Stay "COOL" with Danni Starr

As Maryland's summer heats up, radio host Danni Starr of the ***Kane Show*** keeps her family safe and healthy from extreme heat.

Climate change will likely contribute to more days of extreme heat. **Extreme heat** is especially **dangerous** for people exercising, young children, pregnant women, senior citizens, and those in poor health.

- Know the signs of heat exhaustion and stroke
- Drink plenty of water
- Stay in the shade or air conditioning
- Check on your neighbors

CHANGE IT UP MARYLAND!

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