Be Prepared. Plan Ahead.

Emergency Preparedness Begins At Home

Food & Water
Have a 3-day food and water supply for each person in your home. Remember individual diet needs and plan for your pets.

First Aid & Tools
Have a first aid kit with health products and prescription medicine.

Evacuation Kit
Have supplies ready in your car or in a backpack in case you must leave home. Pack lightly and include basic supplies for 24 to 48 hours.

Review
Every 6 months review your plans and supplies with everyone in your home. Replace expired food, water, and medicine. Update your communication plan.

City of Cambridge

Family Communication Plan
Complete this list and make copies for each person in your home.

Meeting Places
Outside your home:
Outside your neighborhood:

Out of State contact:
Name: ____________________________
Telephone: _______________________
Email: __________________________

Family Information:
Name: ____________________________
Cell phone: _______________________
Medical information: _______________

Name: ____________________________
Cell phone: _______________________
Medical information: _______________

Name: ____________________________
Cell phone: _______________________
Medical information: _______________

Other Information: ____________________________
______________________________
______________________________

https://www.cambridgema.gov/iwantto/signupforcodered
Your plan and emergency supplies should meet your family’s needs. Add to this list as you think of other essential items.

Food & Water

- 3-day food and water supply
- Bottled Water
  - One gallon, per person, per day
  - Keep in cool, dry place
- Dry & Canned Foods
  - Canned fruits, vegetables & meats
  - Manual can opener
  - Juice boxes, canned milk
  - Dried fruit, nuts, crackers, cereal bars
  - Baby food and formula
  - Pet food

Tools & Special Items

- Flashlight, battery-powered radio
- Extra batteries
- Important documents such as birth certificates and bank account numbers

First Aid

- First Aid Kit
  - Bandages, gauze, rubbing alcohol
  - Medical gloves and tape, scissors
  - Pain reliever
  - Prescription medicine
  - Health Products
    - Soap, toilet paper, toothpaste

Family Communication Plan

Your family may not be together when an emergency occurs. Plan how you will contact each other.

- Include an out-of-state contact for family members to check in with.
- Complete this list and make copies for each person in your home.

Evacuation Kit

- Pack lightly for 24 to 48 hours.
  - A change of clothing
  - Bottled water and cereal bars
  - First aid supplies
  - Prescription medicine

Planning can be a family project. Involve children and discuss why you are planning.

State & Federal Resources

State

- Public Safety
  - Executive Office of Public Safety 617-727-7775 www.mass.gov/eops
  - Massachusetts Emergency Management Agency www.mass.gov/mema

- Public Health
  - Massachusetts Department of Public Health www.mass.gov/dph
    - Centers for Disease Control www.cdc.gov
    - Environmental Protection Agency www.epa.gov
    - Health & Human Services www.phe.gov/preparedness

Other City Numbers

- City of Cambridge 617-549-4000
- City of Cambridge TTY 617-549-4242
- City Manager’s Office 617-549-4300
- Public Works Department 617-549-4800

Federal

- Public Safety

- Public Health
  - Centers for Disease Control www.cdc.gov
  - Environmental Protection Agency www.epa.gov
  - Health & Human Services www.phe.gov/preparedness

Preparedness Resources

- American Red Cross www.redcross.org
- Medical Reserve Corps www.mamedicalreservecorps.org
- Ready.gov www.ready.gov
- Planning For Your Pets www.ready.gov/animals

Cambridge Resources

- www.cambridgema.gov

Public Safety

- Emergency (Police, Fire, Medical) 911
- Cambridge Alert Network https://www.cambridgema.gov/services/CambridgeAlertNetwork

Public Health

- Cambridge Public Health 617-665-5800 www.cambridgepublichealth.org

Public Schools

- Cambridge Public Schools 617-549-6400 www.cpsd.us

City of Cambridge

- 617-549-4000
- 617-549-4242
- 617-549-4300
- 617-549-4800

City Manager’s Office

- 617-549-4300

Public Works Department

- 617-549-4800

- 617-549-4800

For Planning For Pets www.ready.gov/animals

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