

CITY OF BALTIMORE

MAYOR STEPHANIE RAWLINGS-BLAKE



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FOR IMMEDIATE RELEASE

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Baltimore City Issues Code Red Heat Alert For Friday, Saturday

BALTIMORE, MD (July 22, 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 Friday, July 23rd and Saturday, July 24th, 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. These centers will be open from 9 a.m. to 7 p.m. on Friday and 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

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

- 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

Two private facilities unaffiliated with the City will open their doors on Friday:

- The Jewish Community Center will be open from 7:00 a.m. to 6:00 p.m. It is located at 5700 Park Heights Avenue.
- The Goodnow Community Center will open from 8:00 a.m. to 5:00 p.m. It is located at 5311 Goodnow Road.

“With record high temperatures expected, there is a danger that people will become complacent. We need residents to check frequently on people who live alone and people with high blood pressure and heart disease, especially seniors,” said Interim Commissioner Olivia Farrow. “During the hottest hours of the day, those living in residences without air conditioning should seek relief at the cooling center nearest them, or in a public building like a library or shopping mall, or visit a relative or friend.”

Residents in need of energy assistance can visit a Community Action Center to fill out the necessary forms, or stop by the office at 2700 N. Charles St. To get general information, call 410-396-5555.

There have been 11 Code Red Heat Alert days in Baltimore City this summer and 31 days this year when the temperature exceeded 90 degrees Fahrenheit. Baltimore City has recorded 3 heat-related deaths.

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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