

Special Bulletin



from Hillsborough Township

Heat Advisory

From the Office of Emergency Management - Hillsborough Township

The Office of Emergency Management would like to remind residents to be aware of excessive heat during the coming days. Please use the tips below to keep your friends and family safe:

- Avoid strenuous activities
- Watch for heat illness
- Wear light clothing and drink plenty of fluids
- Check on family members and elderly neighbors
- Never leave people or pets in a closed car

In addition, Hillsborough's local energy providers offer some common-sense hot weather tips customers can follow to stay comfortable while using electricity wisely during this period of high demand:

- During sunny weather, close drapes or blinds on windows facing the sun to prevent direct radiant heating from impacting interior temperatures.
 - Use fans – moving air cools skin faster, resulting in greater comfort on hot days.
 - Use a programmable thermostat to keep temperatures higher when no one is home, and to reduce the temperature before arrival back home.
 - Only operate window air conditioners when someone is in the room.
 - Keep refrigerators and freezers as full as possible. Frozen or cold items in the refrigerator help keep other items cool, reducing the amount of work the refrigerator has to do to maintain a lower temperature.
 - Close rooms that aren't used regularly during the summer, and close the air conditioning vents in those rooms, as well.
 - Avoid using heat-producing appliances during the hottest hours of the day. The less heat produced at home, the less work the air conditioner will do.
 - Consider investing in ENERGY STAR® appliances or heating, ventilating and air conditioning (HVAC) systems. Energy providers may offer rebates on these purchases and tax deductions may apply, as well.
 - Check air conditioner and furnace fan filters. Clogged filters waste energy and money by forcing HVAC systems to work harder than necessary.
-

Health Advisory: Help Prevent Heat-Related Illness and Death Among People Most At Risk of Heat-Related Health Impacts

- Identify people at increased risk for heat-related illness (see checklist).
- Remind patients that all hot weather, particularly heat waves, can be dangerous and instruct them to use air conditioning.
- Refer patients without air conditioning to NJ 2-1-1 for information regarding Cooling Centers: www.nj211.org/nj-cooling-centers
- Please be aware that emergency activations and resources opened in response to extreme heat or storm events change as quickly as the weather. In addition to the link above, you can also refer to your county's Office of Emergency Management web page.
- Encourage people to pay attention to official announcements about places where they can go to get relief from the heat.
- Instruct people and their caregivers to stay cool and well-hydrated.

People experiencing homelessness can dial 2-1-1 or 877-652-1148 (If you are using a rotary dial phone, please dial 1-877-746-5211)

Identifying People at Risk for Heat-Related Illness and Death

People who do not have or use air conditioning **and** have one or more of these risk factors:

- ☐ Chronic health conditions including:
 - ☐ Cardiovascular, respiratory or renal disease
 - ☐ Obesity (BMI > 30)
 - ☐ Diabetes
 - ☐ Serious mental illness such as schizophrenia or bipolar disorder
 - ☐ Cognitive or developmental disorder that impairs judgment or self-care, such as dementia
- ☐ Have difficulty thermoregulating or use medications that can impair thermoregulation, including:
 - ☐ Diuretics
 - ☐ Anticholinergics
 - ☐ Antipsychotics
- ☐ Substance use disorder or excessive alcohol consumption
- ☐ Socially isolated or with limited mobility

Reporting Power Outages PSE&G Customers

- [PSE&G is Prepared for Hurricane Isaias](#)
- To report an outage call 1-800-436-PSEG (7734), text "OUT" to 4PSEG (47734) or report it [online](#)
- [Tips to Stay Safe During Severe Weather](#)
- Visit [PSE&G's website](#) for more instructions on preparing and reporting outages

Jersey Central
Power & Light
A FirstEnergy Company

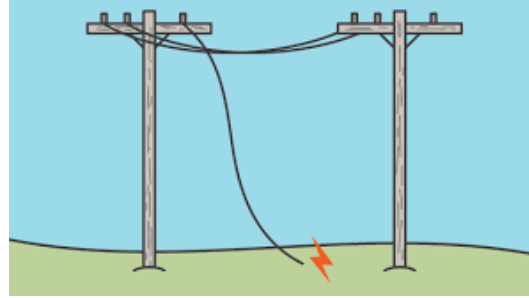
JCP&L Customers

- To report an outage call 1-888-LIGHTSS (1-888-544-4877), [text](#) or report it [online](#)
- [Tips for Storm Preparation](#)
- Visit [JCP&L website](#) for more instructions on preparing and reporting outages

Fire Safety

- Assume all wires on the ground are electrically charged. This includes

- cable TV feeds.
- Be aware of and avoid downed utility lines. Report downed or damaged power lines to the utility company or emergency services.
- Be careful when using candles. Keep the flame away from combustible objects and out of the reach of children.
- Some smoke alarms may be dependent on your home's electrical service and could be inoperative during a power outage. Check to see if your smoke alarm uses a back-up battery and install a new battery at least once a year.



Generator Safety

- Keep generators outside of your home. Do not use the generator in the garage. Carbon Monoxide fumes are odorless and can quickly overwhelm you indoors.
- Refuel generators carefully
- Follow the manufacturer's instructions and guidelines when using generators.
- Use the appropriate sized and type power cords to carry the electric load. Overloaded cords can overheat and cause fires.
- Never run cords under rugs or carpets where heat might build up or damage to a cord may go unnoticed.

This Newsletter is brought to you by the Hillsborough Township Committee:

Mayor
Shawn Lipani

Deputy Mayor
Frank DelCore

Committeewoman
Janine Erickson

Committeeman
Doug Tomson

Committeeman
Jeffrey Wright



Hillsborough Township | www.hillsborough-nj.org