

## Office of the Governor

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### NEWS RELEASE

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#### **Governor Whitman Warns New Jerseyans To Take Precautions As Temperatures Soar into the 90's**

Gov. Christie Whitman today warned all New Jerseyans of the many dangers that this week's heat wave can cause - particularly for senior citizens, children, and the ill. She also encouraged New Jerseyans to call a New Jersey Department of Health and Senior Services hotline for tips on how seniors can beat the heat.

The Governor stopped this afternoon at a practice of the United States women's national soccer team at Giants Stadium, to hand out bottled water to the players and remind them to listen to their bodies in the heat.

"Most people know the problems that excessive heat can cause," the Governor said. "But most people would be surprised how quickly those problems can occur in this heat."

"Although weather reports often warn that seniors and children are most at-risk, no one should think they are immune from illness in this weather. Temperatures like this are Mother Nature's way of telling us all we cannot follow our regular schedules without taking extra precautions."

Temperatures today are expected to reach nearly 100 degrees - making it the hottest day of 1998, so far.

Gov. Whitman said the easiest precaution one can take against heat-related illness is to drink plenty of fluids, but not those that contain alcohol or caffeine which can cause dehydration. Other tips are:

- Wear loose and light-colored clothing
- Reduce physical activity or reschedule it for the cooler parts of the day
- Don't leave anyone in an enclosed car - not even for a minute
- Check on elderly relatives and neighbors
- Take advantage of air-conditioned shelters or facilities such as movie theaters and malls

The Governor said seniors and those concerned about a senior citizen should call the Department of Health and Senior Services hotline at 1-800-792-8820 or a county Office on Aging, which provides information on local air- conditioned public sites as well as assistance on transportation.