



# NEW JERSEY HEAT WAVE

# Dangerously High Temperatures

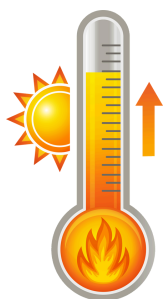
# CAN AFFECT YOUR HEALTH





## FEELING SICK? GET MEDICAL HELP

**Call the New Jersey Poison Control Center  
1-800-222-1222. If someone is not breathing,  
hard to wake up, or having a seizure, call 9-1-1.**



New Jersey is experiencing a wave of dangerously hot and humid temperatures. Although most residents go about their daily routines regardless of the unbearable temperatures, extreme summer heat can cause dangerous health effects.

When body temperatures rise to dangerous levels, the brain and body overheat resulting in an increased risk for [health-related illnesses](#), stroke, or death.

Everyone is at risk for heat-related illnesses, including heat stroke, heat exhaustion, heat cramps, heat rash, and sun poisoning (which occurs with severe sunburn) from extreme temperatures.

1-800-222-1222





However, health effects may be more severe in certain groups including, children, older adults, people with chronic illnesses, and people with disabilities. Athletes, people with low income, outdoor workers, or anyone planning to spend long periods of time outdoors are also at high risk and should be aware of the symptoms of heat-related illnesses.

## **Sadly, heat-related deaths and illnesses happen every year.**

Hyperthermia (heat stroke) not only occurs when temperatures reach dangerous levels, but also from the use of certain therapeutic medicines, recreational (legal) drugs, and illegal substances.

These can prevent the body from cooling down through sweating.

Too often this results in serious complications including drug-induced fever, dehydration, and death.



## **Diane Calello**

Executive and Medical Director

[NJ Poison Control Center](#)

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Medicines like antidepressants, antihistamines, diuretics, antipsychotics, and stimulants for ADHD (Attention Deficit/Hyperactivity Disorder) can also cause heat-related complications resulting in illness and death.



Excessive heat combined with certain substances like ecstasy (MDMA), cocaine, methamphetamine, alcohol, and heroin can be deadly. Being under the influence of these substances can make it hard to recognize symptoms of overheating.

It's important to know whether the medicine or drug you are taking increases your sensitivity to heat.

**Contact the New Jersey  
Poison Control Center  
for more information  
1-800-222-1222 or [Chat Here](#)**



**Although it might seem that heat stroke comes on suddenly, warning signs often appear early on**

## *Signs*

- Confusion
- Odd behavior
- Irritability
- Delusions
- Hallucinations
- Seizures
- Coma



## *Symptoms*

- Stomach and muscle cramps
- Nausea
- Vomiting
- Headache
- Dizziness
- Weakness
- Heavy sweat or lack of sweat

**Recognizing early symptoms  
can prevent a tragedy**

1-800-222-1222



# BEAT THE HEAT

## Safety Tips



### Prevent Heat-Related Deaths and Illnesses

#### STAY HYDRATED



Drink plenty of water throughout the day even if you are not thirsty. Stay away from sugary drinks and alcoholic beverages (including mixed drinks and “hard” or “spiked” seltzers) as this can cause you to become dehydrated.

#### STAY COOL



Avoid direct sun. When possible, stay indoors in air-conditioned areas especially when the sun is the hottest (early afternoon through early evening).

1-800-222-1222







## **DRESS LIGHT**

The best clothing for extreme heat is light-colored, loose-fitting, and lightweight.



## **WEAR SUNSCREEN AND WIDE-BRIMMED HAT**

If outside, apply sunscreen frequently to protect against sunburn and sun poisoning. Sunburn can cause you to become dehydrated. Keep in mind that sweating, swimming, or otherwise being exposed to water will wash away sunscreen. Remember to reapply sunscreen throughout the day.



## **KEEP PETS SAFE**

If it is too hot for you, it is too hot for them. Give pets lots of fresh water and keep them indoors in air-conditioned areas as much as possible. Surfaces in direct sun get dangerously hot. If the ground is too hot to touch, pets shouldn't be walking or lying on it. Give them a shaded area outside.



## **HOT CARS KILL**

Leaving people and pets in hot, parked cars is deadly in a short amount of time. Even cars parked in the shade with their windows open reach deadly internal temperatures. Under no circumstance should you ever leave people or pets inside a parked car during extreme weather.

**Heat stroke is a medical emergency; it is critical that you act fast.**



# Get Free Medical Help 1-800-222-1222

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Medical specialists are available to provide information, answer questions, and provide emergency support 24 hours a day

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Anyone can call for medical help – children, teens, and adults

[NJPoisonCenter.org](https://www.njpoisoncenter.org)

**NJ Poison Control Center** is a medical resource for both the public and healthcare providers.

If you think someone has come in contact with something dangerous, contact your local poison control center immediately.

Call the NJ Poison Control Center at 1-800-222-1222 or [Chat Here](https://www.njpoisoncenter.org)

If someone is not breathing, hard to wake up, or having a seizure, call 9-1-1