



ST. MARY'S COUNTY GOVERNMENT COMMISSIONERS OF ST. MARY'S COUNTY
PUBLIC INFORMATION OFFICE

Tony Jones, Public Information Officer
SMCG TV 95 Station Manager

Media Inquiries: 301-475-4200 ext. *1342 or pio@stmarysmd.com

James R. Guy, President
Michael L. Hewitt, Commissioner
Tom Jarboe, Commissioner
Todd B. Morgan, Commissioner
John E. O'Connor, Commissioner

NEWS RELEASE *for Immediate Release*

No. 2017 – 135

July 10, 2017 10:45 a.m.

As Temperatures Soar Cooling Centers will be Available to the Public

Leonardtown, MD - With temperatures expected to climb into the mid 90's and heat indexes possibly exceeding 105 degrees across the region Wednesday and Thursday, the Department of Emergency Services and Technology is encouraging citizens to prepare.

- Drink fluid daily to prevent dehydration. Water, fruit juices and juice drinks are the best choices. Avoid alcohol and caffeine because they dehydrate the body.
- Wear light-colored, lightweight clothing.
- Avoid overexertion and strenuous outdoor activities.
- While outdoors, rest frequently in a shady area.
- Never leave children, the elderly or pets in a parked car, not even for a few minutes. Brain damage or death can occur from the rapid rise of temperature inside the vehicle.
- Make a special effort to check on neighbors, especially if they are seniors, families with young children, people with special needs, or living alone.

St. Mary's County Government will also have cooling centers during regular hours. Residents, who need to take refuge in a cool place, can go to one of the following locations:

Garvey Senior Activity Center

41780 Baldrige Street

Leonardtown

8 a.m. – 4:30 p.m.* / Monday - Friday

Loffler Senior Activity Center

21905 Chancellor's Run Road

Great Mills

8 a.m. - 4:30 p.m.* / Monday – Friday

Northern Senior Activity Center

29655 Charlotte Hall Road

Charlotte Hall

8 a.m. – 4:30 p.m.* / Monday - Friday

Charlotte Hall Library

37600 New Market Road

Charlotte Hall

9 a.m. – 8 p.m.* / Monday – Thursday

9 a.m. – 5 p.m.* / Friday – Saturday

MORE

Leonardtown Library

23250 Hollywood Road

Leonardtown

9 a.m. – 8 p.m.* / Monday - Thursday

9 a.m. – 5 p.m.* / Friday - Saturday

Lexington Park Library

21677 FDR Blvd.

Lexington Park

9 a.m. – 8 p.m.* / Monday - Thursday

9 a.m. – 5 p.m.* / Friday - Saturday

1 p.m. – 5 p.m.* / Sundays

**Times listed above are normal business hours and may change.*

Visit prepare.stmarysmd.com for more information on preparedness.

