



**DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
**PRESS RELEASE**

**FOR IMMEDIATE RELEASE**

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**National Weather Service Predicts Record High Summer Temperatures**

*Residents encouraged to protect themselves, families and pets from extreme heat*

**TOWSON, MD – (June 10, 2024)** Maryland recorded a heat-related death in early June, and with the National Weather Service [prediction of record high temperatures](#) this summer, Baltimore County is urging all residents to protect themselves, family members, neighbors and pets from extreme heat.

Interim Baltimore County Health Officer Della Leister, RN, encourages all residents to protect themselves and their families, neighbors and pets during periods of severe heat. “Extreme heat is particularly dangerous for anyone with chronic conditions, as well as for infants, young children and older adults,” Leister warned.

Heat kills more than 600 people in the United States each year. During the 2023 heat season, Maryland had nine heat-related deaths. Baltimore County Department of Health and Human Services offers these COOLING suggestions and other [tips](#) to help Beat the Heat:

- Check on older, sick or frail people daily.
- Operate your air conditioner or fans when possible.
- Opt for drinking lots of liquids specifically water, even if you do not feel thirsty.
- Lay low and schedule strenuous activities during the coolest time of the day.
- Include your pets in your COOLING plan; keep them sheltered and hydrated.
- Never leave a child, disabled adult or pet inside a parked car.
- Gather at public air-conditioned locations such as [Baltimore County libraries](#), [senior centers](#), movies, malls, etc.

The Baltimore County [Office of Home Energy Programs \(OHEP\)](#) helps low-income County residents pay energy bills and make energy more affordable. If you need assistance, contact this office to learn more about eligibility.

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*The Baltimore County Department of Health and Human Services (HHS) promotes well-being among individuals and families by providing quality health, housing and social services. Along with an administrative unit, HHS is comprised of the [Departments of Health](#) and [Social Services](#).*