



West Windsor Township

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DEPARTMENT OF HUMAN SERVICES Division of Health

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HEAT ADVISORY – Stay Safe in Extreme Heat!

Due to forecasted high temperatures and humidity over the coming days, the West Windsor Health Department urges residents to stay safe and take steps to avoid heat complications. These extreme conditions can be dangerous, especially for older adults, infants, people with chronic health conditions, outdoor workers, those without air conditioning, etc. Heat-related illness can develop quickly and may become life-threatening if untreated.



Tips to Stay Cool and Safe

- **Stay Hydrated:** Drink plenty of water, even if you don't feel thirsty. Avoid sugary and alcoholic beverages.
- **Limit Outdoor Activity:** Stay indoors during the hottest parts of the day (typically 11am to 4pm, according to the CDC). If you must go outside, take frequent breaks in the shade or a cool place.
- **Dress Comfortably:** Wear loose and light-colored clothing. Wear a hat when outdoors.
- **Be Cool:** Make use of fans or air conditioners to stay cool. If your home isn't air-conditioned, seek out public places like libraries, community centers, or designated cooling centers.
- **Check on Neighbors:** Especially older adults, individuals with disabilities, and those living alone.
- **Look Before You Lock:** Never leave unattended children or animals in a car, as temperatures rise quickly in a vehicle and pose major health risks.
- **Protect Your Pets:** Keep pets indoors during peak heat hours and ensure they are hydrated.

For more information on heat-related illness, please [visit the CDC](#).