

**CITY OF BALTIMORE**

MAYOR STEPHANIE RAWLINGS-BLAKE



**HEALTH DEPARTMENT**

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*FOR IMMEDIATE RELEASE*

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**Baltimore City Issues Code Red Heat Alert**

**BALTIMORE, MD** (July 4, 2010) – Because of predicted high temperatures and potential danger according to the Baltimore Heat Watch Warning System, Interim Health Commissioner Olivia D. Farrow is declaring Monday, July 5, through Wednesday, July 7, Code Red Heat Alert days. Baltimore City will open emergency cooling centers. Each center will have cool air, water, and ice available. Residents should call 311 for the latest cooling center hours before heading to the nearest one.

The Community Action Program will operate five centers around the city Monday through Wednesday. These centers will be open from 11 a.m. to 7 p.m. on Monday and 9 a.m. to 7 p.m. Tuesday and Wednesday:

- Northern Community Action Center -- 5225 York Road
- Southern Community Action Center -- 606 Cherry Hill Road (inside the shopping center 2<sup>nd</sup> floor)
- Northwest Community Action Center -- 3939 Reisterstown Road
- Southeastern Community Action Center -- 3411 Bank Street
- Eastern Community Action Center – 1400 E. Federal Street

The Commission on Aging and Retirement Education will operate five additional cooling centers on Tuesday and Wednesday. These centers will be open from 9:00 a.m. to 7:00 p.m.:

- Waxter Center -- 1000 Cathedral Street
- Oliver Center -- 1700 Gay Street
- Sandtown-Winchester Center -- 1601 Baker Street
- Hatton Center -- 2825 Fait Avenue
- John Booth -- 229 1/2 S. Eaton Street
- Zeta Center -- 4501 Reisterstown Road

The Jewish Community Center, a private facility unaffiliated with the City, will be open from 9:00 a.m. to 5:00 p.m. Tuesday and Wednesday. It is located at 5700 Park Heights Avenue.

During periods of extreme heat, the Baltimore City Health Department recommends that city residents:

- Drink plenty of water or juice
- Avoid alcohol and caffeine
- Wipe skin with cool water as needed
- Reduce outside activities
- Wear light-weight and light-colored clothing
- Stay inside during the hottest time of day (11:00 a.m. to 4:00 p.m.)
- Seek relief from the heat in air-conditioned locations
- Check on older, sick, or frail people in your community who may need help responding to the heat
- Never leave children or pets alone in closed vehicles, even for short periods of time
- Watch out for signs of heat exhaustion and heat stroke:
  - Confusion
  - Nausea
  - Light-headedness
  - High body temperature with cool and clammy skin
  - Hot, dry, flushed skin
  - Rapid or slowed heart beat
  - Seek medical help immediately if any of these symptoms occur

City residents who want information on the cooling centers can call 311, the city service line. Any city resident experiencing the signs of heat exhaustion or heat stroke should call 911.

For more information, please visit our Website at [www.baltimorehealth.org/coderedinfo](http://www.baltimorehealth.org/coderedinfo).

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