
Press Release

NEWS

Burlington County
Board of Chosen Freeholders
Mount Holly, NJ 08060
Office of Public Information
Phone 609-265-5028/Fax 609-265-5151
www.co.burlington.nj.us



FOR IMMEDIATE RELEASE

CONTACT: Ralph Shrom

Monday, June 28, 2010

(609) 265-5028

BURLINGTON COUNTY HEALTH DEPARTMENT DECLARES CODE RED

Residents Urged To Take Precautions To Avoid Heat-Related Illness

The Burlington County Health Department today declared a Code Red alert based on the National Weather Services' Heat Advisory and local conditions in Burlington County.

The Health Department urged residents to take precautions to avoid heat-related illness during the very high temperatures this week and those that may be upcoming for the summer months.

"Although anyone is susceptible to a heat-related illness, some people are at greater risk than others," said Robert Gogats, Public Health Coordinator.

"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 are most at risk for suffering a heat-related illness."

It is recommended that these individuals be visited at least twice a day and watched for any symptoms of heat exhaustion or heat stroke.

-more-

PRESS RELEASE: Code Red – 6/28/10 – Add One

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.

“Heat stroke and heat exhaustion are preventable. The first step is to drink plenty of fluids. Dehydration will often occur on days when there are high temperatures and can progress into more serious heat-related illness, which is why drinking fluids is so vital,” said Gogats.

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.

-more-

PRESS RELEASE: Code Red – 6/28/10 – Add Two

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

###