



*The Maryland State Medical Society*

**News: For Immediate Release**

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## **STAY SAFE IN THE EXTREME HEAT**

BALTIMORE, July 3, 2018 — As the hot and humid conditions continue to exist in Baltimore and the surrounding areas, it is crucial to take extra precautions to ensure safety for yourself and for others.

- Stay hydrated. Increase your fluid intake by drinking non-alcoholic and caffeine-free liquids throughout the day.
- Stay cool. If possible, stay out of the sun between the hours of 10:00 a.m. and 3:00 p.m.
- Stay in touch. Check on elderly friends, family members and neighbors who live alone. NEVER leave children or pets unattended in a parked car or other hot environment.
- Stay aware. Become familiar with the warning signs of heat-related illness, such as light-headedness, mild nausea or confusion, sleepiness or profuse sweating.

MedChi President, Dr. Gary Pushkin, states “Heat-related hospitalizations and deaths are highly preventable. 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).