



Calvert County NEWS

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FOR IMMEDIATE RELEASE

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County Urges Caution During Another Hot Week in Calvert

PRINCE FREDERICK, Md. – July 18, 2012 – While the temperature and humidity are not as high as they were earlier this month, the heat is still excessive. To stay safe, Calvert County recommends that citizens and visitors use caution when working outside, drink plenty of non-alcoholic and caffeine-free fluids and take breaks during the hottest part of the day.

If anyone needs a break from the heat and a drink of cool water, they can take advantage of the community centers located throughout the county.

Northeast Community Center

4075 Gordon Stinnett Ave., Chesapeake Beach
Wednesday and Thursday, 8:30 a.m. to 10 p.m.
Friday and Saturday, 8:30 a.m. to 11 p.m.
Sunday, 8:30 a.m. to 10 p.m.

Mount Hope Community Center

100 Pushaw Station Road, Sunderland
Weekdays, 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
Monday through Saturday, 8:30 a.m. to 10 p.m.

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Edward T. Hall Aquatic Center

130 Auto Drive, Prince Frederick

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

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

Calvert County residents are urged to take the following precautions to protect themselves and their families when temperatures rise:

- 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.
- 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, but most at risk are the very young, very old and people with underlying health problems. Symptoms of heat illness include heavy sweating, muscle cramps, weakness, dizziness, nausea, weak but rapid pulse and headaches. People with these symptoms should find shade, drink water slowly and make sure there is good ventilation.

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.

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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.