

HEAT ALERT



CODE

RED

HEALTH TIPS FOR HOT WEATHER

The Baltimore City Health Department recommends that city residents:

- Drink plenty of water or juice
- Avoid alcohol and caffeine
- Wipe skin with cool water
- Reduce outside activities
- Wear light weight/light colored clothing
- Stay inside during the hottest time of day
- Seek relief from the heat in air-conditioned locations

Watch out for signs of heat exhaustion and heat stroke:

- Nausea and light-headedness
- Confusion or behavior changes
- High body temperature with cool and clammy skin
- Call your doctor or 911 if any of these symptoms occur

Be a good neighbor! Check in on older, sick, or frail people in your community who may need help responding to the heat.

City residents who want information on cooling centers open on Code Red days can call 311. Anyone experiencing the signs of heat exhaustion or heat stroke should call 911.

THE BALTIMORE CITY ENERGY ASSISTANCE INITIATIVE

Links those in need
with the Office
of Home Energy
Programs

Housing and Community Development's Office of Home Energy Programs (OHEP) can provide assistance to qualifying, low-income residents with cooling bills

- OHEP works closely with the Maryland Energy Assistance Program and the Electric Universal Service Program to help qualifying residents manage bills during times of the year when energy is in high demand.
- Assistance is available for active and non-active utility customers. Eligible customers may receive help in 3 ways:
 - Help to pay current electric bills
 - Help to pay past due electric bills
 - Help with energy-efficient measures to Reduce future electric bills

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For information and assistance, call the Office of Home Energy Programs at 410-396-5555, or 311 for referral.

WHERE TO APPLY:

Residents can apply at any of the six Community Action Centers and at the OHEP Headquarters on 2700 North Charles Street 2nd floor.



- Southeastern Community Action Center. 3411 Bank Street
- Western Community Action Center. 1133 Pennsylvania Ave.
- Eastern Community Action Center. 1400 Orleans Street
- 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. 3314 Ayrdale Avenue.

These Community Action Centers are also open to the public as Cooling Centers beginning at 10:00am on Code Red Days.

For more information on these and other Cooling Centers call 311