

## CITY OF BALTIMORE

MAYOR STEPHANIE RAWLINGS-BLAKE



## HEALTH DEPARTMENT

OXIRIS BARBOT, M.D., Commissioner  
1001 E. Fayette Street  
Baltimore, Maryland 21202

***FOR IMMEDIATE RELEASE***

***MEDIA CONTACT:***

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## HEALTH ALERT

### Code Blue Extended Through Friday, Jan. 14, 2011

**BALTIMORE, MD (January 12, 2011)**— Because changes to predicted overnight low temperatures present a potential danger to health, Baltimore City Health Commissioner Dr. Oxiris Barbot is extending the current Code Blue cold weather alert through Friday Jan. 14, 2011.

As a result of the Code Blue declaration, emergency shelters will keep extended hours. Emergency workers will conduct outreach for vulnerable residents.

#### **Cold Weather Tips for Staying Healthy:**

- Wear multiple layers of loose-fitting clothing.
- Always wear a head covering, like a hat and/or scarf, when outdoors.
- Keep space heaters and candles away from flammable materials, such as curtains, furniture and loose clothing.
- Drink plenty of fluids and avoid alcoholic beverages.
- Check on those who are elderly and/or chronically ill.
- Provide appropriate shelter for domestic animals.

Individuals with a known heart condition are reminded of the danger of physical exertion in colder temperatures. Shoveling snow increases the workload on the heart, increasing the risk of a heart attack. Take frequent breaks and avoid lifting too much snow or ice at once.

Residents lacking heat are reminded of the dangers of carbon monoxide poisoning from using generators in enclosed spaces or burns caused by alternate heating sources. Energy assistance may be available to those who need it. For more information on energy assistance, contact the Office of Home Energy at 410-396-5555.

There are 10 emergency shelters currently operating in Baltimore City. A complete listing, with address and hours of operation, follows.

**Shelter Information:  
Shelter for Individuals-**

<b>Shelter Name</b>	<b>Hours of Operation</b>	<b>Address</b>	<b>Phone Number</b>
<b>Main City Shelter</b> (men and women)	Open 24 hours	210 Guilford Avenue Baltimore, MD 21202 (entrance on Davis Street)	410-396-9061
<b>American Rescue Workers</b> (men only)	Open between 4:30 p.m. and 6pm until 7:00 a.m. (stays open during the day during severe weather)	1401 South Hanover Street Baltimore, MD 21230	410-539-0816
<b>Baltimore Rescue Mission</b> (men and women)	Open between 5:00 p.m. and 6:00 p.m. until 6:30 a.m. or 7:00 a.m.	4 North Central Avenue Baltimore, MD 21202	410-342-2533
<b>Helping Up Mission</b> (men only)	Open between 3:00 p.m. and 6:00 a.m. (hours and intake may be modified if warranted by weather conditions)	1017 East Baltimore Street Baltimore, MD 21202	410-675-0808
<b>MCVETS</b> (men only)	Open between 1:00 p.m. and 4:00 p.m. for intake on Tuesday and Thursday. Day Center open between 8:00 a.m. and 4:00 p.m. (shelter intake will be done during off-hours on severe weather days). Overflow will be directed to City Shelter.	301-321 North High Street Baltimore, MD 21202	410-576-9626
<b>Prisoner's Aid</b> (men only)	Open between 6:00 p.m. and 7:00 a.m. (stays open during the day during severe weather)	310 East Lanvale Street Baltimore, MD 21202	410-662-0353

**Shelters for Women with Children:**

<b>Shelter Name</b>	<b>Hours of Operation</b>	<b>Address</b>	<b>Phone Number</b>
<b>Christ Lutheran Place</b>	Open 24 hours	701 S. Charles Street Baltimore, MD 21202	410-752-1285
<b>Salvation Army/Booth House</b>	Open 24 hours	1114 N. Calvert Street Baltimore, MD 21202	410-685-8878
<b>Mount Street/Sarah's Hope</b>	Open 24 hours	1114 Mount Street Baltimore, MD 21217	410-396-2204 410-396-2205
<b>Karis Home</b>	Open between 5:00 p.m. and 8:00 a.m.	1228 East Baltimore Street Baltimore, MD 21202	410-342-1323

For more information on Code Blue, visit our Website at [www.baltimorehealth.org](http://www.baltimorehealth.org).

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