



**CITY OF NEWARK URGES RESIDENTS TO TAKE PRECAUTIONS
DURING HEAT WAVE AND USE COOLING SITES FOR SENIOR CITIZENS AND
ALL RESIDENTS**

*Citizens are encouraged to stay cool by using air conditioning, drinking water
to avoid dehydration and limiting strenuous activity.*

Newark, NJ – July 6, 2021 — Mayor Ras J. Baraka and Department of Health and Community Wellness Director Dr. Mark J. Wade announced that the City of Newark has activated a “Code Red” starting **today, July 6, 2021**, through **tomorrow, Wednesday, July 7, 2021**. Temperatures are expected to rise as high as 96°F with the Heat Index climbing to 101°F between 11:00 a.m. and 8:00 p.m.

The Health Department urges Newark residents to take precautions to prevent serious illness that can result from extreme heat, especially among the most vulnerable populations such as seniors and those with chronic health problems or mental health conditions. Vulnerable Newark residents should use air conditioning to stay cool, drink water at regular intervals, and limit strenuous activity, especially during the hottest parts of the day.

The City is reminding residents that there are emergency shelters operating during extreme hot weather that have partnered with the City to provide overnight sheltering for residents with no address. For more information regarding sheltering services, contact the shelters listed below or the **Office of Homeless Services** at **(973) 877- 9481, Monday through Friday, 8:30 a.m. to 4:30 p.m.**

Shelter	Address and Phone Number	Population Served
Apostle House	513-515 Avon Avenue Newark, NJ (973) 482-0625	Women and children only
Isaiah House	238 North Munn Avenue East Orange, NJ (973) 678-5882	Single mothers and families with children
Catholic Charities- St. Rocco’s	368 South 7 th Street Newark, NJ (973) 286-4175	Families with children
Circle of Life	55 Tillinghast Street Newark, NJ (862) 763-4859	Adults only LGBTQ Friendly
Fairmont Health	202 Fairmont Avenue Newark, NJ (973) 643-7705	Adults only
H.E.L.P. Center	224 Sussex Avenue	Adults only

Newark, NJ (973) 705-7200

The Office of Homeless Services has contracted with Bridges, Inc. to provide outreach and engagement services to Newark’s homeless population from 3 p.m. to 11 p.m., 7 days a week, with focused attention on homeless “hot spots” such as Penn Station, city parks, under bridges, and areas off McCarter Highway, etc., especially chronically homeless individuals and those with mental health and substance abuse issues. **If you identify homeless individuals in need of services, Bridges, Inc. can be reached at 908-858-7019.**

For additional information on how to beat the heat, visit <http://www.newarknj.gov> or follow the Newark Department of Health and Community Wellness social media pages at <http://www.facebook.com/NewarkDHCW> and <http://www.twitter.com/NewarkDHCW>.

CHECK ON THOSE PARTICULARLY VULNERABLE TO THE HEAT

A small, but crucial gesture can help ensure that we all have a safe and healthy summer. Get to know your neighbors and contact neighbors and relatives—by phone—at least twice a day during heat waves. Pay special attention to the elderly, the very young, and anyone with a pre-existing medical condition. Citizens should also check in on neighbors who may be isolated from friends and family.

HEALTH AND SAFETY TIPS FOR PROTECTION AGAINST THE HEAT

- Air conditioning is the best way to stay cool when it is hot outside. However, some people do not have an air conditioner or do not turn it on when they need it. Newark residents are encouraged to use air conditioning or fans. If air conditioning is unavailable at a residence, please assist those affected to get to a place where it is available.
- Stay out of the sun. This is the quickest way to become overheated. Also, avoid extreme temperature changes.
- Wear lightweight, bright or light-colored clothing to reflect some of the sun’s energy.
- Drink fluids—water is best—even if you do not feel thirsty. Water is also the safest liquid to drink during heat emergencies. This will help your body to maintain a cooler temperature. If you are on a fluid-restricted diet or taking diuretics, please consult your physician first. Avoid beverages containing alcohol and/or caffeine.
- Eat small, frequent, meals.
- Avoid strenuous activity, especially during the sun’s peak hours, which are from 11 a.m. to 4 p.m. If you must perform any strenuous activity, it is advisable to do it during the coolest part of the day, which is in the morning between 4 a.m. and 7 a.m.
- If possible, go to an air-conditioned building for several hours during the hottest parts of the day.
- Cool down with a cool bath or shower.
- Cover all exposed skin with an SPF sunscreen (15 or above).
- Wear a wide-brimmed hat to protect your face and head.
- Use extreme caution in deciding to take an infant outside during extreme heat conditions.
- Be careful not to overdress small children, especially newborns and infants.

- Never leave children or pets in the car.
- The City of Newark will open cooling centers in the five wards today. You may find the nearest ones by calling (973) 733-4311; go to <http://www.newarknj.gov> or follow us on Facebook.

FACTS ABOUT HEAT ILLNESS

Heat illness is serious. Prolonged exposure to the heat can be harmful and potentially fatal. The added stress caused by heat can also irritate heart or lung disease even without symptoms of heat illness. The risk for getting sick during a heat wave is increased for people who:

- Do not have or do not use air conditioning.
- Are age 65 or older.
- Have chronic medical or mental health conditions.
- Take certain medications, which can disrupt the regulation of body temperature.
- Are confined to their beds, have trouble with being mobile, or are unable to leave their homes.
- Are overweight.
- Consume alcohol or illegal drugs.

Know the warning signs of heat stress!

- If you or someone you know feels weak or faint, go to a cool place and drink water. If there is no improvement, call a doctor or 911.

Please call 911 if you or someone you know begins exhibiting two or more of the following symptoms:

- Hot dry skin OR cold clammy skin.
- Trouble breathing.
- Rapid heartbeat.
- Confusion, disorientation, or dizziness.
- Nausea and vomiting.

KEEPING YOUR PETS SAFE

The summer months can be just as uncomfortable for pets as it is for humans. Pets are affected by humidity as much as the ambient hot temperatures. Follow these tips for keeping them comfortable during the heat advisory.

- Avoid dehydration: Pets can dehydrate quickly, so give them plenty of fresh, clean water.
- Exercise early and late: When the temperature is very high, don't let your dog linger on hot asphalt. Your pet's body can heat up quickly, and sensitive paw pads can burn.
- Know when your pet is in danger: Symptoms of overheating in pets include excessive panting or difficulty breathing, increased heart and respiratory rate, drooling, mild weakness, stupor, or even collapse. Animals with flat faces like Pugs and Persian cats are more susceptible to heat stroke since they cannot pant as effectively. They should be kept cool in air-conditioned rooms as much as possible.
- Never leave a pet inside of a parked car on a hot day. Even with windows open, extreme temperatures inside a parked car could quickly lead to a fatal heat stroke for your pet.
- Keep cats safe by installing screens in your windows. Unscreened windows pose a real danger to cats, who fall out of them often during summer months.
- Prepare your pet emergency "go bag:" Pet food, water, medications and supplies should always be included in your emergency preparedness plans and "go bags."

NEWARK SENIOR CITIZEN CENTERS/ COOLING SITES

Central Ward	Site Address	Hours	Contact Information
Bethany Baptist Church/Bethany Senior Citizen Center (for Seniors ONLY)	275 W. Market Street Newark, NJ 07103 (entrance 58 Hartford Street)	Monday - Friday 9:00am - 4:00pm	Almetta Sabb (973) 733-5739
East Ward			
Ironbound Senior Citizen Center	226 Rome Street Newark, NJ 07105	Monday - Friday 9:00am - 4:00pm Saturday 9:00am-6:00pm	Christina Couto (973) 424-4101
North Ward			

Vince Lombardi	201 Bloomfield Ave. Newark, NJ 07107	Monday - Friday - 9:00pm Saturday 9:00am-6:00pm	Debra Friday (973) 482-5439
South Ward			
Nellie Grier Senior Citizen Center	98-104 Maple Avenue Newark, NJ 07112	Monday - Friday - 4:00pm Saturday 9:00am	Wadih Cheid (973) 424-4096

RECREATIONAL CENTERS SUMMER HOURS

(Open to all Newark Residents)

Central Ward	Site Address	Hours	Contact Information
Hayes Park West	179 Boyd Street Newark, NJ 07108	Monday - Friday m - 7:00pm Saturday 9:00am-5:00pm	Cerentia McElroy (973) 733-3959
East Ward			
Kenneth Gibson/ Sharpe James Aquatic Recreation Center	226 Rome Street Newark, NJ 07105	Monday - Friday m - 7:00pm Saturday 9:00am-5:00pm	Luis Ortiz (973) 733-3707
North Ward			
Rotunda Recreational Center	75 Clifton Avenue	Monday - Friday m - 9:00a	Denise Osorio (973) 733-3677

	Newark , NJ 07104	7:00pm Saturday 5:00pm	9:00am-		
South Ward					
St. Peter's Recreation Center/Bo Porter Sports Complex	378 Lyons Avenue Newark , NJ 07112	Friday 7:00pm	Monday - m - Saturday 5:00pm	9:00a 9:00am-	Latoya Evans (973) 733- 8006
West Ward					
Boylan Recreation Center	916 South Orange Avenue Newark , NJ 07106	Friday m - 7:00pm	Monday - Saturday 5:00pm	9:00a 9:00am-	Quatisha Brownson (973) 733- 8947

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For more information on the City of Newark, please visit our website

www.newarknj.gov

Follow us on Twitter: www.twitter.com/cityofnewarknj