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MEDIA ADVISORY

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Millbury of Board of Health Offers Post-Storm Health & Safety Tips

Millbury, MA—Due to long term power outages, the Millbury Board of Health is offering the following health and safety tips to help protect the residents affected by this weekend's snowstorm. For more information please call (508) 841-8345.

HEALTH and SAFETY TIPS:

- **Food Safety:** During an outage, do not open the refrigerator or freezer door unnecessarily. Food can stay cold in a full refrigerator for up to 24 hours and in a well-packed freezer for 48 hours (24 hours if it is half-packed). For the Refrigerated section: Pack milk, other dairy products, meat, fish, eggs, gravy, and spoilable leftovers into a cooler surrounded by ice. Inexpensive Styrofoam coolers are fine for this purpose. Once potentially hazardous food has been stored in the danger zone (>41F) for more than 2 hours ire on the side of caution and discard.
- If you have medication that requires refrigeration, check with your pharmacist for guidance on proper storage during an extended outage.
- Follow the manufacturer's instructions and guidelines when using a generator. Always use outdoors, away from windows and doors. Carbon Monoxide fumes are odorless and can quickly accumulate indoors. Never try to power your house by plugging the generator directly into household wiring, a practice known as "back feeding." This is extremely dangerous and presents an electrocution risk to utility workers and neighbors served by the same utility transformer. It also bypasses some of the built-in household circuit protection devices.
- Clear all exhaust vents from direct vents gas furnace systems to avoid carbon monoxide poisoning
- Be extra cautious when you go outside to inspect for damage after any storm. Downed or hanging electrical wires can be hidden by the snow, trees or debris, and could be live. Never attempt to touch or move downed lines, and keep

children and pets away from them. Do not touch anything power lines are touching, such as tree branches or fences. Always assume a downed line is a live line.

- If children are playing outdoors keep them away from downed wires and alert them of the possibility of falling limbs.
- When clearing and cleaning snow outside- be mindful of hanging tree limbs from falling.

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