

# **EMERGENCY PREPAREDNESS TIPS**

## **From Lincoln Public Safety and the Lincoln Council on Aging**

### **Before, During and After the Storm:**

- Be a good neighbor. Check with the elderly or relatives and neighbors who might need additional assistance to ensure that they have made adequate preparations.

### **Before the Storm:**

- Trim dead tree branches and limbs near your house so they don't bring down power lines or damage your home during a storm.
- Make one, well-ventilated room with a wood-burning stove, fireplace, or emergency heating equipment livable should you lose your regular heating source. Never use cooking equipment intended for outside use indoors as a heat source or cooking device.
- Have sufficient heating fuel since regular sources may be cut off.
- Check that your smoke and carbon monoxide (CO) detectors are working correctly and have fresh batteries. Make sure your outside fuel exhaust vents are not obstructed by snow or ice.
- Fill your bathtub and spare containers with water if your water supply could be affected by a power outage (a well-water pump system). Use water in the bathtub for sanitation purposes only, not for drinking. You may be able to flush your toilet by pouring a pail of water from the tub directly into the bowl.
- Know how to manually operate your electric garage door.
- Check to see under what circumstances your insurance will cover hotel costs.
- Stock your Winter Emergency Supply Kit with enough supplies to survive on your own for at least three to five days. Include in your kit a first-aid kit, essential prescription medicines, non-perishable foods (those that require no refrigeration such as canned goods, dried fruits and nuts), a manual can opener, water (one gallon per person, per day), flashlights and extra batteries along with a portable radio or NOAA Weather Radio, corded phone, charged cell phone, baby-care or pet supplies items, extra blankets, sleeping bags and a fire extinguisher. You should take your pet with you if you need to leave your home for a shelter. Have your important phone numbers and contact information on a wallet-sized card that you keep with you at all times.
- Ensure that your Winter Emergency Car Kit is well stocked with items similar to the kit for your home as well as items like a shovel, sand or salt, flares, and jumper cables that you will need for your car. Make sure your gas tank is full.
- Review your family communication plan, including a place for everyone to meet and an out-of-state contact that everyone can call to communicate where you are should your family become separated.
- If you have a question about preparedness, call Public Safety at (781) 259-8113.
- Sign up for the Town's emergency notification CTY service to receive calls with essential information by calling Public Safety at (781) 259-8113 or sign up at the Town's website by going to [www.lincolntown.org](http://www.lincolntown.org) and clicking on "Lincoln Police - Blackboard Connect Notification Service" on the homepage.

**During the Storm:**

- If you are having an emergency in which lives are in danger, call 911. If you need to reach Public Safety in a non-emergency, please call (781) 259-8113. If you call 911 on a cell phone, your call will go to a state agency that will route the call to Lincoln.
- If you need overnight shelter, call Public Safety at (781) 259-8113. If you need to be warm, recharge cell phones and laptops, check the internet, and more, call Bemis Hall at (781) 259-8811 or the Library at (781) 259-8465 to see if they are open.
- You may receive information during the storm through CTY calls from Public Safety (see the last bullet in the “Before the Storm” section), by checking to homepage of the Town’s website at [www.lincolntown.org](http://www.lincolntown.org), or by going to the Police Department Facebook page at [www.facebook.com/LincolnPolice](http://www.facebook.com/LincolnPolice). If you are without power, you may be able to access the internet at Bemis Hall or the Library.
- Do not open the refrigerator or freezer door if the power goes out. Food can stay cold in a full refrigerator for up to 24 hours and in a well-packed freezer for 48 hours (24 hours if it is half-packed). If you have medication that requires refrigeration, check with your pharmacist about proper storage during an extended outage.
- If you are without power, you may still be able to use your landline by plugging a corded phone directly into the telephone jack. Corded phones are phones with cords that are not plugged into a wireless phone station or answering machine. If your landline is not working, try your cell phone, but use it sparingly to save the battery.
- If you are trapped in your car, pull off the road, turn on your hazard lights and hang a brightly colored distress flag/cloth from your radio antenna or window. Stay in your vehicle and do not set out on foot unless you are close to a building where you can take shelter. Crack a window open for ventilation and run your engine for warmth about 10 minutes each hour. At night, turn on your inside dome lights so rescuers can see you. After the snow stops, raise your hood to indicate you need help.
- If you leave your home, tape a sheet of paper to your front door stating that you have left with your names, contact information, and meeting place so that public safety personnel will know you are safe and do not need assistance.

**After the Storm:**

Listen for calls from Public Safety or check the town website ([www.lincolntown.org](http://www.lincolntown.org)) or Police Facebook page [www.facebook.com/LincolnPolice](http://www.facebook.com/LincolnPolice) for information on road closures, power restoration, shelters, help from the Federal Emergency Management Agency, and more. If you are without power, you may be able to access the internet at Bemis Hall or the Library.

**For More Information:**

Pick up a copy of the Community Emergency Preparedness and Response Guide at Bemis Hall or Public Safety. Call the Council on Aging at (781) 259-8811 to have a copy mailed.

Websites with good information include:

- Massachusetts Emergency Management Agency: [www.mass.gov/mema](http://www.mass.gov/mema)
- Federal Emergency Management Agency: [www.fema.gov](http://www.fema.gov)
- American Red Cross: [www.redcross.org](http://www.redcross.org)

*Information from the Massachusetts Emergency Management Agency and Lincoln Public Safety.*