



AGING SERVICES OF NORTH CENTRAL MASSACHUSETTS

680 MECHANIC ST., LEOMINSTER, MA 01453 | (978) 537-7411

## Fire Safety, Disaster/Emergency Preparedness



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### Introduction

Here at ASNCM our **priority** is making sure our community is prepared for anything!

**How will I know if there is an emergency/disaster?**

**Am I prepared for a fire, disaster, or emergency?**

**What do I need to be prepared for an emergency/disaster?**

**Who should I notify in case of an emergency?**

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## How Will I Know?

**Emergency Alert System (EAS)**-is a national warning system that uses radio, television, and satellite channels to broadcast important public safety information during times of emergency.

**Wireless Emergency Alerts (WEA)**-is part of the Emergency Alert System which enables cellphones to receive alerts for severe weather emergencies, imminent threats to life or property, AMBER alerts, and Presidential alerts.

**MEMA** also uses social media as a secondary method of alerting. Via Instagram or Facebook or Twitter (X).

[Call 2-1-1](#) for information about critical health and human services available in your area.

## Fire Safety

**Fire Facts:** Did you know, a house fire occurs every 87 seconds and Thanksgiving is the peak day for house fires?

### Safety Tips to help prevent a fire:

- Watch your cooking: Stay in the kitchen while cooking if you must leave, shut off the stove/oven.
- Inspect electrical cords, keep matches or lighters out of reach. Be cautious when burning candles in home.
- If you need to smoke, smoke outside. Keep ashtrays away from flammables.
- Inspect/test Fire/CO2 alarms in home every six months. If “chirping”, replace battery.
- Have a fire/evacuation plan in place and practice at least twice a year.



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## Natural Disaster

A natural disaster can be a flood, earthquake, or hurricane that causes great damage or loss of life:

**If you are asked to shelter in place:**

- Stay indoors and away from windows.
- Lock doors and close windows, air vents, fireplace dampers.
- Make sure you have an emergency kit.
- Listen to local television or radio for updates. Conditions may change quickly; be prepared to [evacuate](#).
- Stay inside until public safety officials tell you it is safe to leave.
- Know where your gas shut off valve and electrical box is located in case they need to be turned off.

**If you are asked to shelter in place because public officials are concerned about harmful debris or contaminants in the air, take these additional precautions:**

- Go to an interior room or a room with as few windows as possible.
- Make sure your pets are indoors.
- Turn off fans, air conditioning, and forced air heating systems.
- Seal all windows, doors, and air vents with plastic sheeting and duct tape.





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## Plan How to Evacuate

- Identify and practice how you will exit your home. Try using different exits.
- Establish possible evacuation routes to ensure you are able to get to your designated meeting location(s).
- Identify available modes of transportation.
- Make arrangements with family, neighbors, friends, or local government if you don't have personal transportation.
- If you need assistance, contact your local public safety official to make them aware of your needs.
- Review tips to safely evacuate.
- Your plan to evacuate should include where you might evacuate to (such as a relatives' home, hotel, etc.) given your family's circumstances.

## What Do You Need in A Disaster/Emergency Kit?

- Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blankets
- [Blue AFC Book](#) -which contains consumers, Care Plan, Emergency contacts and medication list.

## If immediate help is needed, always call 911!

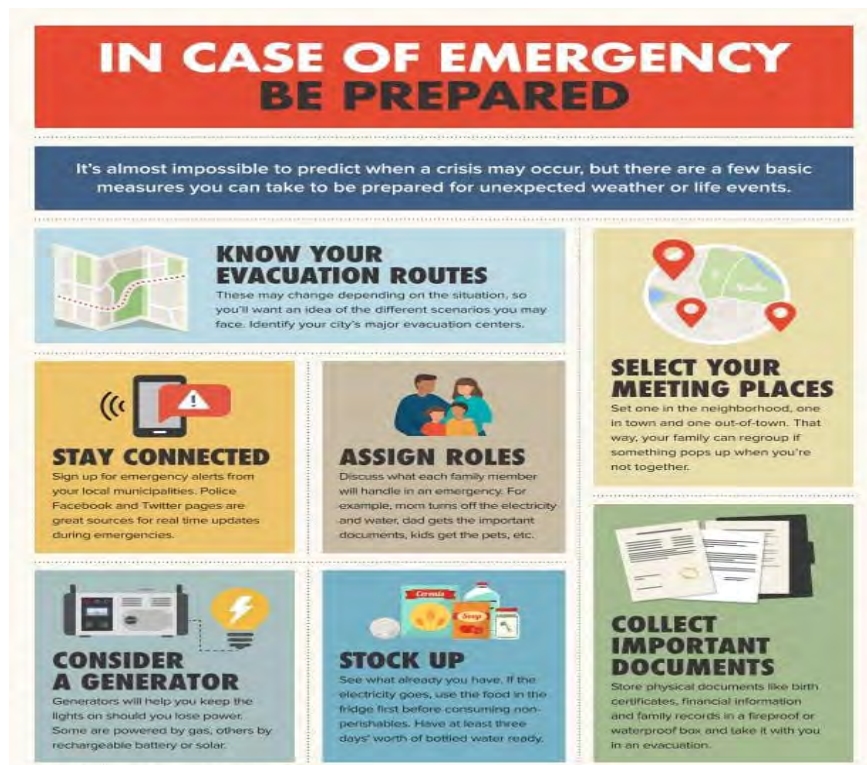
In Case of an Emergency or Disaster please contact the following when it is safe to do so:

- Notify consumer's guardian
- Notify AFC team via phone or email
- Call ASNCM on call service if after hours at [978-537-7411](tel:978-537-7411).

### Important Contacts:

**MEMA-** Massachusetts Emergency Management Agency  
P: 508-820-2000 (24/7 communication center)

**FEMA-** Federal Emergency Management Agency  
P: 1-800-621-3362 (helpline)







## Works Cited

Mass.Gov: Family Emergency Plan & Emergency Management

- <https://www.mass.gov/info-details/make-a-family-emergency-plan>
- <https://www.mass.gov/orgs/massachusetts-emergency-management-agency>

American Red Cross: Survival Kit

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html>

Federal Emergency Management Agency

<https://www.fema.gov/>

National Fire Protection Agency: Fire Safety Tips

<https://www.nfpa.org/News-and-Research/Publications-and-media/Press-Room/Reporters-Guide-to-Fire-and-NFPA/Key-Fire-Safety-Tips>