

THE CITY OF PATERSON OFFICE OF EMERGENCY MANAGEMENT

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would like to advise you on how to stay safe during Extreme Heat or a Heatwave.
Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days.

REMEMBER:

- Extreme heat can occur quickly and without warning.
- Older adults, children and sick or overweight individuals are at greater risk from extreme heat.
- Humidity increases the feeling of heat as measured by a heat index.

IF YOU ARE UNDER AN EXTREME HEAT WARNING:

- Find air conditioning at a public facility such as a Library, mall, coffee shop, etc. until the evening hours when temperatures usually drop.
- Avoid strenuous activities inside and outside
- Wear light fabric and light colored clothing.
- Check on family members and neighbors especially those who may be elderly or immunocompromised
- Drink plenty of fluids preferably water. The recommended intake is 64 ounces (about 8 full glasses) a day.
- Watch for heat cramps, heat exhaustion and heat stroke. Usually heavy sweating, dry lips, headache and lethargy are signs of heat exhaustion. Seek medical attention immediately.
- Never leave people or pets in a closed car or home where the temperature can exceed 16 degrees f. And cause death.

TRY TO KEEP YOUR HOME COOL:

- Do not rely on a fan as your primary cooling device.
- Cover windows with drapes or curtains that draw heat away
- Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside
- Install window air conditioners and insulate around them.

If you need immediate assistance call 911.

For more information on how to stay safe during a heat wave visit www.ready.gov or call 2-1-1

