

CITY OF BALTIMORE

SHEILA DIXON, Mayor



HEALTH DEPARTMENT

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FOR IMMEDIATE RELEASE

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Health Department Issues Cold Weather Warning for Saturday

Baltimore, MD (January 16, 2009) – With the forecast of freezing temperatures, the Baltimore City Health Department is issuing a cold weather warning for the public events on Saturday, January 17, 2009.

Individuals who are exposed to cold weather for prolonged time periods may develop hypothermia, or low body temperature. This is a serious and potentially fatal condition.

Those at increased risk for developing hypothermia are young children and the elderly. Because of this increased risk, the Health Department is advising that parents not bring children under age 6 to Saturday's event at the War Memorial Building. In addition, the Health Department is recommending that individuals over age 65 exercise extra caution and consider staying at home.

The Baltimore City Health Department recommends that those who attend outdoor events:

- Dress very warmly with multiple layers
- Wear a warm hat or other protective covering to prevent heat from escaping from your head, face, ears, and neck
- Wear warm mittens or gloves
- Wear warm socks and footwear
- Avoid strenuous exercise
- Take caution around ice or other areas where slips might occur
- Eat a well balanced meal and drink plenty of fluids

More detailed recommendations on what to wear and eat from the Maryland Department of Health and Mental Hygiene are attached.

Signs that you or someone you know may be suffering from hypothermia and are in need of medical assistance include sleepiness, confusion, or slurred speech; difficulty walking; uncontrollable shivering; and cold, pale skin.

Another serious cold injury is frostbite. Signs include numbness, pain or change in color of the nose, ears, face, or extremities. Anyone experiencing these symptoms should seek shelter immediately.

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STATE OF MARYLAND

DHMH PRESS RELEASE

Maryland Department of Health and Mental Hygiene

201 W. Preston Street • Baltimore, Maryland 21201

Martin O'Malley, Governor – Anthony G. Brown, Lt. Governor – John M. Colmers, Secretary

Office of Public Relations

*Karen Black, Director
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Health Officials Offer Tips on Dressing for Inclement Weather During Inauguration Activities

BALTIMORE, MD (January 16, 2009) As residents prepare to attend activities related to the 2009 Presidential Inauguration on January 20, the Maryland Department of Health and Mental Hygiene (DHMH) offers the following tips on how to dress in cold and inclement weather.

Use the Layering Principle

- **Base Layer:** Wear fabrics that keep your skin dry and prevent a clammy feeling.
- **Insulating Layer:** Wear a vest or shirt made of fleece or wool. This may be added or removed depending on how cold you feel.
- **Windproof and Water-Resistant Outer Layer:** Wear a jacket, preferably with a hood, to help protect you from the elements.
- **Briefs:** Wear briefs made of synthetic fabric, preferably nylon or polyester. Cotton or cotton-blend fabrics should be avoided since they hold moisture and do not dry quickly.
- **Tights or Thermals:** Wear tights, winter-weight hose or thermals when temperatures are below 30 degrees Fahrenheit or when it is windy. Silk or polypropylene long thermal bottoms are best. Tights or hose can also help prevent chafing and chapped skin on the thighs and calves.

Hands

- **Gloves or Mittens:** Keep your hands warm for cold weather comfort and protection. Mittens are warmer than gloves. If you keep your fingers together, they warm each other.

Socks and Shoes

- **Hiking Socks:** Protect your feet from the elements when you are walking in cold weather. Wear a hiking sock offering a wicking polypropylene liner sock under a wool over sock. Be careful that you don't wear a sock so padded and bulky that it crowds your toes in your shoes.

(more)

- **Hiking Boots or Trail Shoes:** Wear light hiking boots or trail running shoes that are waterproof. Be sure the shoes have a flexible sole.

Protect Your Eyes, Lips, Skin, Neck and Face

- **Sunglasses:** Protect your eyes from sun glare.
- **Sunscreen:** Wear sunscreen. Keep in mind winter's sun radiation is more intense.
- **Lip balm:** Prevent chapped lips. Balms with sun protection are even better in the outdoors.
- **Hats, Hoods and Scarfs:** Protect your head, neck and ears leaving only your face exposed. A scarf can be pulled up to cover your nose.

Signs of hypothermia include shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness are signs of hypothermia. Babies with hypothermia have bright red, cold skin, and very low energy. Seek immediate medical attention for if you experience any of these conditions.

For more information on public health and emergency preparedness for the inauguration, click on "Inauguration Tips" at <http://dhmh.state.md.us>.



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Health Officials Offer Food Tips for Residents Attending Inauguration Activities

BALTIMORE, MD (January 16, 2009) Many residents are preparing to attend the upcoming inaugural events and due to expected large crowds and long lines, some may plan to bring food. The Maryland Department of Health and Mental Hygiene recommends the following examples of small, pocket-size packs of simple, easy to carry, healthy and non-perishable food items:

- **Dried Fruit** – Dried Apples, Raisins, Cranberries, Apricots, Peaches, Blueberries or others
- **Nuts** - Almonds, Brazil Peanuts, Cashews, Macadamia , Pistachios, Pecans, Soy and Walnuts
- **Seeds** – Shelled pumpkin and sunflower seeds.
- **Food Bars** – Energy and granola bars
- **Crackers** – Plain and flavored
- **Cereal/Granola** – Breakfast-type cereals and trail mix,
- **Cookies** - Graham Crackers, Oatmeal , Gingersnaps
- **Chips** - Pretzels, Bagel chips, Baked Chips, Pita chips, Air-popped Popcorn

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