



EXTREME HEAT CONDITIONS

Today kicks off a multi-day heatwave that will grip the area. Humidity will be on the rise with temperatures in the 90's, but by mid-week the REAL FEEL temps will be around 100. On top of the heat and humidity, there is no appreciable rain in the forecast for at least the next 7 days.

An extreme heat event is a series of hot days, much hotter than average for a particular time and place. Extreme heat is deadly and kills more people than any other weather event. Please take action to prepare. Prepare now to protect yourself and your loved ones.

STAY HYDRATED

- Drink enough water to prevent heat illness. An average person needs to drink about 3/4 of a gallon of water daily. Everyone's needs may vary.
- You can check that you are getting enough water by noting your urine color. Dark yellow may indicate you are not drinking enough.
- Avoid sugary, caffeinated and alcoholic drinks.
- If you are sweating a lot, combine water with snacks or a sports drink to replace the salt and minerals you lose in sweat.
- Talk to your doctor about how to prepare if you have a medical condition or are taking medicines.

STAY COOL

- Do not rely only on electric fans during extreme heat. When temperatures are in the high 90s, fans may 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.
- Spending a few hours each day in air conditioning can help prevent heat illness.
- If you have air conditioning, be sure that it is in working order.
- If you do not have air conditioning, find locations where you can stay cool.
- Public Library
- Shopping Mall
- Plan how you will get there.
- Additional resources may be available from local government or community groups.
- Make sure you have plenty of lightweight, loose clothing to wear.

- **Create a support team of people you may assist and who can assist you. Check in with them often to make sure that everyone is safe.**
- **If there is a power outage and/or you have no place to stay cool, reach out to the Office of Emergency Management at 856-691-4540**

ACTIVITIES

- **Limit your outdoor activity.**
- **If you must work outdoors, schedule tasks earlier or later in the day.**
- **Heat Illness Heat Cramps are muscle spasms caused by a large loss of salt and water in the body.**
- **Heat Exhaustion is severe and may require emergency medical treatment.**
- **Heat Stroke is deadly and requires immediate emergency treatment.**

WHAT TO LOOK FOR

- **Heavy sweating with muscle pain or spasms**
- **Heavy sweating**
- **Cold, pale and clammy skin**
- **Fast, weak pulse • Nausea or vomiting**
- **Muscle cramps**
- **Tiredness or weakness**
- **Dizziness-Headache-Passing out**
- **High body temperature (104°F or higher)**
- **Hot, red, dry or damp skin**
- **Fast, strong pulse**
- **Headache-Dizziness**
- **Nausea-Confusion-Passing out**

WHAT TO DO

- **Take Care of Yourself**
- **Check on your friends, family and neighbors.**
- **Act fast if you notice someone with symptoms.**
- **Anyone can develop heat illness.**
- **Move to a cool place**
- **Loosen tight clothing**
- **Cool the body using wet cloths, misting, fanning or a cool bath**

PEOPLE AT GREATER RISK

- Older adults
- Infants, children and pregnant women
- People with medical conditions
- Outdoor workers
- People with limited personal resources
- People living in places that lack green spaces

CALL 911 AND GET MEDICAL HELP IMMEDIATELY IF

- **Suspect Heat Exhaustion**
Symptoms: Heavy sweating, Weakness or tiredness, cool, pale, clammy skin
Fast, weak pulse, muscle cramps, dizziness, nausea or vomiting, headache, fainting
- **Suspect Heat Stroke**
Symptoms: Mental status changes: Confusion, delirium, combativeness, seizures, loss of consciousness, slurred speech, or altered mental status,
Skin changes: Hot, red, dry, or damp skin, or profuse sweating
Other symptoms: Throbbing headache, dizziness, nausea, vomiting, extremely thirsty, dry or swollen tongue, rapid and strong pulse, fainting, shallow or rapid breathing, or muscle cramps, body temperature above 103°F
- Cramps last longer than 1 hour
- Vomiting occurs-
- Symptoms last longer than 1 hour or get worse- Confusion develops
- Person affected has heart problems

AND THEN

- Move to a cool place
- Cool the body using wet cloths, misting, fanning or a cool bath
- Do NOT give the person anything to drink

CITY OF VINELAND
OFFICE OF EMERGENCY MANAGEMENT
856-691-4540