



# Calvert County NEWS

175 Main Street  
Courthouse  
Prince Frederick, Maryland 20678  
Phone: 410-535-4583 • 301-855-1880  
www.co.cal.md.us

*Board of Commissioners*  
**Gerald W. Clark**  
**Pat Nutter**  
**Susan Shaw**  
**Evan K. Slaughenhaupt Jr.**  
**Steven R. Weems**

## **FOR IMMEDIATE RELEASE**

**Date:** | July 6, 2012  
**Contacts:** Mark Volland, Marketing Communications Specialist  
410.535.4583 Email: [vollanrm@co.cal.md.us](mailto:vollanrm@co.cal.md.us)  
Carrie Lovejoy, Public Information Specialist  
410.535.4583 Email: [lovejocb@co.cal.md.us](mailto:lovejocb@co.cal.md.us)

---

### **Calvert County Preparing for Another Hot Weekend** *Southern Community Center Open Sunday; Hotline Available*

**PRINCE FREDERICK, Md. – July 6, 2012** – The National Weather Service has predicted temperatures from today through the weekend to be 100 degrees or higher. Due to the high temperatures, the Calvert County Department of Public Safety is recommending that all citizens consider cancelling or rescheduling any planned outdoor activities, especially those involving children or the elderly. There is an increased risk of heat exhaustion or other heat-related illness for those spending time outdoors for an extended period of time or those without air conditioning.

Citizens can call county hotline numbers, 410-535-0314 or 410-535-0396, after 1 p.m. Friday for information on cooling centers. Non-emergency messages can be left at the hotlines; the voicemail will be checked periodically over the weekend.

Cooling centers will be open in Calvert County to help residents battle the expected heat, and the Southern Community Center has extended its normal hours to be open from 9 a.m. to 6 p.m. Sunday.

Residents who need to take refuge in a safe, cool place may go to one of the following locations during the hours listed:

**Northeast Community Center**  
4075 Gordon Stinnett Ave., Chesapeake Beach  
Friday and Saturday, 8:30 a.m. to 11 p.m.  
Sunday, 8:30 a.m. to 10 p.m.

## **Calvert County Cooling Centers to Remain Open This Weekend**

**July 6, 2012**

**Page 2**

### **Mount Hope Community Center**

100 Pushaw Station Road, Sunderland

Friday, 8:30 a.m. to 9 p.m.

Saturday, 8:30 a.m. to 10 p.m.

Sunday, 8:30 a.m. to 5:30 p.m.

### **Southern Community Center**

20 Appeal Lane, Lusby

Friday and Saturday, 8:30 a.m. to 10 p.m.

Sunday, 9 a.m. to 6 p.m.

### **Edward T. Hall Aquatic Center**

130 Auto Drive, Prince Frederick

Friday, 6 a.m. to 9 p.m.

Saturday, 8 a.m. to 8 p.m.

Sunday, 8 a.m. to 8 p.m.

Residents who do not have electricity may use the shower facilities at the Hall Aquatic Center and the Northeast Community Center. The county's outdoor pools are also open during regular hours this weekend and can provide respite from the heat.

### **Kings Landing Pool**

3255 Kings Landing Road, Huntingtown

Saturday and Sunday, noon to 7:45 p.m.

Cost is \$6 for adults, \$4 for children and seniors, \$2 for infants

### **Cove Point Park Pool**

750 Cove Point Road, Lusby

Saturday and Sunday, 11 a.m. to 6 p.m.

Cost is \$6 for adults, \$4 for children and seniors, \$2 for infants

Calvert County residents are urged to check on the elderly, neighbors without electricity and anyone else who may need assistance in coping with the heat. While temperatures remain high, residents should take the following precautions to protect themselves and their families:

- Drink plenty of fluids; water is best.
- Avoid beverages containing alcohol, caffeine or large amounts of sugar as they can dehydrate the body.
- Stay in an air-conditioned room or building during the hottest part of the day.

## Calvert County Cooling Centers to Remain Open This Weekend

July 6, 2012

Page 3

- Stay out of the sun.
- Wear lightweight, light-colored clothing.
- Check on elderly relatives and neighbors.
- Never leave children or pets in parked cars since temperatures can rise to 130 degrees inside vehicles in only a few minutes even with the windows rolled down.

Heat can affect anyone, and residents should look out for the symptoms of heat exhaustion and heat stroke.

Heat exhaustion symptoms include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or fainting. People with these symptoms should be moved to a shady or air-conditioned area. Remove or loosen tight clothing and apply cool, wet clothes or towels. Have a person drink water slowly. If the person refuses water or loses consciousness, call 911.

Heat stroke is a serious condition and sufferers should receive emergency medical help. Symptoms include a body temperature of 103 degrees or higher; red, hot and dry skin with no sweating; headache; nausea; dizziness; confusion; unconsciousness; and gray skin color. Heat stroke is life-threatening. Before medical help arrives, begin cooling the person by any means possible, such as spraying with water from a garden hose or placing the person in a cool tub of water.

To learn more about emergency preparedness, contact the Calvert County Department of Public Safety, Division of Emergency Management, at 410-535-1600 ext. 2638 or visit us on the Web at [www.co.cal.md.us](http://www.co.cal.md.us).

###

*Calvert County is Maryland's smallest county in land area with 213 square miles. It is home to over 92,000 people and has one of the highest standards of living in Maryland. Major industries include defense contracting, information technology, tourism, energy, advanced manufacturing and administrative services.*