

PREPARING MAKES SENSE.

Dear Winthrop Residents, Business and Academic Community:

This brochure is offered to you as a public service to answer questions you may have on how to be better prepared in an emergency situation. Over the next year the Winthrop Local Emergency Planning Committee (LEPC) will be providing you with information on specific emergency preparedness topics relevant to the community.

Please be assured that the Town of Winthrop and its LEPC will continue to work with state and federal agencies to provide Town personnel with the specialized training and equipment needed to respond to potential incidents.

Though there are no guarantees that we can prevent all acts of terrorism or naturally occurring events, please know that we will continue to do all that we can to safeguard our community. The health and safety of our community have always been and will continue to be our highest priority.

Sincerely,

Chief Larry Powers, *Director of Emergency Management*

Richard J. White, *Town Manager*
Thomas Reilly, *Council President*

Helpful Contact Information

Emergency (Fire/Police)	9 – 1 – 1
Non-Emergency Police	617-846-1212
Non-Emergency Fire	617-846-3474
Emergency Management Center (Emergencies ONLY)	617-846-1185
Health Department	617-846-1740
Dept. of Public Works	617-846-1341
School Department	617-846-5500
State Terrorism Tip Line	888-USA-5458
Weather	617-936-1234
WCAT	617-846-3400

Websites

(Check websites on a regular basis for updates.)

Town of Winthrop:
www.town.winthrop.ma.us

MA Emergency Management Agency:
www.mass.gov/mema/

MA Department of Public Health:
www.state.ma.us/dph/

Centers for Disease Control:
www.cdc.gov

American Red Cross:
www.redcross.org

Ready Kids
<http://www.ready.gov/kids/>

WINTHROP LOCAL EMERGENCY PLANNING COMMITTEE

(LEPC)

AN EMERGENCY PREPAREDNESS GUIDE FOR WINTHROP, MA

Safety Tips for Times of Uncertainty



IN COOPERATION WITH METRO -
BOSTON HOMELAND SECURITY

Town Hall
One Metcalf Square
Winthrop, MA 02152

<http://www.town.winthrop.ma.us>

1. **Get a Kit** of Emergency Supplies.

Be prepared to improvise and use what you have on hand to make it on your own for **at least three days**, or longer. While there are many things that might make you more comfortable, **think first about fresh water, food and clean air.**

Consider two kits. In one, put everything you will need to stay where you are and make it on your own. The other should be a lightweight, smaller version you can take with you if you have to get away (**recommend a container on wheels**).

You will need:

- A gallon of **water** per person per day for drinking and sanitation.
- **Three-day** supply of **non-perishable foods** that are easy to store and prepare such as protein bars, dried fruit or canned foods and manual can opener.
- Pet supplies and food.
- All weather **clothing** and a sleeping bag for each member of the family.
- Your family and pet's **medications**.
- **First aid kit.**
- Flash light and extra batteries
- A portable battery operated radio and extra batteries.
- Bathroom and sanitary items, diapers and baby formula. Bath and Hand towels.
- Propane gas for gas grill (outside use only)

- Portable emergency generator. *Note:* generators should be placed outside of your home, with appliances connected directly to the generator – not your home's electrical system.

• **Emergency phone numbers**

- **Important documents** like your passport, driver's license, deed to your property, birth certificates, and social security number.

- **Heavy-duty garbage bags or plastic sheeting and duct tape** to seal windows and doors.

2. **Make a Plan** for What You Will Do in an Emergency.

- **Develop a Family Communication Plan.** Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency. *Watch television and listen to the radio for official instructions as they become available.*
- **Create a Plan to Shelter-In-Place.** *There are circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as sheltering-in-place and sealing the room can be a matter of survival.*
- **Create a Plan to Get Away.** *Plan in advance how you will assemble your family and anticipate where you will go. **Choose several destinations in different directions so you have options in an emergency. If you have a car, keep at least a half tank of gas in it at all times. If you don't have a car, plan how you will leave if you have to. **Become familiar with alternate routes as well as other means of transportation. Take your emergency supply kit, unless you have*****

reason to believe it is contaminated. Listen to the television or radio for instructions.

- **Know Emergency Plans at School and Work.** *Talk to your children's schools and your employer about emergency plans. Find out how they communicate with families during an emergency. **Talk to your neighbors about how you can work together.** A community working together during an emergency makes sense.*

3. **Be Informed** About What Might Happen.

Some of the things you can do to prepare for the unexpected, such as assembling a supply kit and developing a family communication plan, are the same for both a natural or man-made emergency. However, there are significant differences among potential terrorist threats, such as biological, chemical, explosive, nuclear and radiological, which will impact the decisions you make and the actions you take. By beginning a process of learning about these specific threats, you are **preparing yourself** to react in an emergency. **Be prepared** to adapt this information to your personal circumstances and **make every effort to follow instructions received from authorities on the scene.** With these simple preparations, you can be ready for the unexpected. **Get ready now.**

4. **Get Involved** in Preparing Your Community.

Volunteer. Volunteer. Volunteer. Contact the Winthrop Board of Health [or the LEPC] about how you can volunteer for your community.

**TO BE A VOLUNTEER,
CALL: 617-846-1740**