

**CITY OF BALTIMORE**

SHEILA DIXON, Mayor



**HEALTH DEPARTMENT**

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**FOR IMMEDIATE RELEASE**

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**Baltimore City Code Red Heat Alert**

**Baltimore, MD** (July 18, 2008) – Because of predicted high temperatures and potential danger according to the Baltimore Heat Watch Warning System, the Health Commissioner is declaring Saturday, July 19 and Sunday, July 20 Code Red Heat Alert Days. Baltimore City will open emergency cooling centers. Each center will have cool air, water, and ice available.

Six centers will be operated by the Housing Department. These centers will be open from 11:00 a.m. – 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 -- 3314 Ayrdale Avenue
- Western Community Action Center -- 1133 Pennsylvania Avenue
- Southeastern Community Action Center -- 3411 Bank Street
- Eastern Community Action Center – 1400 E. Federal Street

In addition, residents can go to Recreation and Parks Centers throughout the city for relief from the 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
- Watch out for signs of heat exhaustion and heat stroke:
  - Confusion
  - Nausea
  - Light-headedness
  - High body temperature with cool and clammy skin
    - Seek medical help immediately if any of these symptoms occur

- 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

City residents who want information on the cooling centers can call 311. Any city resident experiencing the signs of heat exhaustion or heat stroke should call 911.

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