

DURING A POWER OUTAGE

Call 9-1-1 to report emergencies including:

- Downed power lines; or
- If you are dependent on equipment that requires electricity and need medical assistance.
- Call [2-1-1](tel:2-1-1) to obtain shelter locations and other disaster information.

Call your utility company to report power outages and get restoration information. Do not call 9-1-1 to report an outage or to ask about power restoration.

- [National Grid](http://www.nationalgrid.com) 1-800-465-1212
- [Eversource \(formerly NSTAR\)](http://www.eversource.com) 1-800-592-2000
- [Eversource \(formerly WMECO\)](http://www.eversource.com) 877-659-6326
- [Unitil \(FG&E\)](http://www.unitil.com) 888-301-7700

- Stay away from downed utility wires. Always assume a downed power line is live.
- Use generators and grills outside because their fumes contain carbon monoxide. Make sure your carbon monoxide detectors are working as it is a silent, odorless, killer.
- If possible, use flashlights instead of candles.
- During hot weather, use ice to help keep food cold.
- An unopened refrigerator will keep food cold for about four hours. A full freezer will keep the temperature for about 48 hours.
- **Be a good neighbor. Check on family, friends, and neighbors.**

Contact your local Emergency Management Director

www.mass.gov/find-your-local-emergency-management-director-emd

Contact your local fire, police, or town emergency management department

EMERGENCY PREPAREDNESS

- **Stay Informed** by receiving emergency alerts and monitoring media sources
- Build an **emergency preparedness kit**
- Create a **family emergency plan**
- **Visit:** mass.gov/MEMA for more information



MASSACHUSETTS EMERGENCY
MANAGEMENT AGENCY

EMERGENCY PREPAREDNESS: WHAT DO YOU NEED TO KNOW?

Summer Preparedness

HOW TO PREPARE FOR SUMMER HAZARDS

WHAT TO DO DURING EXTREME HEAT:

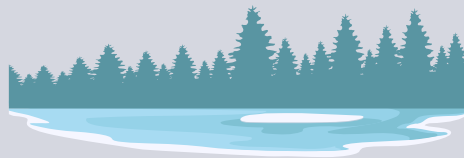
- Do not leave children or pets alone in a closed vehicle
- Wear lightweight, loose-fitting, light-colored clothing.
- Avoid strenuous activity and limit outdoor activity to morning and evening.
- **NOTE:** Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Consider spending time in air-conditioned public spaces, such as schools, libraries, theaters, and other community facilities.
- If you do not have air conditioning, spend time on the lowest level of your home

TYPES OF SEVERE HEAT RELATED ILLNESSES

- Heat cramps
- Heat exhaustion
- Heat stroke

WATER SAFETY TIPS

- Learn how to swim (Visit: mass.gov/learn-how-to-swim)
- Never swim alone and always supervise children (Designate an adult “water watcher” even if a lifeguard is present)
- Learn CPR (The American Red Cross offers many classes)
- Know the following signs of drowning:
 - A person is floating on or treading water
 - A person is trying to swim to safety but unable to move forward
 - A person that is struggling to call for help
 - A person trying to keep their head above water to breathe
- Only swim in designated swimming areas
- Learn how to identify hazards, like rip-tides, in oceans, lakes, rivers, and ponds



Extreme heat is a prolonged period of very hot weather, which may include high humidity. In Massachusetts, a “heat wave” is usually defined as a period of three or more consecutive days above 90 °F.

