



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

Mike Hart
Tom Hejl
Pat Nutter
Evan K. Slaughenhoupt Jr.
Steven R. Weems

FOR IMMEDIATE RELEASE

Date: July 6, 2016
Contact: Mark Volland, Marketing/Communications Specialist
410-535-4583 Email: vollanrm@co.cal.md.us
Angela Walters, Public Information Specialist
410-535-4583 Email: walteram@co.cal.md.us

Cooling Centers Available During Sweltering Temperatures

PRINCE FREDERICK, Md. – July 6, 2016 – With temperatures expected to soar to the upper 90s today and the heat index reaching even higher, residents are reminded there are several places in Calvert County to visit if they need to cool off. The county's community centers and the Calvert Library's Prince Frederick Branch 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:

Harriet E. Brown Community Center

901 Dares Beach Road, Prince Frederick
Open Sunday-Thursday, 8:30 a.m.-10 p.m., and Friday-Saturday, 8:30 a.m.-11 p.m.

Northeast Community Center

4075 Gordon Stinnett Ave., Chesapeake Beach
Open Sunday-Thursday, 9 a.m.-10 p.m., and Friday-Saturday, 9 a.m.-11 p.m.

Mt. Hope Community Center

104 Pushaw Station Road, Sunderland
Open Monday-Saturday, 9 a.m.-9:30 p.m., and Sunday, 12:30-6 p.m.

Southern Community Center

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

Calvert Library, Prince Frederick Branch

850 Costley Way, Prince Frederick
Open Monday-Thursday, 9 a.m.-9 p.m., Friday, noon-5 p.m.; Saturday, 9 a.m. -5 p.m.; closed Sunday.

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The Edward T. Hall Aquatic Center is also available as a cooling center. Its hours of operation are Monday-Friday, 6 a.m.-9 p.m., Saturday, 8 a.m.-9 p.m., and Sunday, 8 a.m.-8 p.m.

Emergency cooling centers are opened when the need arises. The Calvert County Emergency Management staff is closely monitoring the temperatures and will make a determination to keep certain cooling centers open past normal business hours if the need arises.

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. For information on Calvert County Government, visit www.co.cal.md.us or like us on [Facebook](#).

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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.