



# News Release

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## **Residents Urged to Take Precautions in Hot Weather, Learn the Signs of Heat Exhaustion & Heat Stroke**

FREDERICK, MD – With temperatures expected to be in the upper 90s and higher in the coming days, residents and businesses are advised to be aware of the signs of heat-related illnesses and to use caution during outdoor activities. A [National Weather Service heat advisory](#) is in effect in Frederick County, and an excessive heat watch remains in effect through Friday evening.

The combination of high temperatures and humidity will create a dangerous situation in which heat illness is possible. The Frederick County Division of Emergency Management, the Frederick County Health Department, and their partners remind people to:

- Drink plenty of non-alcoholic fluids;
- Stay in an air-conditioned area and out of the sun;
- Check on neighbors and relatives, especially young children, seniors, and those with disabilities, who are more susceptible to heat-related illnesses, and
- NEVER leave pets or young children in a car under any circumstances.

Warning signs of heat exhaustion include the following: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting and fainting. The skin may be cool and moist. The person's pulse rate will be fast and weak, and breathing will be fast and shallow. Help the person cool off, and seek medical attention if symptoms worsen or last longer than one hour. Cooling measures that may be effective include cool, nonalcoholic beverages; rest; cool shower, bath, or sponge bath; an air-conditioned environment, and lightweight clothing.

If heat exhaustion is untreated, it may progress to heat stroke. Heat stroke symptoms appear as high body temperature, hot or red skin, fast and strong pulse, dizziness, headache, nausea and loss of consciousness. If these warning signs are present, call 9-1-1 right away, move the person to a cooler place, and put cool, wet cloths on their body. Do not give the person anything to drink.

People seeking relief from the heat are encouraged to utilize public buildings (libraries and community centers), commercial establishments or friends and family for a cooler environment if air-conditioning is not available.

For more information on preparing for, responding to and recovering from emergencies and hazards, visit [www.FrederickCountyMD.gov/DEM](http://www.FrederickCountyMD.gov/DEM). Additionally, the Division of Emergency Management can be contacted at 301-600-1746 or [EM@FrederickCountyMD.gov](mailto:EM@FrederickCountyMD.gov). Residents are also encouraged to sign up for Excessive Heat Warnings and other emergency alerts at [www.FrederickCountyMD.gov/ALERT](http://www.FrederickCountyMD.gov/ALERT).



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