

Take Precautions During the Summer Heat

The National Weather Service is predicting that temperatures may reach into the 90s this week. This is a great time to remind residents to take safety precautions during their summer activities, especially those that take place outdoors.

As temperatures rise over the coming days, we're encouraging everyone to do what they can to mitigate their exposure to the sun and heat. If it's too hot, postpone outdoor activities like barbecues, mowing the lawn, running, biking, and so on. Instead, find a cool place to rest, stay hydrated, and watch for signs of heat illnesses.

throughout the weekend in Salem.

To prevent illness and injuries, the Washington Township Fire Department recommends the following safety tips from the American Red Cross and National Safety Council:

Heat Safety Tips:

- Hot cars can be deadly. Never leave children or pets in your vehicle. The inside temperature of the car can quickly reach over 100 degrees, even on a 70 degree day.
- Stay hydrated by drinking plenty of fluids, like water.
- Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- If someone doesn't have air conditioning, they should seek relief from the heat during the warmest part of the day in places like libraries, theaters, malls, etc.
- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.

- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day, which is typically around 3 p.m.
- Postpone outdoor games and activities if the temperature is too hot.
- Avoid extreme temperature changes.
- Take frequent breaks if working outdoors.
- Check on animals frequently to ensure that they are not suffering from the heat. Make sure they have plenty of cool water.
- Learn to recognize and treat heat illnesses.

Tips for Parents:

- Limit playtime at peak sun exposure time and familiarize yourself with the signs of heat illnesses.
- Avoid burns. If playground equipment is hot to the touch, it is too hot for your child's bare skin.