



# BE PREPARED

North Shore, MA

(revised September 2022)

## EMERGENCY CONTACTS

- Emergency Operations Center \_\_\_\_\_
  - Fire Department \_\_\_\_\_
  - Police Department \_\_\_\_\_
  - Town/City Hall \_\_\_\_\_
  - Hospital \_\_\_\_\_
  - Red Cross **978.922.2224**
  - National Grid **800.465.1212/ 800.233.5325**
  - Local radio station \_\_\_\_\_
  - Sign up for Town/City's e-alerts and CodeRed systems
  - DPW \_\_\_\_\_
  - For any emergency call **911**
  - Emergency Shelter \_\_\_\_\_
- Identify shelters and non-shelter bldgs with generators
  - Know where your family members are, work, etc.
  - Have a communication plan with family & friends
  - Have an out-of-state person be your family contact
  - Be aware of safety plans for family and friends in nursing homes & low-income housing complexes
  - Have your insurance agent's info on hand

## EMERGENCY SUPPLIES & PREPARATIONS

- Keep enough supplies for at least 3 days
- Drinking water, 1 gallon per person per day
- Water, for bathing & flushing should plumbing fail
- Battery-operated AM/FM radio
- Food, non-perishable
- Manual can opener, disposable plates & utensils
- Outdoor gas grill or camping stove
- Have a plan should you lose heat, electricity & water
- Do NOT use CANDLES
- Flashlight and extra batteries
- Cell phone with charger & know where to charge if electricity is lost
- Trash bags & duct tape to seal broken windows
- Face masks, hand sanitizer
- Supply of medications, personal hygiene items
- First aid kit, thermometer, rubbing alcohol
- Special items for infant, elderly, disabled members
- 1 change of weather appropriate clothing
- Blankets, towels, bedding
- Make arrangements for pets
- Know safe spots in your home
- Know escape routes from your home & neighborhood

## UTILITIES & RESOURCES

- Locate main electric fuse box, water service main, and natural gas main
- Know how and when to turn off all utilities
- Teach above to family members
- MA Homeowner's Handbook to Prepare for Coastal Hazards, 3rd edition, July 2020. <https://seagrant.whoi.edu/wp-content/uploads/2020/07/MA-Homeowners-Handbook-2020-1.pdf>
- Survival/Emergency Food Kits: google for options
- Seabrook Nuclear Power Station: [Mass.gov](https://www.mass.gov) search Seabrook information, Register for CodeRed alerts <https://public.coderedweb.com/cne/bf065f487535>. Radio alert stations: 106.1 FM and 1450 AM
- C-10, "Living Near Seabrook", <https://www.c-10.org/emergency-plans>
- [AAA Hurricane Preparedness Guide](#), google
- Heat-related illnesses: 911 & Google CDC emergency
- A Furious Sky: The 500 Year History of America's Hurricanes, by Eric Jay Dolan, (August 2020). A very good read.

## EVACUATION PLANS & KIT

- Listen to battery-powered radio
- Follow instructions of local emergency officials
- Know how to evacuate your building
- Wear protective clothing and sturdy shoes
- Medications, list of allergies, extra eyeglasses
- Extra set of car keys, credit card, traveler's checks
- Make sure your kit/bag has your ID on it
- Whistle, to draw attention of emergency personnel
- Local maps, flares, trash bags, jumper cables
- Important family documents in waterproof container; some personal photos
- Implement your plan to take care of pets
- Lock your home when leaving