

FOR IMMEDIATE RELEASE
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Howard County Issues a Heat Advisory in Response to High Temperatures

COLUMBIA, MD – In response to the excessive heat warning issued by the National Weather Service, Dr. Maura J. Rossman, Howard County Health Officer, has issued a public advisory for Howard County due to continuing high temperatures that have the potential to create a dangerous situation where heat illness is likely. The National Weather Service Excessive Heat Warning has been issued for Friday, July 19 from 11:00 a.m. until 9:00 p.m. with heat index values approaching 110 degrees Fahrenheit. This excessive heat is expected to continue through the weekend where heat index values could potentially reach 110 degrees or greater on both Saturday and Sunday.

The warning signs of heat-related illness include the following: light-headedness, headaches, muscle cramps, mild nausea or confusion, fatigue or profuse sweating and rapid breathing. All residents are encouraged to take a common sense approach to the extreme heat and take the following precautions to prevent heat related illness:

- Increase fluid intake; drink non-alcoholic and caffeine-free liquids
- If possible, stay out of the sun between the hours of 10 am and 3 pm
- Pace yourself and take frequent breaks
- If you must be out in the heat, wear lightweight, light-colored, loose-fitting clothing, a wide-brimmed hat and sunscreen
- NEVER leave children or pets unattended in a parked car or other hot environment.
- Check regularly on infants, elderly, family and neighbors with health conditions as they are more vulnerable to heat-related illness.

Those in need of a place with air conditioning to escape the heat are encouraged to visit Howard County's 50+ centers (<http://bit.ly/2iX84kX>), Recreation and Parks Community Centers (<http://bit.ly/2BjYof2>) and Howard County Library System Branches (<http://bit.ly/2BkH0H4>). Anyone in need of shelter or other assistance should call the Grassroots hotline at 410-531-6677.

As with any other emergency, citizens should call 9-1-1 if they encounter a heat related emergency. For more detailed information visit the Health Department website at www.hchealth.org.

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