



## Your Health Matters

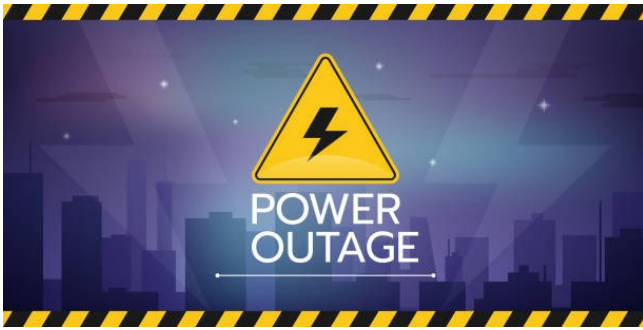
Westfield Regional Health Department

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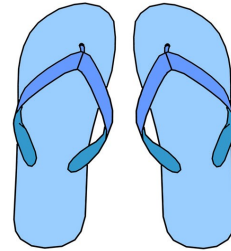
[www.westfieldnj.gov/health](http://www.westfieldnj.gov/health)

Sudden power outages can be frustrating and troublesome. If a power outage is 2 hours or less, don't be concerned about losing your perishable foods. [For prolonged power outages, though, click here for safety tips to help you prepare for and cope with sudden loss of power.](#)



### Keep Your Cool in Hot Weather

Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses. [Click here to learn about these illnesses and how to stay cool and safe in hot weather.](#)



### Dehydration Prevention Tips

The best way to avoid dehydration is to drink plenty of water *before* you get thirsty. Body fluid is lost through sweat. During the summer heat it's easy to become dehydrated if you do not drink enough fluids to replace what is lost in sweat. Water replaces that fluid and keeps the body from overheating. [Click here learn how you can prevent dehydration.](#)

