

EMERGENCY PREPAREDNESS

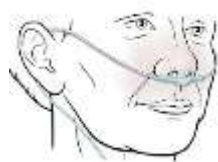
Here in New England, we can experience a weather-related emergency and/or power outage any time of year (remember the October 2011 nor'easter where many had no power for days). During prolonged power outages, the Meeting House in Northampton and the Inn in Easthampton have generators and have been used as central gathering places for residents. Making an Emergency Kit for your home and having a plan in place may help you feel less anxious and more in control during a weather-related emergency/power outage.

Recommendations for items to keep in your basic Emergency Kit include:

- A minimum 3-day supply of medications.
- 1 gallon of water per day per person, for at least 3 days.
- A flashlight, portable lantern and/or head lamp with extra batteries.
- A portable cell phone charger (it is always a good idea to charge your cell phone in advance if severe weather is predicted).
- A battery powered radio with extra batteries or hand-crank radio.
- A minimum 3-day supply of non-perishable food items.
- A minimum three-day supply of pet food.
- A first aid kit.



****If you use medications that require refrigeration, please contact the Wellness office and we can help you plan for a power outage.***



**** If you use supplemental Oxygen, please contact the Wellness office and we can help you plan for a power outage.***

**In Easthampton we can assist you in signing up for the Breathe Easy Home Oxygen Safety Program through the Easthampton Fire Department and Easthampton Neighbors (the Fire Dept will check on you in the event of a power outage).*

Erin Curtin, 12/2023