



FREDERICK COUNTY GOVERNMENT

DIVISION OF EMERGENCY MANAGEMENT

Department of Emergency Preparedness

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News Release

FOR IMMEDIATE RELEASE:
July 2, 2018

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Citizens Urged to Take Precautions in Hot Weather & Know the Signs of Heat Exhaustion

FREDERICK, MD – With temperatures expected to be in the 90s this week, citizens and businesses are advised to be aware of the signs of heat-related illnesses and to use caution during outdoor activities. A [National Weather Service heat advisory](#) is in effect in Frederick County until 8 p.m. tonight.

The combination of high temperatures and humidity will create a dangerous situation in which heat illness is possible. The Frederick County Department of Emergency Preparedness and its partners remind citizens to:

- Drink plenty of fluids;
- Stay in an air-conditioned area and out of the sun;
- Check on neighbors and relatives, especially young children and seniors, who are more susceptible to heat-related illnesses, and
- NEVER leave pets or young children in a car under any circumstances.

According to the Maryland Emergency Management Agency, warning signs of heat exhaustion include the following: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting and fainting. The skin may be cool and moist. The person's pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke.

Seek medical attention immediately if the symptoms are severe or the person has heart problems or high blood pressure. Help the person cool off, and seek medical attention if symptoms worsen or last longer than one hour. Cooling measures that may be effective include cool, nonalcoholic beverages; rest; cool shower, bath, or sponge bath; an air-conditioned environment, and lightweight clothing.

Citizens seeking relief from the current heat are encouraged to utilize public buildings (libraries and community centers), commercial establishments or friends and family for a cooler environment if air-conditioning is not available.

For more information on preparing for, responding to and recovering from emergencies and hazards, visit www.FrederickCountyMD.gov/READY. Additionally, the Department of Emergency Preparedness can be contacted at 301-600-1746 or EM@FrederickCountyMD.gov.

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

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