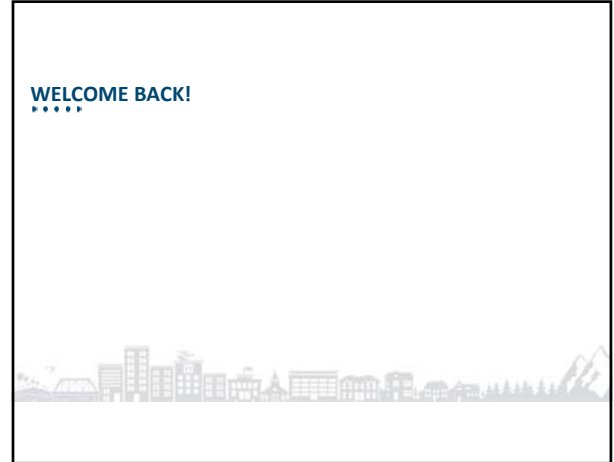
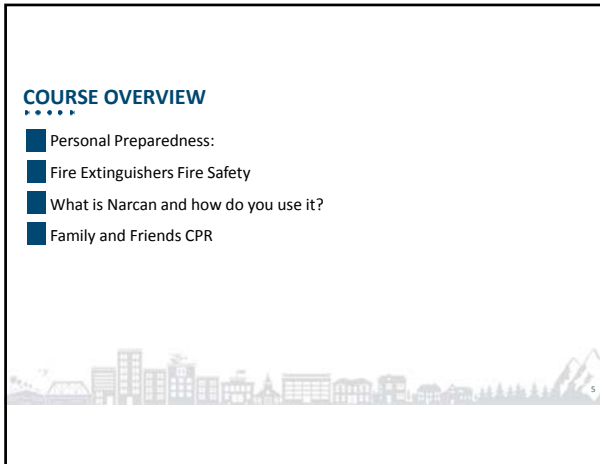


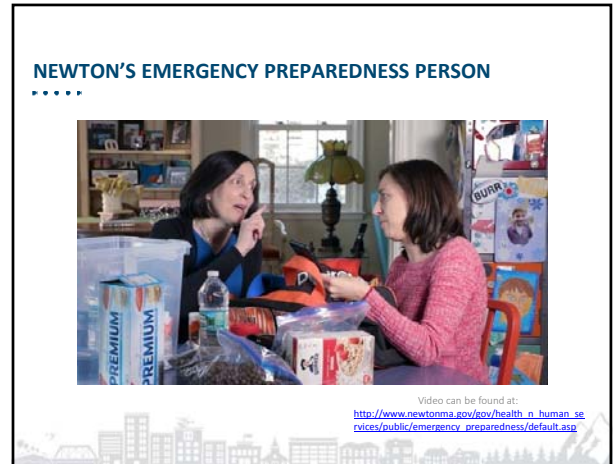
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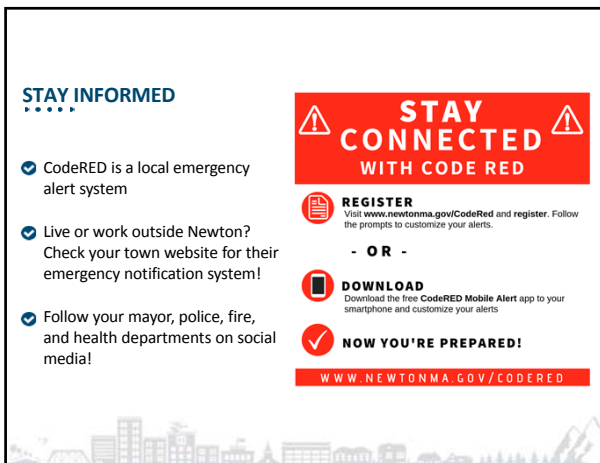
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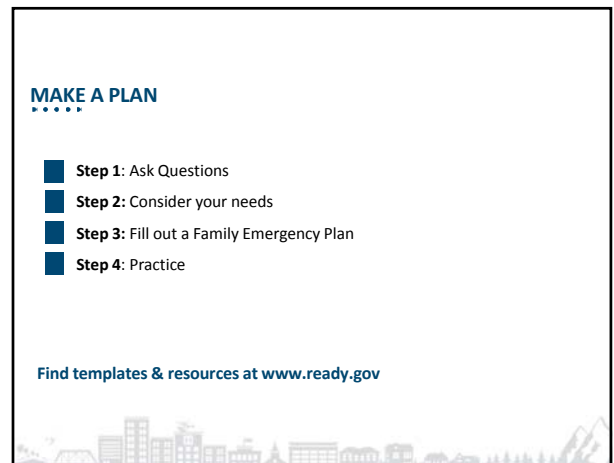
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6

STEP 1**Ask these important questions:**

- ✔ How will I receive emergency alerts and warnings?
- ✔ What is my shelter plan?
- ✔ What is my evacuation route?
- ✔ What is my family/ household communication plan?

Find templates & resources at www.ready.gov

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STEP 2**Consider specific needs in your household:**

- ✔ Different ages of members in your household
- ✔ Languages Spoken
- ✔ Dietary needs
- ✔ Medical Needs

Find templates & resources at www.ready.gov

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STEP 3**Fill out a Family Emergency Plan**

FAMILY EMERGENCY COMMUNICATION PLAN	
HOME #	Home #
ADDRESS	Address
NAME	Mobile #
OTHER # OR SOCIAL MEDIA	Other # or social media
EMAIL	Email
IMPORTANT MEDICAL OR OTHER INFORMATION	Important medical or other information
NAME	Mobile #
OTHER # OR SOCIAL MEDIA	Other # or social media
EMAIL	Email
IMPORTANT MEDICAL OR OTHER INFORMATION	Important medical or other information

Find templates & resources at www.ready.gov

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STEP 4**Practice!**

Find templates & resources at www.ready.gov

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BE PREPARED**Considering building a kit for home, work, and vehicles:**

- ✔ Non-perishable foods
- ✔ Water – 1 gallon per day per person
- ✔ Flashlight with extra batteries
- ✔ Emergency blankets
- ✔ Hand crank radio
- ✔ Non-electronic games/ activities

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FIRE EXTINGUISHERS

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Extinguisher Types for the Home



For use with **ordinary materials** like cloth, wood and paper.
Often found in homes and businesses



For use with **combustible and flammable liquids** like grease, gasoline, oil and oil-based paints.
Often found in homes and businesses



For use with **electrical equipment** like appliances, tools, or other equipment that is plugged in.
Often found in homes and businesses

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For use with **flammable metals**.
Often found in industrial spaces



For use with **vegetable oils, animal oils and fats in cooking appliances**.
Often found in commercial kitchens (restaurants, cafeterias, catering businesses)

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Check your extinguisher regularly:

- ✔ Check to make sure it is not expired
- ✔ Be sure it is easily accessible
- ✔ Remove dust, oil, or grease from the outside of the extinguisher
- ✔ Make sure the pressure level is correct

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How to use a fire extinguisher

- P** Pull the pin. Hold the extinguisher with the nozzle pointing away from you and release the locking mechanism.
- A** Aim Low. Point the extinguisher at the base of the fire.
- S** Squeeze the lever slowly and evenly.
- S** Sweep the nozzle from side-to-side.

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What you can do BEFORE an emergency

- Make a list of medications and dosages
 - Pertinent medical history (e.g., COPD, ASTHMA, HTN)
 - AND Medical allergies.
- Keep the list updated and reviewed at least annually



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Addresses must be visible from the street



Large contrasting colors help first responders find the emergency.

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Smoke alarms



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How old can your smoke alarm be?

- Smoke alarms should be replaced every 10 years.
- When you change your clocks...
CHANGE YOUR BATTERIES
- **Don't forget about your CO alarms**
Carbon Monoxide is odorless and tasteless
Use caution when purchasing alarms over the internet!



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In Conclusion...

- Prepare the Information (File of Life)
- Prepare the front of your house (Address and Porch Light on)
- Prepare your smoke alarms (Test alarms Monthly)

Any questions about alarms or fire safety...

Fire Prevention: 617-796-2230

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Narcan



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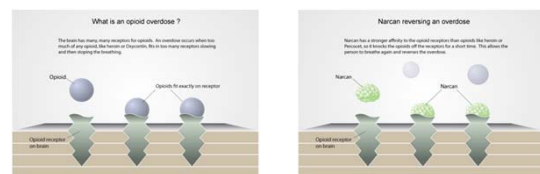
Background

- Opioids are a class of drugs used to reduce pain.
- Opioid use leads to structural changes in the brain and people who use opioids can become addicted.
- The chronic nature of addiction means that relapse is a normal part of the recovery process.
- We are currently experiencing an epidemic of opioid overdose deaths.
- Narcan administration is a harm reduction strategy to combat the opioid epidemic.

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Opioid overdose

- An opioid overdose occurs when too many opioids bind to opioid receptors in the brain. An opioid overdose can cause a person to stop breathing and can lead to death.
- Narcan reverses an opioid overdose by knocking opioids off the opioid receptors, which restores breathing.



Images from www.harmreduction.org

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Key facts about Narcan

- Wears off after 30-90 minutes. The person could experience another overdose, even if they have not taken additional opioids.
- Only reverses the effects of opioid overdoses. It is not harmful if given to someone who is not experiencing an opioid overdose. *When in doubt, administer Narcan.*
- Has no other effects. It cannot be used to get high.
- It is non-addictive.
- It can bring on withdrawal symptoms in someone who is opioid dependent.

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Responding to an opioid overdose

1. Identify overdose
2. Call 911
3. Administer Narcan as soon as possible
4. Perform rescue breathing
5. Stay with the person

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1. Identify overdose

Look and listen for signs of an opioid overdose

- Skin – pale, blue, cold, clammy (for individuals with darker skin: grayish lips, white nailbeds)
- Breathing – slow, shallow, or not at all; snore-like gurgling
- Eyes – small (pinpoint) pupils
- Non-responsive to loud or painful stimuli
 - Stimulate with sound by calling their name loudly
 - Stimulate with touch by performing a sternal rub

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2. Call 911

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3. Administer Narcan as soon as possible

1. Peel back tab with circle to open
2. Insert applicator fully into either nostril
3. Squirt entire dose into one nostril (one spray)
4. If the person is still unresponsive after 3-5 minutes, give another dose



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4. Perform rescue breathing

1. Use mask/barrier device
2. Perform the head tilt/chin lift maneuver
3. Pinch the person's nose
4. Give one normal breath every 5 seconds
5. Continue rescue breathing until the person can breathe on their own or until help arrives

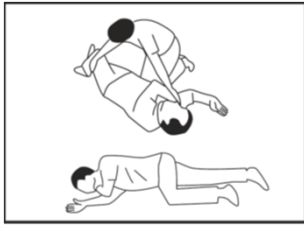


*Remember: the cause of death in an opioid overdose is lack of oxygen

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5. Stay with the person until first responders arrive

If you must leave the person alone at any time, put them in the rescue position



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BREAK

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THANK YOU

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