### **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:	
Name:	
Cell phone:	
Medical information:	
Other Information:	

# Be Prepared. Plan Ahead.

**Emergency** Preparedness Begins At Home



City of Cambridge



Cambridge Public Health Department







https://www.cambridgema.gov/iwantto/signupforcodered

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. <u>You can help also</u>. Here are some simple steps you can take to prepare.



# **Family Communication Plan**

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

#### 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.

# 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

# **Tools & Special Items**

Remember these important items:

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



# Encourage others to plan ahead. Remember neighbors who need help.







#### **Evacuation Kit** Pack lightly for 24 to 48 hours.

- $\Box$  A change of clothing
- □ Bottled water and cereal bars
- □ First aid supplies
- □ Prescription medicine

## 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.

# **Cambridge Resources** www.cambridgema.gov

ublic Safety Emergency (Police, Fire, Medical) 911

**Cambridge Alert Network** 

https://www.cambridgema.gov/

services/CambridgeAlertNetwork

#### Public Health **Cambridge Public Health** 617-665-3800 www.cambridgepublichealth.org

Public Schools **Cambridge Public Schools** www.cpsd.us

617-349-6400

**Other City Numbers** 

**City of Cambridge** 617-349-4000 City of Cambridge TTY 617-349-4242 **City Manager's Office** 617-349-4300 **Public Works Department** 617-349-4800 www.cambridgema.gov/TheWorks/



# tate & Federal esources

#### 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 617-624-6088

#### **Federal**

**Public Safety** Federal Emergency Management Agency www.fema.gov

**Homeland Security** www.dhs.gov

#### **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 Public Health Department



