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



