

CITY OF BALTIMORE

MAYOR STEPHANIE RAWLINGS-BLAKE



HEALTH DEPARTMENT

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FOR IMMEDIATE RELEASE

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Baltimore City Extends Code Red Heat Alert

BALTIMORE, MD (July 17, 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 Saturday, July 17, a Code Red Heat Alert day. Baltimore City will open five 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. These centers will be open from 11:00 a.m. to 7:00 p.m. Saturday:

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

“Whether you are heading to Artscape or working in the garden today, be sure to drink lots of water if you plan to be outside for a long period of time,” said Interim Commissioner Olivia Farrow. “Additionally, we continue to ask the public’s help in looking after our seniors, especially those living without air conditioning. Adults with heart disease or high blood pressure also are asked to stay hydrated and cool today.”

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.

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