Be Prepared for Heat Waves and Extreme Heat

1. **Stay Connected!**
   Sign up for Cambridge CodeRED emergency alerts:
   www.cambridgema.gov/subscribe

2. **Enroll in Smart911**
   Create and register a profile with Smart911 at www.smart911.com

3. **Keep Cool**
   Use A/C or find places in your neighborhood where you can go and get cool at keepcool.mapc.org

4. **Energy Bill Assistance**
   Plan ahead for energy needs. If you need help with energy bills, see:
   www.eversource.com/content/ema-c/residential/my-account/billing-payments/help-pay-my-bill

5. **Stay Informed**
   Know the symptoms of heat-related illnesses including dizziness, vomiting, confusion, shallow breathing and a weak/rapid pulse. For more info on signs and symptoms:
   www.cdc.gov/disasters/extremeheat/warning.html

6. **Take Care of Yourself**
   Stay hydrated and apply sunscreen (SPF 15 or higher) at least 30 minutes prior to going outdoors. Wear a hat and loose clothing in light colors.

7. **Take Care of Others**
   Share this information with friends and family and check in on neighbors during hot days. Children, adults ages 65+, and those with chronic health conditions are at highest risk for heat-related illnesses.

**Additional Resources**

**Cambridge Public Health Department**
617-665-3800
www.cambridgepublichealth.org
For information and resources on planning ahead for emergencies.

**Massachusetts Department of Public Health’s Office of Preparedness and Emergency Management**
617-624-6088
www.mass.gov/orgs/office-of-preparedness-and-emergency-management

**National Weather Service – Boston**
www.weather.gov/box/
Stay informed on weather conditions in Cambridge.

**Always call 911** in the event of a life-threatening or medical emergency.
Staying Safe Before, During, and After a Flood

Before the Flood: PREPARE

1. Meet your neighbors and create a community network! Get to know people who may require extra assistance.

2. Create a family communication plan so you can reach each other if separated. Learn how at www.ready.gov/make-a-plan.

3. Check the risk of flooding to your property using the city’s flood viewer tool: www.cambridgema.gov/Ser- vices/FloodMap.


During the Flood: BE SAFE

1. Listen for city alerts and guidance. Follow directions from city officials. Pay attention to public water advisories (e.g., “boil water”) to make sure water is safe.

2. Do not enter flooded basements or underground parking lots. Do not drive a car or ride a bicycle on flooded roads.

3. Flood waters may contain harmful bacteria or chemicals, and could spread infectious diseases. Avoid contact to prevent illness and injury.

4. If told to evacuate, do so immediately, and bring your go kits. Do not return until the city says your home is safe.

5. Help a neighbor, elderly resident, or others who need assistance, when it is safe to do so.

After the Flood: PREVENT DAMAGE

1. Dry out porous materials within 24-48 hours. If you can’t dry these materials out in time, remove them.

2. Take precautions when cleaning and removing items. Use protective clothing and gear. Remember eye protection and use a dust mask or respirator (N-95).

3. Disinfect non-porous materials while using protective gear with a solution of 1 cup bleach to 5 gallons water. Never use ammonia or mix ammonia and bleach. This could cause a dangerous chemical reaction.

4. For tips on how to prevent mold after a flood and what items to keep or discard during clean-up visit: www.cdc.gov/features/flo od-safety/index.html.