



Public Health
Prevent. Promote. Protect.
Somerset County
Health Department

Somerset County Health Department
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FOR IMMEDIATE RELEASE Media Contact

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SOMERSET COUNTY COOLING CENTERS OPEN

Westover, Maryland – Somerset County residents seeking relief from the intense heat in the coming days can visit the following locations to stay cool.

Princess Anne Library (11767 Beechwood St., Princess Anne)
10:00 a.m. - 4:45 p.m. Thursday, Friday and Saturday
410-651-0852

Crisfield Library (100 Collins St., Crisfield)
10:00 a.m. - 4:45 p.m. Thursday, Friday and Saturday
410-968-0955

Residents should take their own food, beverages, and medications to the cooling centers. Pets are not allowed.

Somerset County Emergency Management and the Somerset County Health Department urge area residents to take the heat seriously and to take appropriate steps to stay safe. Here are some tips to stay cool:

- Drink more water than usual
- Avoid alcohol and beverages with high amounts of sugar
- Stay in the shade
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Test your generator to see if it's ready for use. Be sure to have sufficient fuel and supplies in case of a power outage. **Never use a generator inside your home**

For more information about extreme heat and more tips on how to stay cool, visit somersethealth.org or ready.gov/heat. ####