



# SALEM FIRE DEPARTMENT

CHIEF OF DEPARTMENT CRAIG J. LEMIRE

152 MAIN STREET, SALEM, NH 03079

PHONE: 603-890-2215 CELL: 603-327-6505

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## Are You Prepared?

### Your Guide to Emergency Preparedness

### Town of Salem, NH Emergency Management

Being prepared can make all the difference in an emergency. Whether it's a storm, extended power outage, flood, or heat wave, your safety depends on how ready you are. Use the information below to protect yourself, your family, and your community.

## Get a Kit

Build an emergency supply kit that includes:

- Water (one gallon per person per day for at least 3 days)
- Non-perishable food (3-day supply)
- Flashlight and extra batteries
- First aid kit
- Medications
- Important documents
- Cash
- Multi-purpose tool
- Phone chargers / backup battery
- Seasonal items (warm clothing, blankets, etc.)

[Build A Kit | Ready.gov](#)

## Make a Plan

Create a communication and evacuation plan. Include:

- Meeting locations
- Emergency contacts
- Pet care arrangements
- School & workplace plans

<https://www.ready.gov/plan>



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## Utilities Safety

Learn how to safely shut off utilities:

- Know where your gas, water, and electric shutoffs are.
- Never attempt to turn utilities back on without proper training.
- Report gas leaks or downed lines immediately.

[Safety Skills | Ready.gov](#)

## Extreme Heat & Cold Safety

### Heat Safety:

- Stay hydrated and avoid strenuous activity.
- Never leave children or pets in cars.
- Use cooling centers if available.

### Cold Safety:

- Wear layers, stay dry, and keep exposure brief.
- Watch for frostbite and hypothermia.
- Use space heaters safely.

[About Heat and Your Health | Heat Health | CDC](#)

[Winter Weather: Before, During, and After | Winter Weather | CDC](#)

## Pet Safety

Make sure pets are part of your plan:

- Include food, medications, and comfort items in your kit.
- Identify pet-friendly shelters.
- Never leave pets outside in extreme weather.

[Prepare Your Pets for Disasters | Ready.gov](#)



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## Carbon Monoxide Safety

CO is odorless, colorless, and deadly:

- Install CO detectors on every floor.
- Don't use grills, camp stoves, or generators indoors.
- Know the symptoms of CO poisoning (headache, dizziness, nausea).

[Carbon Monoxide Poisoning Basics](#) | [Carbon Monoxide Poisoning](#) | [CDC](#)

## Generator Safety

Generators can save lives but must be used properly:

- Never use indoors or in enclosed spaces (garage, basement).
- Place 20+ feet away from your home.
- Install carbon monoxide detectors.
- Turn off the generator and let it cool before refueling.

[Generators\\_1.pdf](#)

## Weather Emergencies

Be ready for:

- Floods
- Hurricanes
- Tornadoes
- Thunderstorms
- Blizzards

Sign up for local alerts and monitor weather forecasts.

[NWS Enterprise Resources](#)