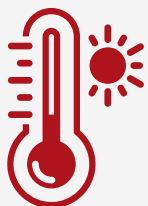


Baltimore City Health Department

Code Red Extreme Heat and Drug Use

Using drugs like **alcohol, cocaine, opioids and MDMA** during extreme heat can increase your risk of **heat-related illness** and **death** by:



- Increasing your body temperature
- Reducing your ability to sweat
- Making you feel less thirsty
- Impairing your ability to recognize signs of illness

Look out for **signs** of **heat exhaustion & heat stroke**, including:



- Confusion
- Hot, dry, flushed skin OR cool and clammy skin
- Lightheadedness



- Nausea
- Shortness of breath
- Unresponsiveness

If you suspect someone is experiencing an overdose or heat-related emergency, call 911.

For more information about **Code Red Extreme Heat & Cooling Centers** within Baltimore City, scan the QR code or visit:
<https://rb.gy/cntzby>



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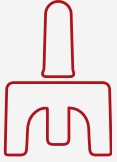
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Code Red Extreme Heat and Drug Use

Tips



- Go slow & don't use alone
- Carry naloxone
- Drink water



- Limit direct sun exposure & use sunscreen
- Seek a cool shaded area when using - do not use in a parked car



- Consider using less during extreme heat
- Avoid abruptly stopping use without a plan to manage withdrawal symptoms

If you suspect someone is experiencing an overdose or heat-related emergency, call 911.

For 24/7 mental health & substance use help, **call 988**. Helpline services include emergency counseling & referrals to local resources.

For more information from Baltimore City Health Department about Naloxone access, Harm Reduction programs & more, scan the QR code or visit: <https://rebrand.ly/v3rqtl1>



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