

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 Wednesday, July 17 from 11:00 a.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.

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.

In response to the continuous heat, Howard County will have cooling centers open during normal business hours today. Those in need of cooler surroundings may 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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