



**Prepared  
Not  
Scared**

---

**City of Quincy**

**Mayor's  
Public Safety Awareness  
Task Force**

**Mayor Thomas P. Koch**

## City of Quincy Emergency Phone Numbers

<b>Fire, Police, Medical Emergencies</b>	911
<b>Quincy Medical Center Emergency Room</b>	(617) 376-5533
<b>Quincy Health Department</b>	(617) 376-1286
<b>Quincy Emergency Management (Shelters)</b>	(617) 376-1105
<b>National Grid (Gas Emergency)</b>	(800) 233-5325
<b>National Grid (Power Emergency)</b>	(800) 465-1212
<b>Department of Public Works</b>	(617) 376-1900
<b>Park and Forestry Department (Fallen Trees)</b>	(617) 376-1251
<b>Quincy Public Schools</b>	(617) 984-8700
<b>Animal Control</b>	(617) 376-1364
<b>American Red Cross</b>	(800) 564-1234
<b>Salvation Army</b>	(617) 542-5420

## Be Prepared With an Emergency Supply 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
- Multi-purpose tool
- 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 blanket
- Map(s) of the area

Consider the needs of all family members and add supplies to your kit. Suggested items are:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener

Additional supplies to keep at home or in your survival kit based on the types of disasters common to your area:

- Whistle
- N95 or surgical masks
- Matches
- Rain gear
- Towels
- Work gloves
- Tools/supplies for securing your home
- Extra clothing, hat and sturdy shoes
- Plastic sheeting
- Duct tape
- Scissors
- Household liquid bleach
- Entertainment items
- Blankets or sleeping bags

### **Emergency Food Supply Suggestions**

Even though it is unlikely that an emergency would cut off your food supply for two weeks, you should consider preparing a supply that will last you that long. The easiest way to develop a two-week stockpile is to increase the amount of basic food that you normally keep on your shelves.

Pack at least a three-day supply of nonperishable food and water, and store it in a handy place. You need to have these items packed and ready in case there is no time to gather food from the kitchen when a disaster strikes.

Select foods that require no refrigeration, preparation, or cooking and little or no water. Foods that are compact and lightweight are easy to store and carry. If you must heat food, pack a can of cooking fuel. Try to eat salt-free crackers, whole grain cereals, and canned food with a high liquid content.

Recommended items include:

- Ready-to-eat canned meats, fruits, and vegetables.
- Canned juice, milk and soup (if powdered store extra water)
- High-Energy foods such as peanut butter, jelly, crackers, granola bars and trail mix.
- Comfort foods such as hard candy, sweetened cereals, candy bars and cookies.
- Instant coffee and tea bags
- Food for infants or elderly persons or persons with special dietary needs. (If applicable)

## Medical Care in an Emergency

In the event of an Emergency, knowing where the nearest medical care facilities are located can be important. Below are the locations of several nearby medical care facilities.

Facility Name	Address	Phone
<b>Quincy Medical Center (Emergency Room Only)</b>	114 Whitwell St Quincy, MA 02169	(617) 376-5533
<b>South Shore Hospital</b>	55 Fogg Rd South Weymouth, MA 02190	(781) 624-8000
<b>Carney Hospital</b>	2100 Dorchester Ave Dorchester, MA 02124	(617) 296-4000
<b>Boston Medical Center</b>	1 Boston Medical Center Pl Boston, MA 02118	(617) 638-8000
<b>Beth Israel Deaconess Hospital Milton</b>	199 Reedsdale Rd Milton, MA 02186	(617) 696-4600

## Storm Safety

Staying safe during a storm can be broken down into three main areas; Before a Storm, During a Storm, and After a Storm. Please take a moment to review each section below.

### Before a Storm

- Remain calm.
- Establish the location of a “safe room.” A safe room is often a windowless interior room. If applicable, you should move your Emergency Kit and/or Emergency Food Supply to this room.
- Charge the batteries on all cell phones, tablets, and laptop computers. If you have a portable battery charger you will want to charge it as well.
- Unplug all unnecessary electrical items.
- Essential electronics should be plugged into surge protectors.
- Make sure your home is secure and able to withstand damaging winds.
- If during the Winter, turn your heat up a few degrees higher than normal to maintain warmth longer in the event of a power outage. The same goes for air conditioning during the Summer months.
- Check in with elderly or disabled neighbors to make sure they are prepared for a potentially dangerous storm.

### During a Storm

- If power is lost, unplug all remaining electrical items and surge protectors. This will avoid damage caused by a power surge when power is eventually restored.
- If power is lost, leave a light switch in the on position so you will know power is restored.
- Keep refrigerators and freezers closed in the event of a power outage.
- Stay informed. If you have power check local media for storm coverage. If without power check for updates via a smartphone or battery/crank powered AM/FM radio.
- If safe, check on elderly or disabled neighbors.
- If you’ve lost power and are using a generator, please make sure you doing so safely. Please follow the manufacturer’s operating procedures.

- If power is lost during a winter storm, make sure you stay warm. The use of blankets is the recommended option. If using a space heater, make sure it is UL certified, has safety shutoffs, and is unobstructed by objects.
- If you expect to be without power for an extended period of time, it may be wise to seek shelter at a designated emergency shelter. For more information on Emergency Shelters, you can contact Emergency Management at (617) 376-1105.
- If you have lost power, don't assume the outage has been reported. **You can contact National Grid at (800) 465-1212.**
- Comply with evacuation requests that are made by local authorities.

### **After a Storm**

- Check for updates to make sure the storm is actually over. Again, if you have power check local media for storm coverage. If without power check for updates via a smartphone or battery/crank powered AM/FM radio.
- If your home or surrounding area has been flooded, please read the section below on Flood Safety.
- Treat all downed lines as if they are live. Do not attempt to move the lines yourself, instead report them immediately to **National Grid at (800) 465-1212.**
- If you smell gas, **leave the area immediately and contact National Grid at (800) 233-5325.**
- Report any fallen trees or large downed limbs to the Park & Forestry department at (617) 376-1251.
- Remove debris or snow from all walkways and sidewalks. Make sure to clear any external vents that may be clogged or blocked.
- Check in again on any elderly or disabled neighbors.

<h3><b>Flood Safety</b></h3>
------------------------------

As with a storm, staying safe in a flood can be broken down into the same three areas; Before, During and After. Please review each section below.

### **Before a Flood**

- Listen to local area radio, NOAA radio or TV stations for the latest information and updates.
- Be prepared to evacuate quickly and know your routes and destinations. Find a local emergency shelter.
- Check your Emergency Kit and replenish any items missing or in short supply, especially medications or other medical supplies. Keep it nearby.

### **During a Flood**

- Turn off the power and water mains if instructed to do so by local authorities.
- Boil tap water until water sources have been declared safe.
- Avoid contact with floodwater. It may be contaminated with sewage or contain dangerous insects or animals.
- Continue listening to local media for the latest information and updates. If without power check for updates via a smartphone or battery/crank powered AM/FM radio.
- Don't use gas or electrical appliances that have been flooded.
- Dispose of any food that comes into contact with flood water .

- If in a vehicle and caught on a flooded road with rapidly rising waters, get out of the car quickly and move to higher ground.
- If in a vehicle stay out of areas subject to flooding. Underpasses, dips, low spots, canyons, washes, etc. can become filled with water.

### **After a Flood**

- Let friends and family know you're safe.
- Don't walk, swim or drive through floodwater. Just six inches of fast-flowing water can knock you over and two feet will float a car.
- Don't walk on beaches or riverbanks.
- Don't allow children to play in or near flood water.
- Avoid contact with floodwater. It may be contaminated with sewage or contain dangerous insects or animals.
- If evacuated, return only when authorities say it is safe to do so.
- If power lines are down outside your home, do not step in puddles or standing water. Report them immediately to **National Grid at (800) 465-1212**.
- Beware of snakes, insects and other animals that may be in or around your home.
- If any gas or electrical appliances were flooded, don't use them until they have been checked for safety.
- Hire a contractor. Seek professional repairs if your home has experienced flooding, and any appliances were submerged, or your gas connections are defective.

<h3><b>Keeping Your Boat Safe During a Storm</b></h3>
---

During a storm or severe weather warning, timing can be crucial. Tend to your vessel by making the necessary precautions and preparations as early as possible to insure your safety as well as your boat's.

### **DO NOT PLAN TO RIDE OUT THE STORM ON YOUR BOAT!**

In the event of extreme winds, please appropriately adjust your lines and fenders to provide the maximum amount of protection. It is recommended that you double your lines.

All vessel owners should remove or secure all sails, canvas, covers, power cords, hoses, dock boxes and any other loose objects. These items could cause serious damage and injury during the storm. This is a major safety issue and hazard at anytime.

For more information about marine safety, call the US Coast Guard at 1 (800) 368-5647