

FOR IMMEDIATE RELEASE

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## Howard Co. Issues a Heat Safety Advisory for August 12, 2021

Temperatures and humidity will bring the heat index value to over 105 degrees.

**Columbia, MD** – Dr. Maura Rossman, Howard County Health Officer, has issued a Heat Safety Advisory for Howard County for August 12, 2021. Conditions may pose danger for some residents, especially those with other significant health concerns. The public should take the following precautions to prevent heat-related illness:

- NEVER leave children or pets unattended in a parked car or other hot environment.
- If you must be out in the heat, wear light-colored, light-weight, loose-fitting clothing, a hat and sunscreen.
- Stay well hydrated. Drink water and caffeine-free liquids. Avoid alcoholic beverages. (Alcoholic beverages **do not** keep you hydrated.)
- Stay out of the sun during the hours of 10:00a.m. and 3:00p.m.
- Take frequent rest breaks in air conditioned or shaded environments.
- Check on elderly friends, family and neighbors. Be aware of the symptoms of heat related illness: extreme weakness, muscle cramps, nausea, headache, possible vomiting or fainting, dry red skin.
- Citizens should call 911 if they encounter a heat related emergency.

Howard County residents in need of a cooler environment can visit Howard County's 50+ Centers, or Howard County Library branches during normal hours. For information about area Howard County 50+ Centers visit the Howard County Government website at [www.howardcountymd.gov](http://www.howardcountymd.gov). For Howard County Library System locations and hours of operation visit: [www.hclibrary.org](http://www.hclibrary.org).

For more detailed information, visit the Howard County Health Department website at [www.hchealth.org](http://www.hchealth.org).

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