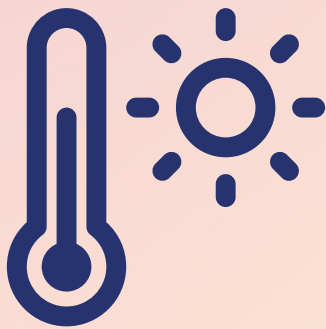




# HEAT TOOL KIT FOR Older Adults

Extreme heat is a period of unusually high heat and humidity that can be dangerous to health. In New Jersey, extreme heat events are expected to become more frequent and last longer. This guide will help you learn about how heat impacts older adults, along with tips and resources to stay safe during hot weather.

Hot days can be dangerous for anyone, and especially for older adults. Older adults may be more prone to heat-related health problems because they:



**May have difficulties adjusting to external temperatures**



**May experience social isolation or limitations in mobility**

which can make it harder to learn about weather events and seek help.



**Are more likely to have chronic medical conditions such as:**

- Heart conditions
- Respiratory disease
- Asthma
- Diabetes



**Are more likely to take medicines which may change the body's heat response such as:**

- Heart medications
- Psychiatric medication
- Stimulants
- Antihistamines
- Certain pain medicines

**\*NOTE: ALWAYS CHECK WITH A HEALTH CARE PROVIDER FOR ADVICE SPECIFIC TO YOUR SITUATION.**

# Resource List

**2-1-1**

New Jersey

## NJ 211

NJ 211 connects New Jerseyans with necessary health and human services. Services include housing, utilities, income, food, health, legal services, substance disorders, and children and family services. NJ 211 can be contacted via phone, email, chat and text. The hotline is available at all hours of the day.

**To call:** dial 2-1-1

**To contact via text:** text your zip code to 898-211

**To contact via email:** [info@nj211.org](mailto:info@nj211.org)

**To chat:** visit [nj211.org](http://nj211.org)

## Chill Out NJ

### Cooling Centers

During extreme heat, you can visit a cooling center to get relief from hot weather. For an updated list of cooling centers near you, call or text **NJ 2-1-1**, or visit **Chill Out NJ** to look up other places in NJ to get stay cool. You can also visit public places like libraries, community centers, and museums to get relief from heat.



### Home Energy Assistance Hotline

The Home Energy Assistance Hotline helps low-income families across New Jersey with heating and cooling related bills. The hotline is available Monday-Friday from 8AM to 8PM.

**Hotline number:** 1-800-510-3102 or dial 2-1-1

To learn more about your eligibility for Low Income Home Energy Assistance (LIHEAP) benefits visit:

<https://nj211.org/initiative/home-energy-assistance-hotline>

**988** | SUICIDE & CRISIS LIFELINE

### 988 Suicide and Crisis Lifeline

If you or a loved one is suffering from a mental health or substance use related crisis, call or text **9-8-8**. Trained counselors are available for free, confidential support.



### New Jersey Office of Emergency Management

For more information on weather-related emergencies visit the NJ Office of Emergency Management website: [www.ready.nj.gov](http://www.ready.nj.gov)



### NJ Register Ready

Register Ready is New Jersey's special needs registry. This resource allows residents with disabilities to share information with emergency response agencies to be better served during emergencies. Registered participants can be notified when evacuations have been ordered.

**Register online at:** [www.registerready.nj.gov](http://www.registerready.nj.gov)

For assistance in registration dial 2-1-1



### NJ Shares

NJ Shares is a nonprofit organization that provides assistance in paying for energy, telephone, internet and water bills for income-eligible individuals.

For more information on whether you are eligible visit: [www.njshares.org](http://www.njshares.org) or call 866-657-4273



### Heat Hub NJ

Heat Hub NJ is the NJDEP's digital resource for extreme heat which includes detailed information on extreme heat, health, and resources.

For more information visit: <https://heat-hub-new-jersey-njdep.hub.arcgis.com>



### Heat Risk Tracking Tool

The CDC's Heat Risk Tracking Tool is an online resource which forecasts heat risk and air quality for the week ahead in your area.

To use this tool visit: <https://ephtracking.cdc.gov/Applications/HeatRisk/>

See the Prevent Heat-Related Illness flyer on page 3 for more information on how to protect yourself and others.

# Prevent Heat-Related Illness (HRI) Protect yourself and others

HRI can affect everyone, especially vulnerable populations.  
Heat exhaustion and heat stroke are dangerous and can be life-threatening.

## Recognition and Treatment

### Heat Exhaustion Signs

- Heavy sweating
- Headache
- Nausea or vomiting
- Muscle cramps
- Weakness
- Fatigue
- Dizziness

### What to do

- Move to a cool place.
- Loosen clothing.
- Put cool, wet cloths on body or take a cool bath.
- Drink cool water.
- Get medical help for any of the following:
  - Throwing up or cannot drink
  - Symptoms get worse
  - Symptoms last longer than one hour

### Heat Stroke Signs

- Very high body temperature
- Red, hot, dry skin (no sweating)
- Rapid, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion, loss of consciousness

### What to do

- Seek immediate medical attention.  
**Call 9-1 1 right away.**
- Move to a cool place.
- Lower temperature with cool cloths or a cool bath.

## Who is most at risk for heat-related illness?

- People older than 65
- Outdoor workers
- Infants and children
- People who live alone
- People without air conditioning
- People with chronic conditions (e.g., diabetes, cardiovascular disease, and respiratory disease)
- People on certain medications (e.g., diuretics, some antipsychotic medications, some antidepressants, some antihypertensive agents)

Learn more about heat-related illness and how to protect yourself and your loved one. Visit [bit.ly/4lpGWrY](https://bit.ly/4lpGWrY).

# Prevention

## Actions you can take to prevent HRI

### For yourself

- **Stay hydrated.** Drink more water than usual and drink before you get thirsty. When working or being active in the heat, drink about one quart of water per hour.
- Avoid alcohol or liquids that have high amounts of sugar and/or caffeine.
- If you need to be outside:
  - Wear lightweight, loose, light-colored clothing.
  - Take frequent, air-conditioned breaks.
  - Avoid direct sunlight.



**Check weather reports and reschedule or postpone outdoor activities to another time or day when temperatures are cooler.**

**For people without air conditioning or vulnerable populations, call NJ 2-1-1 for information regarding Cooling Centers, visit [nj211.org/nj-cooling-centers](http://nj211.org/nj-cooling-centers).**

### For others

#### Use a Buddy System

- Check on friends, neighbors, older adults, those who have health conditions and/or are on certain medications that can make them more vulnerable to extreme heat. Help others find a cooling center or access to indoor environments with air conditioning.

#### Beware of hot cars

- It only takes two minutes for a car to reach unsafe temperatures.
- Never leave infants, children, people with disabilities, elderly persons, or pets in a parked car.
- Always check to make sure all children and pets are out of the car before locking it and walking away.
- Teach children that cars are not safe places to play. Store your keys out of reach of children.

### For pets

Pets feel the heat just as much as humans do, and they can also suffer from heat-related illnesses.

Follow these guidelines to protect your pet when it's hot:

- Never leave your pet in a parked car. Cracked windows won't protect your pet from suffering from heat stroke, or worse, during hot summer days.
- Provide fresh, cool water every day in a tip-proof bowl.
- Exercise pets in the early morning or evening hours.
- Avoid exposure to asphalt and concrete, which can get very hot and cause severe burns on the pads of your pet's feet.
- Always provide your pet with shade and shelter to protect it from extreme temperatures.

