



For Immediate Release: June 11, 2026

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Cecil County Health Officer Issues Code Red Extreme Heat Alert for June 11, 2026

With forecasted temperatures in the 90s and heat index values reaching as high as 105, Cecil County Health Officer, Dr. Karyl Rattay, has issued a Code Red Extreme Heat Alert for Thursday, June 11 at 11:00 am, anticipated to last through 8:00 pm on Friday, June 12. Residents are advised to take precautionary measures to prevent heat-related illness during this period of extreme heat.

Prolonged exposure to heat increases the risk of heat-related illnesses, including heat cramps, heat exhaustion, and potentially life-threatening heat strokes. To stay safe and cool during extreme heat, it is vital to take the following precautions:

Stay Hydrated: Before heading outdoors, drink plenty of water, electrolyte drinks, or sports beverages.

Stay Indoors: Avoid physical exertion and outdoor activities during the peak heat hours, typically from mid-morning to late afternoon, when temperatures are at their highest.

Seek Shade or Air-Conditioning: If possible, spend time in shaded areas or air-conditioned spaces. If your home is not air-conditioned, seek relief in a designated Cooling Center or other public place.

Dress Appropriately: Wear lightweight, loose-fitting, and light-colored clothing.

Check on Vulnerable Individuals, Children, and Pets: Be sure to check on elderly neighbors and those with pre-existing health conditions. Do not leave children or pets in cars for even short periods of time.

If you start to experience symptoms of heat exhaustion (heavy sweating, weakness, clammy skin, nausea, or vomiting), immediately move to a cooler place, drink water, and rest. Symptoms of heat stroke include a body temperature above 103 degrees, hot, red, dry skin, rapid pulse, and feeling faint. Heat stroke is a medical emergency. If someone exhibits signs of heat stroke or severe symptoms of heat exhaustion, call 911 right away.

If you would like more information and heat safety tips, please visit the CDC website.

Healthy People, Healthy Community, Healthy Future

Table with 2 columns: Service Name and Phone Number. Includes Administrative Services, Behavioral Health Services, Emergency Preparedness Services, and Community Health Services.

TTY Users for Disabled: Maryland Relay 800-201-7165

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The mission of the Cecil County Health Department is to work together to promote, protect, and advance the health and wellness of the community.