



FREDERICK COUNTY GOVERNMENT
OFFICE OF THE COUNTY EXECUTIVE

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News Release

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Emergency Officials Urge Caution on Extremely Hot Days

FREDERICK, MD – The Frederick County Division of Emergency Management reminds residents to take extra precautions during days with extremely high temperatures and humidity. Anyone who expects to be outside, or who is sensitive to the heat, may be at risk for heat exhaustion and other illnesses.

Signs of heat exhaustion include:

- pale or flushed skin,
- heavy sweating,
- headache,
- nausea,
- dizziness and weakness.

If someone shows these signs, move them to a cooler place, apply cool, wet cloths to their skin, and have them slowly drink cool water.

“We encourage everyone to drink plenty of fluids on extremely hot days, stay in an air-conditioned area, avoid prolonged time in the sun, remember to check on neighbors and relatives, and, when planning to be outside, wear light colored and loose-fitting clothing.” Division Director Anthony Rosano said.

Other important things to remember in high heat:

- Never leave children or pets unattended in a parked car, even if the windows are open or the air conditioning is left running.
- Drink more water than usual. Do not wait until you are thirsty to drink.
- Take cool showers or baths to cool down.

For more information on preparing for emergencies, visit www.FrederickCountyMD.gov/READY. The Frederick County Division of Emergency Management can be reached at 301-600-1746, or by e-mail at EM@FrederickCountyMD.gov.

Residents are encouraged to sign up for emergency alerts at www.FrederickCountyMD.gov/ALERT.

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