

Governor Phil Murphy

# Extreme Heat Advisory Issued by the National Weather Service – Residents Urged to Take Precautions

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**TRENTON** – As temperatures soar across the region, emergency management officials are urging all residents to take extra precautions to protect themselves, their families, and their pets during this period of extreme heat. Prolonged exposure to high temperatures can lead to serious health risks, including heat exhaustion and heat stroke. Vulnerable populations, such as the elderly, young children, and those with chronic medical conditions—are especially at risk.

## TIPS TO STAY COOL AND SAFE:

- **Stay Indoors:** Remain in air-conditioned spaces as much as possible. Visit public cooling centers if your home is not adequately cooled.
- **Limit Outdoor Activity:** Avoid strenuous activity during peak heat hours (10 a.m. – 4 p.m.). Schedule tasks for early morning or evening.
- **Hydrate Frequently:** Drink plenty of water throughout the day, even if you don't feel thirsty. Avoid alcohol and caffeine, which can lead to dehydration.
- **Dress Appropriately:** Wear lightweight, loose-fitting, and light-colored clothing.
- **Use Fans Wisely:** Electric fans may provide comfort, but when temperatures exceed 95°F, they may not prevent heat-related illness. Use fans with open windows or pair with cooling cloths and showers.
- **Check on Others:** Look in on elderly neighbors, friends, and relatives, especially those who live alone. Do not leave any children unattended in a vehicle.

## PET SAFETY REMINDERS:

- **Never Leave Pets in Vehicles:** Even a few minutes in a parked car can be deadly.
- **Provide Shade and Water:** Ensure pets have access to fresh water and shaded areas at all times.
- **Avoid Hot Pavement:** Pavement and asphalt can burn your pet's paws. If it's too hot for your hand, it's too hot for their feet.
- **Limit Exercise:** Walk pets in the early morning or late evening and keep outings short.

**Watch for Heatstroke Signs:** Excessive panting, lethargy, drooling, vomiting, or collapse may indicate heatstroke. Seek veterinary care immediately.

For information on local cooling centers and other heat-related resources, please contact your local emergency management office or visit <https://nj211.org/nj-cooling-centers> (<https://nj211.org/nj-cooling-centers>). You can also check your local weather forecast offices; National Weather Service - Mount Holly (

  
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<https://www.weather.gov/phi> (<https://www.weather.gov/phi>) or National Weather Service - New York, New York (<https://www.weather.gov/okx> (<https://www.weather.gov/okx>)) depending on your location.

**Stay cool. Stay safe. Check on others.**

## Governor Phil Murphy

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