Be Prepared. Plan Ahead.

Emergency Preparedness Begins At Home

City of Cambridge

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.

Family Communication Plan
Know how your family will contact each other and where you will meet.

Out of State contact:
Name:
Telephone:
Email:

Family Information:
Name:
Cell phone:
Medical information:
Name:
Cell phone:
Medical information:
Name:
Cell phone:
Medical information:
Name:
Cell phone:
Medical information:

Other Information:

Planning ahead for an emergency will give you peace of mind and can keep your family and friends safe. Cambridge officials are preparing for a range of possible emergencies, from hurricanes and blizzards to a flu pandemic and acts of terrorism. You can help also. Here are some simple steps you can take to prepare.

City of Cambridge
795 Massachusetts Ave.
Cambridge, MA 02139
www.cambridgema.gov
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
  - **First Aid**
    - First Aid Kit
      - Bandages, gauze, rubbing alcohol
      - Medical gloves and tape, scissors
      - Pain reliever
      - Prescription medicine
    - Health Products
      - Soap, toilet paper, toothpaste
  - **Evacuation Kit**
    - Pack lightly for 24 to 48 hours.
      - A change of clothing
      - Bottled water and cereal bars
      - First aid supplies
      - Prescription medicine

- **Tools & Special Items**
  - Remember these important items:
    - Flashlight, battery-powered radio
    - Extra batteries
    - Important documents such as birth certificates and bank account numbers

- **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.

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

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**Cambridge Resources**

- **Public Safety**
  - Emergency (Police, Fire, Medical)
    - City Manager’s Office: 617-349-4300
    - City of Cambridge: 617-349-4000
    - Cambridge Public Schools: 617-349-6400
    - Cambridge Police: 617-349-4300

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**Emergency Management**

- Recorded Information Line: 866-627-7968
- Massachusetts Department of Public Health: www.mass.gov/dph
- Massachusetts Emergency Management Agency: www.mass.gov/mema
- Environmental Protection Agency: www.epa.gov
- Executive Office of Public Safety: 617-727-7775
- Recorded Information Line: 866-627-7968

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**State & Federal Resources**

- **State**
  - Public Safety
    - Executive Office of Public Safety: 617-727-7775
    - Massachusetts Emergency Management Agency: www.mass.gov/mema
  - Public Health
    - Massachusetts Department of Public Health: www.mass.gov/dph
  - Federal
    - Centers for Disease Control: www.cdc.gov
    - Environmental Protection Agency: www.epa.gov

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**Preparedness Resources**

- American Red Cross: www.redcross.org
- Medical Reserve Corps: www.medicalreservecorps.gov
- Ready.gov: www.ready.gov

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**Planning For Your Pets**