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**Press Release**

**NEWS**

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FOR IMMEDIATE RELEASE

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Tuesday, July 6, 2010

**BURLINGTON COUNTY HEALTH DEPARTMENT ISSUES HEAT WARNING**

**Heat Advisory in Effect Through Wednesday**

The Burlington County Health Department today issued a heat warning and urged residents to take precautions to avoid heat-related illnesses during this week's high temperatures.

Based on the National Weather Services' Heat Advisory and local weather conditions in Burlington County, the heat warning is effective immediately and will remain in effect through 8 p.m. Wednesday.

Residents are urged to take precautions to avoid heat-related illnesses at this time and throughout the summer. Heat stroke is a life-threatening condition and people suffering from heat stroke can go from appearing normal to extremely ill in a matter of minutes. Heat exhaustion is a milder illness that may take several days of exposure to high temperatures to develop.

**-more-**

## **PRESS RELEASE: Heat Advisory – 7/6/10 – Add One**

The best way to prevent a heat-related illness is to drink large amounts of water regularly. Thirst is a poor indicator of dehydration, and in most cases heat stroke comes on suddenly.

Other prevention strategies include:

- Wearing loose fitting, light-colored clothes (light colors reflect more sunlight).
- Trying to relax in the shade during the hottest part of the day.
- Avoiding coffee and alcohol, especially beer, due to their fluid loss effect.
- Learning the technique of mouth-to-mouth resuscitation.

For more information on heat-related illnesses, prevention tips, and first aid recommendations, please go to:

- Burlington County Health Department website - [www.co.burlington.nj.us/health](http://www.co.burlington.nj.us/health)
- New Jersey Department of Health and Senior Service – [www.state.nj.us/health](http://www.state.nj.us/health)
- The Centers for Disease Control and Prevention – [www.cdc.gov](http://www.cdc.gov)

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