

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

COLUMBIA, MD – In response to the heat advisory 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. The advisory has been issued for Monday, July 20 from 12:00 p.m. until 8:00 p.m. with temperatures expected to be in the mid-90s. The high temperatures combined with high humidity will make outside temperatures feel even hotter with heat index values reaching between 105 and 110 degrees Fahrenheit. This extreme heat is expected to continue through Tuesday and Wednesday where heat index values could continue to reach up to 105 degrees.

"As Howard County experiences very high temperatures this week, we want to remind residents of how to stay cool and safe," said County Executive Calvin Ball. "Extreme heat can be dangerous after long periods of exposure if proper precautions are not taken. If you are heading outside, try to do so in the early morning or later evening, drink lots of water and be sure to take breaks to cool off. Additionally, if you're planning to cool down in a pool or natural body of water, please be sure to review swim and water safety guidelines with your family and children. Let's stay safe and healthy this summer."

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 during the middle of the day.
- 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.

In response to the continuous heat, Howard County will have three community centers open today. Those in need of cooler surroundings may visit Roger Carter Community Center (7am-10pm), Gary J. Arthur Community Center (7am-9pm), and North Laurel Community Center (8am-9pm) (<http://bit.ly/2BjYof2>). Because of concerns about the COVID-19 pandemic, if you visit one of the community centers, a face covering will be required. People experiencing COVID-19 symptoms or who may have been around someone with COVID-19 are asked not to visit a public community center. 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.