



**Melissa Velez-Morales**

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**From:** Masser, Michelle  
**Sent:** Tuesday, August 16, 2016 10:14 AM  
**To:** Harris, Laura; Detoro, Fred  
**Cc:** Melissa Velez-Morales  
**Subject:** FW: FEMA Region II Extreme Heat Tip #1  
**Attachments:** FEMA Region II Extreme Heat Tip #1.jpg

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**From:** Fox, Russell [mailto:Russell.Fox@fema.dhs.gov]  
**Sent:** Tuesday, August 16, 2016 9:37 AM  
**To:** Fox, Russell <Russell.Fox@fema.dhs.gov>; Olivera, Orlando "Landy" <Orlando.Olivera@fema.dhs.gov>  
**Subject:** FEMA Region II Extreme Heat Tip #1

# FEMA Region II Extreme Heat Tip #1



## • Key Safety Tips

- Drink plenty of water; even if you do not feel thirsty. Avoid drinks with caffeine. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Never leave children or pets alone in closed vehicles.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Check on your animals frequently to ensure that they are not suffering from the heat.
- Go to a designated public shelter if your home loses power during periods of extreme heat. Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Check the weather/listen to [NOAA Weather Radio](#) for critical updates from the [National Weather Service \(NWS\)](#).

## • Safety Tips if you have to go outside

- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays.
- Protect face and head by wearing sunblock and a wide-brimmed hat.
- Postpone outdoor games and activities.
- Stay indoors as much as possible and limit exposure to the sun.