Department website – www.co.burlington.nj.us
- New Jersey Department of Health and Senior Service – www.state.nj.us/health
- The Centers for Disease Control and Prevention – www.cdc.gov

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