

Heat deaths in Maryland rise to 19 so far this season, outpacing last year



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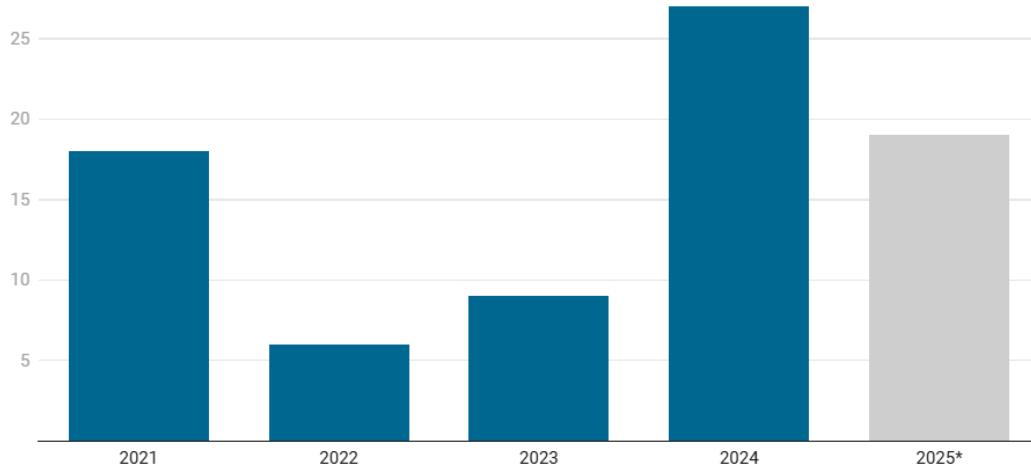
At least 19 people in Maryland have died due to heat-related illnesses this year, according to a Wednesday [report](#) from the Maryland Department of Health.

Reported heat-related deaths are [on track](#) to surpass deaths from 2024, when at least 27 people died and 14 were reported at this point in the heat season. Most of the heat-related deaths recorded in the state, 16, were people 65 years old or older.

Ten of the 2025 deaths so far were in the Baltimore area, including five in Baltimore City and three in Baltimore County. Statewide, 10 of the deaths were during the week ending July 5, when Baltimore area temperatures exceeded 90 on most days.

Emergency room and urgent care visits have already surpassed visits during the entire 2024 “heat season”, which runs from May through September.

Heat-related deaths in Maryland



Heat-related deaths are deaths from May to September that the Office of the Chief Medical Examiner determined hyperthermia caused or contributed to.

*2025 data is through July 26.

Source: Maryland Department of Health • [Get the data](#) • Created with [Datawrapper](#)

The report reflects deaths through July 26, ahead of this week's heat wave, when heat indexes surpassed 100 degrees and for four straight days Baltimore's recorded temperatures topped 90 degrees.

During the 2024 heat season, there were 44 days with temperatures 90 degrees or higher, with 31 days through July 26 according to Baltimore-area weather data published by the National Oceanic

and Atmospheric Administration. Thorough July 26 of this year, there were 19 days more than or equal to 90 degrees during the 2025 heat season.

The three levels of heat illness

Despite the deadly risk, determining at what point heat requires a trip to the doctors can be difficult, two doctors told The Baltimore Sun.

Heat exhaustion is the most common heat-related illnesses that Cheyenne Falat, the assistant medical director at the Adult Emergency Department of the University of Maryland Medical Center, said she sees in the department. This refers to people with depleted levels of water and salt in their body, she said, which typically happens when sweating outside in the heat.

Being in excessive heat for too long can cause drowsiness, feeling like you could pass out and high heart rates. If someone experiences these symptoms, Falat said, they should hydrate, get out of the heat and cool down with a mist, fan or other methods.

“The spectrum of heat illness is really fluid from one to another, and the earlier you can recognize it and intervene, the more you can prevent it from transitioning to that next stage,” Falat said.

Continued exposure can lead to heat rash, swelling in the lower legs, and heat cramps.

The most severe level of heat illness is heat stroke, which can damage neurological functions and be deadly. Falat said that if a person has symptoms like slurred speech, seizures, unsteadiness or difficulty holding onto objects after or while being exposed to high heat, to seek medical help immediately.

Have a news tip? Contact Katharine Wilson at kwilson@baltsun.com.

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