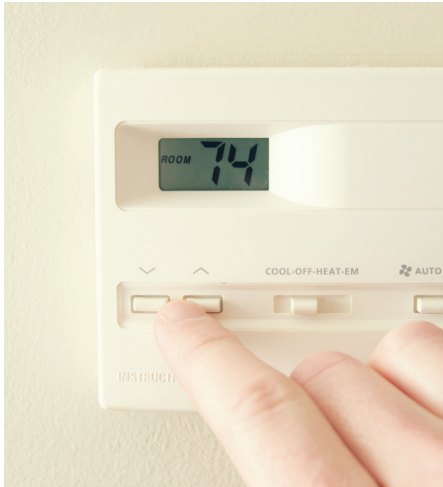




SURVIVING THE BIG CHILL

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 (visit bostonabcd.org/heat)