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*FOR IMMEDIATE RELEASE*

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## **Baltimore City Issues Code Red Heat Alert**

**BALTIMORE, MD** (August 10, 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 Tuesday, August 10, a Code Red Heat Alert day. 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 Tuesday:

- 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 Health Department's CARE Services will operate six additional cooling centers. These centers will be open from 9:00 a.m. to 7:00 p.m. on Tuesday:

- 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 Tuesday:

- 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.

In addition, residents can go to libraries throughout the city for relief from the heat. A list of locations can be found at <http://www.prattlibrary.org/locations/>, or by calling 311.

“When temperatures soar, we must do everything we can to ensure Baltimore City's most vulnerable citizens can remain healthy, safe and cool,” said Interim Health Commissioner Olivia Farrow. “Check repeatedly on your neighbors who live alone, especially seniors. Those living without air conditioning – especially those with high blood pressure and heart disease – should seek relief during the hottest hours of the day.”

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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