



Maynard Citizens Corps/Medical Reserve Corps Newsletter

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Board Members
meet on the second
Thursday of each
month at 6:30 PM

MRC/MCC
volunteers please
feel free to join us at
the next Bd
meeting, scheduled
for February 13,
2014.

Extreme Cold: Since winter in Massachusetts can bring extremely low temperatures and wind chills, everyone should take precautions to minimize the dangers presented by severe cold weather:

Before Extreme Cold Weather

- Be aware of the weather conditions by monitoring the media.
- Ensure you have sufficient heating fuel
- Make sure your car is properly winterized. Keep the gas tank at least half-full. Carry a [Winter Emergency Car Kit](#)

During Extreme Cold Weather

- Minimize outside activities, particularly the elderly and very young. Also consider your pets.
- Dress in several layers of loose-fitting, lightweight clothing, rather than a single layer of heavy clothing. Outer garments should be tightly woven and water repellent.
- Wear a hat, mittens (rather than gloves) and sturdy waterproof boots, protecting your extremities. Cover your mouth with a scarf to protect your lungs.
- If electricity is lost for an extended period of time, a snowbank in your yard can become a makeshift freezer for food.
- Excessive exposure can lead to frostbite, which is damaging to body tissue that is frozen. Frostbite causes a loss of feeling and a pale appearance in extremities, such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, seek medical help immediately.
- Hypothermia can occur in extreme cases. The warning signs are uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If the person's temperature drops below 95 degrees, seek immediate medical care.
- When utilizing alternate heating sources, such as your fireplace, wood stove or space heater, take the necessary safety precautions. Keep a fire extinguisher handy,
- If you lose your heat, seal off unused rooms by stuffing towels in the cracks under the doors. At night, cover windows with extra blankets or sheets.
- If pipes freeze, remove insulation, completely open all faucets and pour hot water over the pipes or wrap them with towels soaked in hot water, starting where they are most exposed to the cold.

If you have comments or questions please contact us at 978 897 1302 mrc@townofmaynard.net

Town of Maynard
Website www.townofmaynard-ma.gov

Public Emergency
Information Line:
978-897-1332
(recorded
Information about
Shelters, etc)

Ready.
Massachusetts

Mass.gov
MEMA

- Be a good neighbor. Check with elderly or disabled relatives and neighbors to ensure their safety

Winter Pet Safety Tips

As the harsh winter months settles in, it is important that you think about keeping your pets safe from all of the dangers that the season can present. MEMA offers some tips to help insure your pet's safety:

- Do not leave your pet outdoors when temperatures drop below freezing. Dogs need outdoor exercise, but take care not to keep them outdoors for lengthy periods of time during very cold weather. Pets that are mostly indoors need time to adapt to cold temperatures by building up a thicker coat and toughening their footpads for ice and snow. Short-coated dogs may feel more comfortable wearing a sweater during walks. Dogs and cats are safer indoors during all sorts of extreme weather.
- Care for your pet's feet. If your pet walks on salted or chemically treated areas, be sure to wash its paws after your walk. Gently rub the bottom of the feet to remove these irritants as soon as your dog is off the road. If your dog frequently lifts up its paws, whines or stops during walks, it may be demonstrating that its feet are uncomfortably cold.
- Wind-chill is a threat to pets, even those protected by shelters. Outdoor dogs must be protected by a dry, draft-free doghouse that is large enough to allow the dog to both sit and lie down comfortably, but small enough to retain body heat. The floor should be elevated a few inches off the ground and covered with cedar shavings or straw. Entrance should be covered with a flap of heavy waterproof fabric or heavy plastic.
- Pets that spend a greater amount of time outdoors in the winter need more food. Maintaining warmth depletes energy. Routinely check your pet's water dish to ensure the water is fresh and not frozen. To prevent your pet's tongue from freezing to its feeding or drinking bowl, plastic rather than metal bowls are preferred.
- Never leave a pet locked inside a car during extremely cold weather. Cars can actually act like a refrigerator, holding in cold air, putting your pet at risk.
- Be leery of frozen bodies of water. Always keep your pets on a leash when walking them near suspected frozen bodies of water. If a pet falls through the ice, do not attempt to rescue your pet yourself; call 9-1-1 or go for help.
- Antifreeze and de-icing chemicals can be hazardous. Many types of antifreeze have a sweet taste that can attract animals. Always store antifreeze out of reach and clean up spills. Warm automobile engines are dangerous for cats and small wildlife. Parked vehicles can attract small animals, which may crawl under the hood seeking warmth. To avoid injuring hiding animals, bang on your car's hood to scare them off before starting your engine.
- For additional information about keeping your pets safe, go to the State of Massachusetts Animal Response Team (SMART) website at <http://smartma.org/>.