



*The Maryland State Medical Society*

**News: For Immediate Release**

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**STAY SAFE IN THE EXTREME HEAT FORECASTED FOR MARYLAND**

BALTIMORE, July 18, 2019 — A Code Red Extreme Heat Alert continues for Baltimore through Sunday as temperatures are expected to approach or top 100 degrees. MedChi urges residents in Baltimore and the surrounding areas to take extra precautions to ensure safety for yourself and for others.

It is important to stay hydrated and cool. Increase daily fluid intake by drinking non-alcoholic and caffeine free liquids throughout the day. If possible, stay out of the sun between the hours of 10:00 a.m. and 3:00 p.m.

It is also important to stay in touch and stay aware. Check on elderly friends, family members, and neighbors who live alone and NEVER leave children or pets unattended in a parked car or other hot environment.

MedChi President, Dr. Benjamin Stallings, states “becoming familiar with the warning signs of heat-related illness, such as light-headedness, mild nausea or confusion, sleepiness or profuse sweating can help prevent heat-related hospitalizations and deaths. If you or someone you know does experience any symptoms of heat related illness or injury, call 911”.

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. Formed in 1799, it is still the largest physician organization in Maryland today. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit [www.medchi.org](http://www.medchi.org).