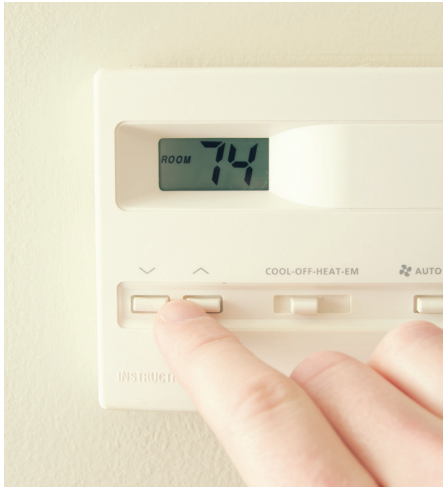




# SURVIVING THE BIG CHILL

## 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: 2022-2023

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

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### BOSTON

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

### ALLSTON/BRIGHTON

640 Washington St., Suite 201  
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, 5 th floor  
Boston, MA 02111  
617.426.9492

### DORCHESTER

110 Claybourne Street  
Dorchester, MA 02124  
617.288.2700

### EAST BOSTON

21 Meridian Street  
East Boston, MA 02128  
617.567.8857

### 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 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  
617.796.1420

### ROSLINDALE

18B Corinth Street  
Roslindale, MA 02131  
857.408.4319

For other cities and towns in Massachusetts, call 800.632.8175.

[bostonabcd.org](http://bostonabcd.org)

