



For Immediate Release: June 30, 2026

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Cecil County Health Officer Issues Code Red Extreme Heat Alert for July 1- July 3, 2026

With forecasted temperatures reaching the high 90s and heat index values around 110, Cecil County Health Officer, Dr. Karyl Rattay, has issued a Code Red Extreme Heat Alert for Wednesday, July 1 at 11:00 am, anticipated to last through 8:00 pm on Friday, July 3. 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: Drinking enough fluids is one of the most important things you can do to prevent heat-related illness. Carry a bottle of water and drink before you feel thirsty. Refill throughout the day. Limit beverages high in sugars and sodium, caffeine, and alcohol. Check your urine color. When it's light yellow or clear, it usually means you are drinking enough water.

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, Young 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.**

Healthy People, Healthy Community, Healthy Future

Administrative Services.....	410-996-5550	Environmental Health Services.....	410-996-5160
Behavioral Health Services	410-996-5106	Health Promotions.....	410-996-5168
Emergency Preparedness.....	410-996-5113	Special Population Services.....	410-996-5112
Community Health Services /Disease Control	410-996-5100	En Español	410-996-5550 EXT 4680

TTY Users for Disabled: Maryland Relay800-201-7165

If you would like more information and heat safety tips, please visit the [CDC website](#).

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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.