

- ☀ If your home is not air conditioned, spend time in public facilities that are, such as movie theaters, libraries, and shopping malls. While electric fans provide some relief when temperatures are slightly elevated, they will not prevent heat-related illness when the temperature goes above the mid-90s.
- ☀ Check on elderly or ill relatives and neighbors and anyone who does not have air conditioning. Never leave your child, pet, or anyone in a closed car on a hot day.

For more data from the New Jersey Department of Health and Senior Services: www.nj.gov/health/chs

For more prevention tips and information on heat-related illnesses from the Centers for Disease Control and Prevention: www.bt.cdc.gov/disasters/extremeheat/

For first aid tips for heat exhaustion or heat stroke from the Centers for Disease Control and Prevention: www.cdc.gov/nasd/docs/d000101-d000200/d000105/d000105.html

Sources:

New Jersey Department of Health and Senior Services, Center for Health Statistics:
New Jersey 1996-2006 Uniform Billing hospitalization file, unpublished data

New Jersey Department of Health and Senior Services, Center for Health Statistics:
New Jersey 1996-2005 Multiple Cause of Death Files, unpublished data

Centers of Disease Control and Prevention, National Center for Environmental Health:
[Extreme Heat: A Prevention Guide to Promote Your Personal Health and Safety](#)

U.S. Department of Commerce, National Oceanic & Atmospheric Administration:
[Climate at a Glance](#)
[Storm Events](#)

