

# Advisory: EXTREME HEAT WARNING FOR Winslow Township July 1st to July 5th/ Cooling Centers Available

## **EXTREME HEAT WARNING FOR Winslow Township, New Jersey July 1st to July 5th**

Camden County Office of Emergency Management has declared a **CODE RED** beginning TODAY through early next week.

If you, a loved one, or neighbor is in need of a cooling center in Winslow please utilize the Winslow Township Municipal Building Court Room located at 125 South Rt. 73 Barddock, NJ. Upon arrival please check in with the Winslow Township Police Department. Other cooling centers in Camden County can be viewed here: <https://nj211.org/nj-cooling-centers?county=15#node-teaser-3498>

## **EXTREME HEAT SAFETY TIPS**

High temperatures and humidity can quickly become dangerous. Please take a few moments to protect yourself, your family, your neighbors, and your pets.

### **For People**

- Drink plenty of water—even if you don't feel thirsty. Avoid excessive alcohol and caffeine.
- Limit outdoor activities during the hottest part of the day (typically 10:00 AM to 6:00 PM).
- Wear lightweight, light-colored, loose-fitting clothing.
- Use air conditioning whenever possible. If you don't have A/C, visit a cooling center, library, shopping mall, or another air-conditioned location.
- Never leave children, older adults, or anyone else unattended inside a parked vehicle—not even for a minute. Temperatures inside a vehicle can become deadly in just minutes.
- Check on elderly family members, neighbors, and anyone who may be vulnerable to heat-related illness.
- Wear sunscreen and take frequent breaks in the shade if you must work outdoors.
- Know the warning signs of heat exhaustion and heat stroke:
  - Heavy sweating
  - Dizziness
  - Nausea
  - Muscle cramps
  - Confusion

- Loss of consciousness

Heat stroke is a medical emergency. Call 9-1-1 immediately.

### **For Pets**

- Never leave pets inside a parked vehicle.
- Make sure pets always have access to fresh, cool water and shade.
- Walk dogs early in the morning or later in the evening when temperatures are cooler.
- Check pavement before walking your pet. If it's too hot for the back of your hand for 7 seconds, it's too hot for your pet's paws.
- Bring pets indoors whenever possible during extreme heat.
- Watch for signs of heat stress, including excessive panting, drooling, weakness, vomiting, or collapse. Seek veterinary care immediately if these symptoms occur.

Let's all do our part to stay safe during this period of extreme heat. A simple check-in with a neighbor or loved one could save a life.

Stay cool. Stay hydrated. Stay safe.