

Emergency Preparedness Begins at Home

Planning ahead for emergencies can help keep your family, friends, neighbors, and loved ones safe. Boston emergency officials are preparing for a range of possible emergencies, from hurricanes and blizzards to a flu pandemic and acts of terrorism. Here are some simple steps you can take to prepare.

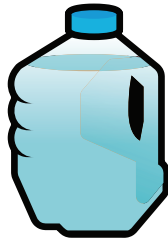


Communication Plan

Know how people in your household will contact each other and where you will meet.

Food & Water

Have a 7-day food and water supply for each person in your household. 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.



Communication Plan

Meeting Places

Complete this list and make copies for each person in your household.

Outside your home: _____

Outside your neighborhood: _____

Out-of-State Contact

Name: _____

Phone: _____

Email: _____

Household Information

Name: _____

Cell: _____

Medical Information: _____

Name: _____

Cell: _____

Medical Information: _____

Name: _____

Cell: _____

Medical Information: _____

Name: _____

Cell: _____

Medical Information: _____

Additional Information

Review

Every 6 months, review your plans and supplies with everyone in your plan. Replace expired food, water, and medicine. Update your communication plan and make time to practice it with your household.

Emergency Preparedness Begins at Home

Your plan and emergency supplies should meet your household's needs.

Add to this list as you think of essential items.



Food & Water

7-day food and water supply



Bottled Water

- One gallon, per person, per day
Keep in cool, dry place

Dry & Canned Foods

- Canned fruits, vegetables, proteins
- Manual can opener
- Juice boxes, canned or boxed milk
- Dried fruit, unsalted nuts, crackers, cereal bars



Tools & Special Items

Remember these important items:



- Flashlight
- Battery-powered radio
- Extra batteries
- Important documents—such as passports, birth certificates and bank account numbers—copied and stored in a waterproof bag or scanned and saved on a disk or USB drive
- Masks, duct tape, garbage bags, plastic sheeting, whistle

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

In an emergency, call the City of
Boston Mayor's 24-Hour Hotline:

617-635-4500



First Aid



First Aid Kit

- Bandages, gauze, rubbing alcohol
- Medical gloves, tape, scissors
- Pain reliever
- Prescription medicine

Health Products

- Soap, toilet paper, toothpaste, toothbrush, glasses, moist towelettes



Household Communication Plan



People included in your plan may not be together when an emergency strikes. Plan how you will contact each other.

- Complete the Communication Plan and make copies for people in your household.



Evacuation Kit



Pack lightly for 24 to 48 hours.

- A change of clothing
- Bottled water and cereal bars
- First aid supplies
- Prescription medicine
- Passport, license, or alternate ID
- Cash