



CITY OF VENTNOR  
DEPARTMENT OF PUBLIC SAFETY  
OFFICE OF EMERGENCY MANAGEMENT

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## BEAT THE HEAT.....



### Know Your Risk

- Know the terms: 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. For more tips visit: [www.ready.gov/heat](http://www.ready.gov/heat) #BeatTheHeat
- Know the terms: 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) [www.ready.gov/heat](http://www.ready.gov/heat) #BeatTheHeat
- Heat Advisory - Heat Index values are forecast to meet locally defined advisory criteria for 1 to 2 days (daytime highs=100-105°Fahrenheit) [www.ready.gov/heat](http://www.ready.gov/heat) #BeatTheHeat
- Summertime in the city: Did you know that urban residences are at greater risk of the effects of prolonged #heat than rural and suburban residences? [www.ready.gov/heat](http://www.ready.gov/heat) #HeatSafety

### Reduce Heat Impact



- Consider spending the warmest part of the day in temperature controlled buildings such as libraries, schools, movie theaters, shopping malls, or community facilities. #BeatTheHeat
- During extreme heat, eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician. #BeatTheHeat
- Make water your beverage of choice during extreme heat. Here’s why, it prevents dehydration, heat stroke, and more. So keep the caffeine at bay and guzzle some good ol’ H2O. #SummerSafety
- Make the right fashion choices during extreme heat. Dress in loose-fitting, lightweight, and light-colored clothes. Avoid dark colors because they absorb the sun’s rays. #BeatTheHeat
- Have to work outside? Use these #HeatSafety tips. Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- During extreme heat, check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone. #SummerSafety
- Go to a designated public shelter if your home loses power during periods of extreme heat. Text SHELTER + your ZIP code to 43362 (4FEMA) to find the nearest shelter in your area (example: shelter 12345). #BeatTheHeat
- Did you know: High heat and humidity cause the body to work extra hard to maintain a normal temperature. Stay indoors with air conditioning. More tips at [www.ready.gov/heat](http://www.ready.gov/heat) #HeatSafety
- Too hot to play outside? [www.ready.gov/kids](http://www.ready.gov/kids) offers plenty of games and activities that will help children learn and prepare for emergencies as they play! #SummerSafety
- It’s going to be a hot one! Is your family prepared for outdoor activities this summer? Find #HeatSafety tips at [www.ready.gov/heat](http://www.ready.gov/heat)
- Don’t forget about your pets. Share these tips from the Humane Society to keep pets safe in the heat: <http://bit.ly/1RRltlL> #BeatTheHeat