



SPECIAL BULLETIN

HILLSBOROUGH e-News

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.

Library Serving as Cooling Center

The Hillsborough Branch of the SCLSNJ will serve as

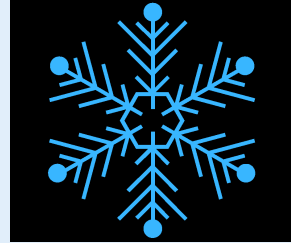
a cooling center. The hours of operation are as follows:

Mon - Thur 10am - 8pm

Fri 10am - 6pm

Sat 10am - 6pm

Sun 1pm - 5pm



The Hillsborough Township Senior Activities Room is open from 9 am - 4 pm, Monday through Friday, as a respite from the heat.

Be Red Cross Ready

Heat Wave Safety Checklist

In recent years, excessive heat has caused more deaths than all other weather events, including floods. A heat wave is a prolonged period of excessive heat, often combined with excessive humidity. Generally temperatures are 10 degrees or more above the average high temperature for the region during summer months, last for a long period of time and occur with high humidity as well.

Know the Difference

Excessive Heat Watch—Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

Excessive Heat Warning—Heat Index values are forecast to meet or exceed locally defined warning criteria for at least 2 days (daytime highs=105-110° Fahrenheit).

Heat Advisory—Heat Index values are forecast to meet locally defined advisory criteria for 1 to 2 days (daytime highs=100-105° Fahrenheit).

How can I prepare?



- ☐ Listen to local weather forecasts and stay aware of upcoming temperature changes.
- ☐ The heat index is the temperature the body feels when the effects of heat and humidity are combined. Exposure to direct sunlight can increase the heat index by as much as 15° F.
- ☐ Discuss heat safety precautions with members of your household. Have a plan for wherever you spend time—home, work and school—and prepare for the possibility of power outages.
- ☐ Check the contents of your emergency preparedness kit in case a power outage occurs.
- ☐ Know those in your neighborhood who are elderly, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.
- ☐ If you do not have air conditioning, choose places you could go to for relief from the heat during the warmest part of the day (schools, libraries, theaters, malls).
- ☐ Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas.
- ☐ Get trained in first aid to learn how to treat heat-related emergencies.
- ☐ Ensure that your animals' needs for water and shade are met.

What should I do during a heat wave?



- ☐ Listen to a NOAA Weather Radio for critical updates from the National Weather Service (NWS).
- ☐ Never leave children or pets alone in enclosed vehicles.
- ☐ Stay hydrated by drinking plenty of fluids even if you do not feel thirsty. Avoid drinks with caffeine or alcohol.
- ☐ Eat small meals and eat more often.
- ☐ Avoid extreme temperature changes.
- ☐ 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.
- ☐ Postpone outdoor games and activities.
- ☐ Use a buddy system when working in excessive heat.
- ☐ Take frequent breaks if you must work outdoors.
- ☐ 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.
- ☐ Check on your animals frequently to ensure that they are not suffering from the heat.

Recognize and care for heat-related emergencies ...



Heat cramps are muscular pains and spasms that usually occur in the legs or abdomen caused by exposure to high heat and humidity and loss of fluids and electrolytes. Heat cramps are often an early sign that the body is having trouble with the heat.

Heat exhaustion typically involves the loss of body fluids through heavy sweating during strenuous exercise or physical labor in high heat and humidity.

- ☐ Signs of heat exhaustion include cool, moist, pale or flushed skin; heavy sweating; headache; nausea; dizziness; weakness; and exhaustion.
 - ☐ Move the person to a cooler place. Remove or loosen tight clothing and apply cool, wet cloths or towels to the skin. Fan the person. If the person is conscious, give small amounts of cool water to drink. Make sure the person drinks slowly. Watch for changes in condition.
 - ☐ If the person refuses water, vomits or begins to lose consciousness, **call 9-1-1** or the local emergency number.
- Heat stroke** (also known as sunstroke) is a life-threatening condition in which a person's temperature control system stops working and the body is unable to cool itself.
- ☐ Signs of heat stroke include hot, red skin which may be dry or moist; changes in consciousness; vomiting; and high body temperature.
 - ☐ Heat stroke is life-threatening. **Call 9-1-1** or the local emergency number immediately.
 - ☐ Move the person to a cooler place. Quickly cool the person's body by giving care as you would for heat exhaustion. If needed, continue rapid cooling by applying ice or cold packs wrapped in a cloth to the wrists, ankles, groin, neck and armpits.

Let Your Family Know You're Safe

If your community experiences a disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call 1-866-GET-INFO to register yourself and your family.



For more information on disaster and emergency preparedness, visit RedCross.org.

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New Jersey American Water Requests Odd/Even Water in Five Central New Jersey Counties

Customers Encouraged to Begin Conserving



Due to the current heat wave hitting the state, New Jersey American Water is asking customers in the following counties within its Central Operating region to take additional steps to conserve water now to avoid possible restrictions later.

- Hunterdon
- Mercer
- Middlesex
- Somerset
- Union

This is in addition to the voluntary off/even conservation request issued in the company's Monmouth and Ocean County service areas on July 15.

"Our systems are currently operating normally at expected capacity, but we are seeing a steep increase in demands across these counties," said Tom Shroba, vice president of operations at New Jersey American Water. "Adopting an odd/even schedule for outdoor watering will have minimal impacts on the individual customer but will provide a significant relief in demand on our source of supply."

Practicing odd/even watering now will help the company manage a finite supply of water, and New Jersey American Water customers will still be able to maintain their lawns and gardens while saving some money on their water bills. The guidelines are provided below:

Odd/even guidelines are:

- Outdoor water use on odd-numbered days of the month if your street address is an odd number (i.e., 23 Oak St., 7 Maple Ave.)
- Outdoor water use on even-numbered days of the month if your street address is an even number (i.e., 6 Oak St., 354 Maple Ave.)
- Water early or late in the day to minimize evaporation

Exceptions are:

- Watering of new sod or seed if daily watering is required (Note: it is recommended that any planting of new sod or seed that has not already taken place be delayed until the fall)
- Use of private wells for irrigation
- Commercial uses of outdoor water, such as for nurseries, farm stands, power washing, plumbing, athletic fields, and car washes
- Watering of athletic fields

Additional tips and information on wise water use are available on New Jersey American Water's website at www.newjerseyamwater.com under Water Information.

Reporting Power Outages

PSE&G Customers

- 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

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



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

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