



# Calvert County NEWS

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## FOR IMMEDIATE RELEASE

**Date:** July 16, 2013  
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### Residents Urged to be Cautious as Heat Takes Hold

**PRINCE FREDERICK, Md. – July 16, 2013** – Temperatures are expected to reach the upper 90s this week and there are several places in Calvert County that residents can visit if they need to cool off.

The county's community centers will be open during regular hours and safe drinking water is available in each of them. Residents who need to take refuge in a safe, cool place may go to one of the following locations:

#### **Northeast Community Center**

4075 Gordon Stinnett Avenue, Chesapeake Beach  
Open Sunday-Thursday, 8:30 a.m.-10 p.m., and Friday-Saturday, 8:30 a.m.-11 p.m.

#### **Mount Hope Community Center**

100 Pushaw Station Road, Sunderland  
Open Monday-Saturday, 8:30 a.m.-9:30 p.m., and Sunday, noon-6 p.m.

#### **Southern Community Center**

20 Appeal Lane, Lusby  
Open Monday-Saturday, 8:30 a.m.-10 p.m.; closed Sunday

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

130 Auto Drive, Prince Frederick  
Open Monday-Friday, 6 a.m.-9 p.m., Saturday, 8 a.m.-9 p.m. and Sunday, 8 a.m.-8 p.m.

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Emergency cooling centers are opened when the need arises, when a heat advisory is issued for the area by the National Weather Service or when the heat index is above 105 degrees Fahrenheit for three consecutive days.

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. Those with severe symptoms should seek medical attention.

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).

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*Calvert County is Maryland's smallest county in land area with 213 square miles. It is home to nearly 90,000 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. Like us on Facebook by searching for Calvert County Government, Calvert County, Maryland.*