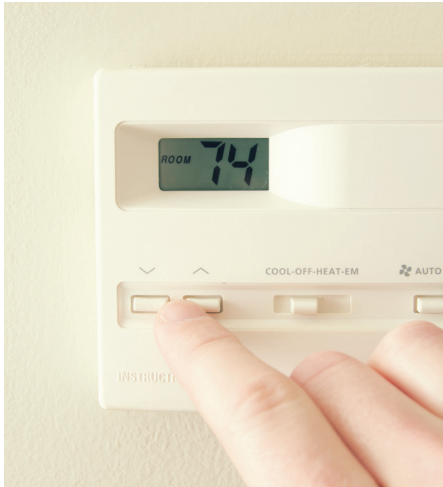




SURVIVING THE BIG CHILL

stay warm - and safe

ABCD Energy programs are here to help you heat your home while saving you money. Your safety is essential, so here are some important tips to keep in mind.



DANGER SIGNALS

- NEVER run out of oil. That can damage your heating system. DON'T let the oil get lower than ¼ of a tank.
- NEVER use barbecues or charcoal inside your home.
- DO NOT use a gas or electric oven or surface units for heating.
- DO NOT burn anything larger than candles inside your home.
- DO NOT use a space heater unless you have to, and be aware of flammable materials.
- ALWAYS plan ahead for oil delivery.
- ALWAYS keep a few faucets running to avoid frozen pipes if you run out of fuel.
- ALWAYS keep firefighting materials on hand like powder, fire extinguisher, sand or water.

Frostbite Warning Signs

If you're exposed to cold temperatures for too long, you can develop frostbite, a dangerous condition that can damage skin, tissues, muscle and bones. It can also cause infection and nerve damage. If you experience numbness, gray, white or yellow skin discoloration, waxy feeling skin, shallow breathing, a weak pulse or excessive shivering, seek medical attention immediately.

Symptoms of Hypothermia

Hypothermia is another serious medical emergency that can result from prolonged exposure to cold weather. If you experience or witness someone showing such symptoms as confusion, dizziness, exhaustion, slowed, slurred speech and severe shivering, seek medical attention immediately.

Tips for the Elderly

Hypothermia occurs when cold weather causes your body temperature to drop to below normal levels. Elderly people are particularly susceptible. If you suspect someone has hypothermia, wrap them in a warm blanket, make sure to cover their head and neck, and get immediate emergency medical help.

APPLY TODAY!

- **Residents of Boston, Brookline, and Newton** can reach ABCD Fuel Assistance at: 178 Tremont Street, Boston MA. Call us at 617.357.6012 TTY: 617.423.9215
- **Residents of Everett, Malden, Medford, Melrose, Stoneham, Winchester, and Woburn** can reach ABCD Fuel Assistance at: 18 Dartmouth Street, Malden MA. Call us at 781.322.6284

HEATING EMERGENCIES

- **In addition to contacting ABCD's Energy Department, you can call:**
The United Way: 800.231.4377 or dial 211
The Salvation Army: 617.542.5420

Or make an appointment at your nearest ABCD intake site (listed on back/next page.)

ABCD FUEL ASSISTANCE PROGRAM

INTAKE SITES: 2018-2019

Please call for hours and to make an appointment.
Translation services are available.

BOSTON

ABCD Central Office
178 Tremont Street, 4th Floor
Boston, MA 02111
617.357.6012
TTY: 617.423.9215

ALLSTON/BRIGHTON

640 Washington Street
Brighton, MA 02135
617.903.3640

CHARLESTOWN

John F. Kennedy Center
23A Moulton Street
Charlestown, MA 02129
617.241.8866

55 Bunker Hill Street
Charlestown, MA 02129
617.241.8866

CHINATOWN

Asian American Civic Assoc.
87 Tyler Street, 5th floor
Boston, MA 02111
617.426.9492

DORCHESTER

110 Claybourne Street
Dorchester, MA 02125
617.288.2700

EAST BOSTON

21 Meridian Street
East Boston, MA 02128
617.567.8857

JAMAICA PLAIN

30 Bickford Street
Jamaica Plain, MA 02130
617.522.4830

CITYWIDE HISPANIC CTR

30 Bickford Street
Jamaica Plain, MA 02130
617.506.7917

MATTAPAN

535 River Street
Mattapan, MA 02126
617.298.2045

MYSTIC VALLEY AREA*

18 Dartmouth Street
Malden, MA 02148
781.322.6284

*Malden, Medford, Everett,
Melrose, Stoneham,
Winchester, Woburn

NORTH END/WEST END

1 Michelangelo Street
Boston MA 02113
617.523.8125

ROXBURY/NO. DORCHESTER

565 Warren Street
Roxbury, MA 02121
617.442.5900

PARKER HILL/FENWAY

714 Parker Hill Street
Roxbury, MA 02120
617.445.6000

SOUTH BOSTON

424 West Broadway
South Boston, MA 02127
617.269.5160

SOUTH END

554 Columbus Avenue
Boston, MA 02118
617.267.7400

BROOKLINE

Brookline Senior Center
93 Winchester Street
Brookline, MA 02446
617.730.2777

NEWTON

Newton City Hall
1000 Commonwealth Ave.
Newton, MA 02459
617.796.1663

For other cities and towns in Massachusetts, call 800.632.8175.

bostonabcd.org