



BROOKLINE EMERGENCY MANAGEMENT TEAM

Brookline, Massachusetts

DANIEL C. O'LEARY
CHIEF OF POLICE
DIRECTOR OF
EMERGENCY MANAGEMENT

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CONTACT:
Sgt Michael Raskin, Brookline Police Department
Phone : 617-730-2614/2222
Pat Maloney, Brookline Health Department
Phone : 617-730-2300
Go to www.brooklinema.gov for more information

BROOKLINE EMERGENCY MANAGEMENT TEAM OFFERS TIPS TO DEAL WITH COLD WEATHER

BROOKLINE, MA – The National Weather Service (NWS) is forecasting extreme cold across the area this weekend. An arctic air mass will bring potentially life threatening wind chills and near record cold temperatures Saturday and Sunday. The cold temperatures combined with gusty winds will make for dangerously low wind chill values.

The Brookline Emergency Management Team (BEMT) is urging residents to take precautions during this time. Stay indoors if you can. If you must go outside, dress in layers and make sure your car is equipped with cold weather gear and an emergency kit. Remember to check on your family, the elderly, or others with access and functional needs to make sure they are safe.

Prolonged exposure to the cold can lead to serious health issues including frostbite and in extreme cases, hypothermia. Therefore, we urge residents to minimize outside activities. If you must go outside, follow these safety tips:

- Dress in several layers of loose-fitting, lightweight clothing, rather than a single layer of heavy clothing. Wear a hat, mittens (rather than gloves) and sturdy waterproof boots, protect your extremities and cover your mouth with a scarf to protect your lungs.
- Watch for signs of frostbite and hypothermia.
 - Frostbite causes a loss of feeling and a pale appearance in extremities, such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, seek medical help immediately.
 - The warning signs of hypothermia include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If the person's temperature drops below 95 degrees, seek immediate medical care.
- Have a well-stocked Home Emergency Kit that includes a flashlight, sleeping bag or blanket, portable radio, extra batteries, a first aid kit, bottled water and non-perishable food.

CALL 9-1-1 TO REPORT AN EMERGENCY
COLD WEATHER TIPS – 02/12/2016

Public Safety Headquarters 350 Washington Street, Brookline, Massachusetts 02445
Telephone (617) 730-2249 ♦ Facsimile (617) 730-8454

- Make sure your car is properly winterized. Keep the gas tank at least half-full. Carry Winter Emergency Car Kit, which includes blankets, extra clothing, a flashlight with spare batteries, a can, waterproof matches (to melt snow for drinking water), non-perishable foods, windshield scraper, shovel, sand, tow rope, and jumper cables in the trunk.
- Limit outdoor time for your pets. Freezing temperatures are dangerous to animals as well as humans.

Ensure you have sufficient heating fuel, as well as alternate emergency heating equipment in case you lose electricity. When utilizing alternate heating sources, such as an emergency generator, your fireplace, wood stove or space heater, take necessary safety precautions:

- Keep a fire extinguisher handy and ensure everyone knows how to use it properly.
- Never heat your home with a gas stove or oven or charcoal barbecue grill.
- Make sure all heating devices are properly ventilated and always operate a generator outdoors and away from your home. Improper heating devices can lead to dangerous carbon monoxide (CO) buildup in the home. Make sure you test smoke alarms and carbon monoxide detectors. Carbon monoxide is an odorless, colorless gas that can cause flulike illness or death. If you suspect carbon monoxide poisoning, call 9-1-1 immediately, get the victim to fresh air, and open windows.

If you do not have an alternate heating source, trap the existing heat by sealing off unused rooms by stuffing towels in the cracks under the doors. At night, cover windows with extra blankets or sheets. Wrap pipes in insulation or layers of newspapers covered with plastic to keep them from freezing. Allow a trickle of warm water to run from a faucet that is farthest from your water meter or one that has frozen in the past. This will keep the water moving so that it cannot freeze. If pipes freeze, remove insulation, completely open all faucets and pour hot water over the pipes or wrap them with towels soaked in hot water, starting where they are most exposed to the cold. A hand-held hair dryer, used with caution, also works well.

If you need a warming center, the following public buildings are available:

Location:	Address:	Time:
Brookline Public Safety Building	350 Washington Street	24 hrs a day, 7 days a week
The Public Libraries of Brookline	Main: 361 Washington St	Saturday: 10 am-5 pm Sunday: 1pm-5pm
	Coolidge Corner Branch: 31 Pleasant St	Saturday: 9:30 am-5 pm Sunday: 1pm-5pm
	Putterham Branch: 959 West Roxbury Parkway	Saturday: 10 am-5 pm Sunday: CLOSED

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