



# BCHD PRESS RELEASE

Baltimore City Health Department

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*Stephanie Rawlings-Blake, Mayor – Oxiris Barbot, M.D., Commissioner of Health*

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## **FOR IMMEDIATE RELEASE:**

### **Code Red Heat Alert In Effect For Monday, Aug. 1, 2011**

BALTIMORE, MD (August 1, 2011) – Because of predicted high temperatures and potential danger, Commissioner of Health Dr. Oxiris Barbot is declaring Monday, August 1, a Code Red Heat Alert day. Baltimore City will open emergency cooling centers. Each center will have cool air and free water.

The Community Action Program will operate five centers around the city. These centers will be open from 9:00 a.m. to 7:00 p.m.:

- 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 Health Department's Office of Aging and CARE Services will operate six additional cooling centers. 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

“During extended periods of extreme heat, it’s important to drink plenty of water and limit the intake of alcoholic and caffeinated beverages. If you must be outdoors, take frequent water breaks in the shade,” said Commissioner of Health Dr. Oxiris Barbot. “Seniors and those with underlying chronic conditions should be especially careful not to overexert themselves.”

On a Code Red Heat Alert day, 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

Residents who are concerned about a neighbor can call 311. Call 911 if you are having a heat-related medical emergency.

City residents who want information on the closest cooling center 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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