

WHEN IT SNOWS

Before the Storm: Prepare & Prevent

- Check the weather forecast and sign up for local emergency alerts
- Make sure you have enough medications, groceries, water, and pet supplies
- Charge cell phones, medical devices, and backup batteries
- Set your thermostat to a safe temperature and close off drafty rooms
- Gather flashlights and extra batteries (avoid candles if possible)
- Arrange a check-in plan with a family member, neighbor, or caregiver
- Bring in deliveries and clear walkways before snow and ice arrive



During & After the Storm: Stay Safe



- Avoid unnecessary travel and walking on icy surfaces
- Dress warmly in layers and wear sturdy, non-slip footwear
- Use caution when shoveling—take frequent breaks or ask for help
- Watch for ice buildup near doors, vents, and walkways
- Be alert for signs of cold-related illness or carbon monoxide exposure
- Reach out for help if you need assistance with food, heat, or safety checks

Massachusetts Resources & Emergency Contacts



- Emergency: Call 911 for immediate danger or medical emergencies
- Massachusetts 2-1-1: Dial 211 or visit MA 211 for help with:
 - Food and fuel assistance
 - Emergency shelter or warming centers
 - Transportation and local services
- Your Local Council on Aging: Call your COA for wellness checks, resources, and storm-related assistance
- Power Outages: Contact your local utility provider to report outages or downed lines
- Fuel Assistance: If you are concerned about heat or fuel during cold weather, contact ABCD at 617-357-6012

STAYING INFORMED, PREPARED, AND CONNECTED MAKES ALL THE DIFFERENCE

HELPFUL LINKS

MEMA EMERGENCY INFORMATION - [HTTPS://WWW.MASS.GOV/INFO-DETAILS/EMERGENCY- INFORMATION](https://www.mass.gov/info-details/emergency-information)

WINTER STORM SAFETY TIPS - [HTTPS://WWW.MASS.GOV/INFO-DETAILS/WINTER-STORM-SAFETY-TIPS](https://www.mass.gov/info-details/winter-storm-safety-tips)