

Heat Waves Kill

An average of 146 people each year more than any other weather disaster



Don't let yourself or a loved one become a statistic this summer

Stay cool...

Stay hydrated...

Stay safe...

Hydrate: Drink plenty of liquids

Educate yourself:

Keep up with the weather forecast

Act quickly: Seek immediate medical attention at the first sign of illness

Take it easy: Avoid being outdoors. Keep cool



WEBSITE: www.camdencounty.com/health

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Camden County
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Beat The Heat

How to Protect Yourself
Against the Dangers of
Hot Weather
This Summer

Presented by the Camden County
Board of Freeholders

camdencounty

Making It Better, Together.

BEAT THE HEAT CHECK THE BACK SEAT

Don't: Allow children to use a vehicle as a play area

Always Lock the vehicle doors and trunk

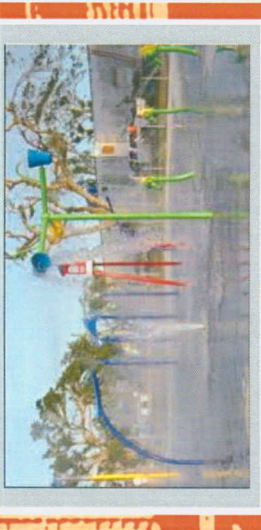
Never: Leave a child/pet in a vehicle unattended

Get help: First sign of illness

Each year: Children die from vehicular heatstroke

Remember: Check your back seat

Seconds count: One second is too long



Don't Be A Fool ...

Keep Cool

Tips:

1. Drink plenty of cold beverages & snacks.
2. Keep in the shade.
3. Wear loose-fitting & light colored clothing.
4. Check on family, friends, pets & neighbors.
5. Cool down your house with air conditioners/fans.
6. Keep cool in a sprinkler or pool.
7. Use public air-conditioning buildings/cooling centers.

8. Avoid caffeine and alcohol.
9. Avoid direct contact with the sun.
10. Avoid hot showers and steam.
11. Avoid using the oven for cooking.
12. Avoid over-hydrating.
13. Avoid strenuous activities.
14. Avoid heavy spicy foods.