

HEAT & FLOODING

RESOURCE SHEET

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.



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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/Services/FloodMap.
- 4 Sign up for Cambridge CodeRED emergency alerts:** www.Cambridgema.gov/subscribe.
- 5 Create a "go kit" with emergency supplies.** Include essential items for your pets, too. Learn how: www.cambridgepublichealth.org/publications/FamilyPreparednessBrochure.pdf.

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/flood-safety/index.html.



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