



# Calvert County News

175 Main St., Prince Frederick, MD 20678 • 410-535-2003  
[www.calvertcountymd.gov](http://www.calvertcountymd.gov)

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## FOR IMMEDIATE RELEASE

**Date:** July 21, 2020

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## Emergency Cooling Centers Operations Extended Due to Extreme Heat

**PRINCE FREDERICK, Md. – July 21, 2020** – Based on the latest National Weather Service forecast with the heat index value expected to remain at 100-105 degrees through Thursday, July 23, the Calvert County Department of Public Safety, Division of Emergency Management, will keep cooling centers open for residents who need to take refuge from the heat with safe drinking water available.

The following locations are available for emergency cooling only through Thursday, July 23:

- **Harriet E. Brown Community Center**  
901 Dares Beach Road, Prince Frederick  
8:30 a.m. to 11 p.m.
- **Northeast Community Center**  
4075 Gordon Stinnett Ave., Chesapeake Beach  
8:30 a.m. to 11 p.m.

To prevent the spread of COVID-19, residents must wear face coverings and must practice physical distancing while inside the buildings. Staff will follow Health Department guidance for screening and sanitation.

Residents who need transportation to a cooling center outside of regular public transportation operating hours should call the Calvert County Emergency Communications Center non-emergency line at 410-535-3491, to request transportation assistance. For medical emergencies, citizens should call 911.

Calvert County public transportation schedules are available online at <https://www.calvertcountymd.gov/130/Public-Transportation>.

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Emergency cooling centers open when the need arises. Emergency Management staff is closely monitoring the National Weather Service excessive heat advisories and will make a determination to keep cooling centers open if needed.

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, older adults 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.

Pet owners should provide ample shade and water for their pets or bring pets indoors. Any time a pet is outside, make sure it has protection from heat and sun and plenty of fresh, cold water.

Residents are encouraged to stay informed and prepared in the event of an emergency by visiting [www.CalvertCountyMd.gov/BeAwarePrepare](http://www.CalvertCountyMd.gov/BeAwarePrepare) and signing up for Calvert County ALERT to receive timely information about various emergency and non-emergency situations in the county.

The Department of Public Safety also offers a free “CalvertPrepare” app to put critical, real-time information at users’ fingertips in the event of a regional emergency and helps residents stay prepared. Those without internet can contact the Calvert County Division of Emergency Management at 410-535-1600, ext. 2638, to sign up for additional emergency preparedness information.

Find information on Calvert County Government services online at [www.CalvertCountyMd.gov](http://www.CalvertCountyMd.gov). Stay up to date with Calvert County Government on Facebook at [www.facebook.com/CalvertCountyMd](https://www.facebook.com/CalvertCountyMd).

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