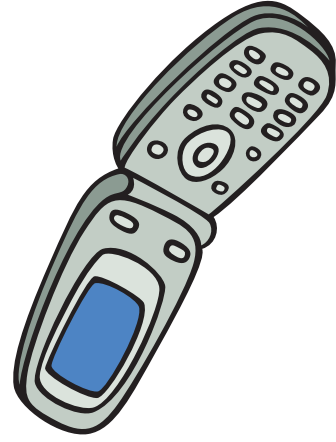


Emergency Preparedness Begins At Home

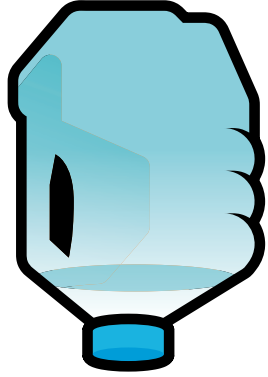
Here are some simple steps you can take to prepare.

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.

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



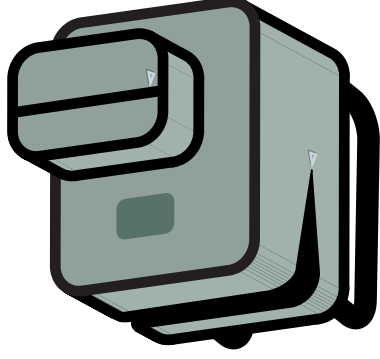
Food & Water
 Have a 3-day food and water supply for each person in your household. Remember individual diet needs and to plan for your pets.



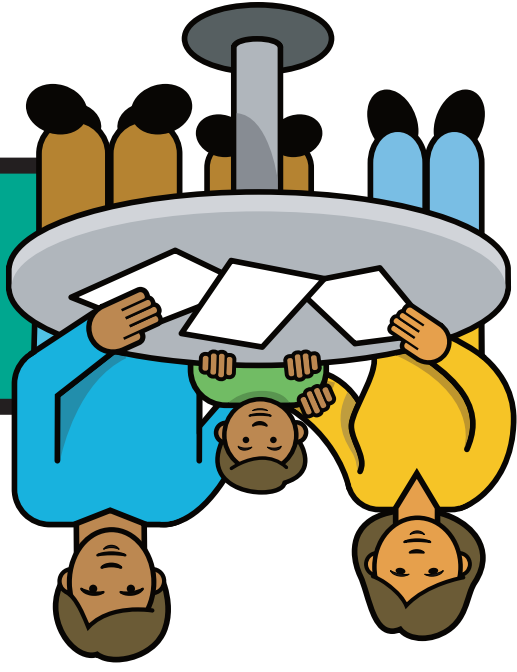
First Aid
 Have a first aid kit with health products and prescription medicine.



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 24-48 hours.

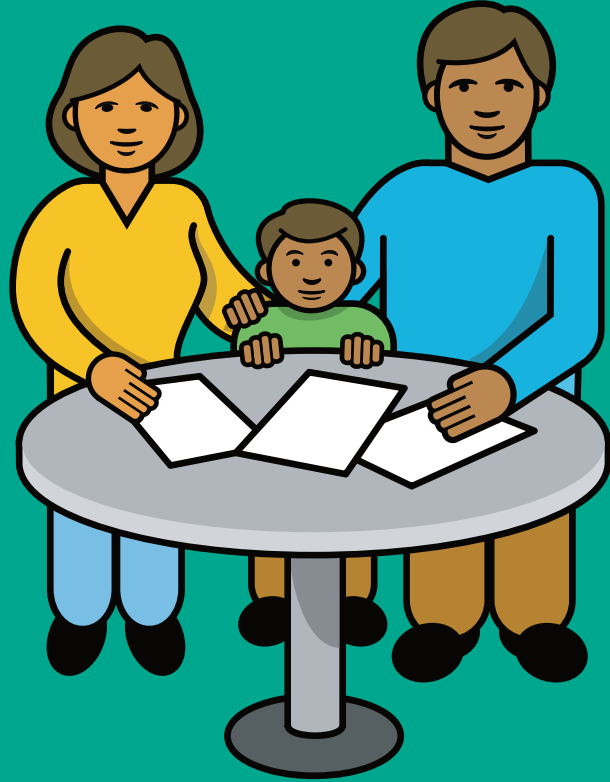


Review
 Every 6 months review your plans and supplies with everyone in your home. Replace expired food, water, and medicine. Update your communication plan.



City of Cambridge

Emergency Preparedness Begins At Home



Be Prepared. Plan Ahead.

City of Cambridge
 795 Massachusetts Ave.
 Cambridge, MA 02139
www.cambridgema.gov



U.S. Postage
 PAID
 Permit# 12345

Family Communications Plan
 Complete this list and make copies for each person in your home.

Meeting Places
 Outside home: _____
 Outside 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: _____

Name: _____
 Cell phone: _____
 Medical information: _____

Name: _____
 Cell phone: _____
 Medical information: _____

Your plan and emergency supplies should meet your family's needs.
Add to this list as you think of other essential items.

Food & Water

Have a 3-day supply of food and water for each person in your household. Remember individual diet needs and plan for your pets.

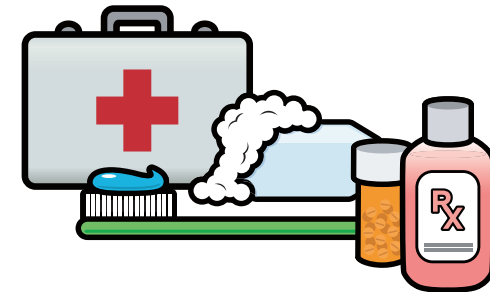


Bottled Water

- 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



First Aid

Have a first aid kit with health products and prescription medicine.

First Aid Kit

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

Health Products

- Soap, toilet paper, tooth paste

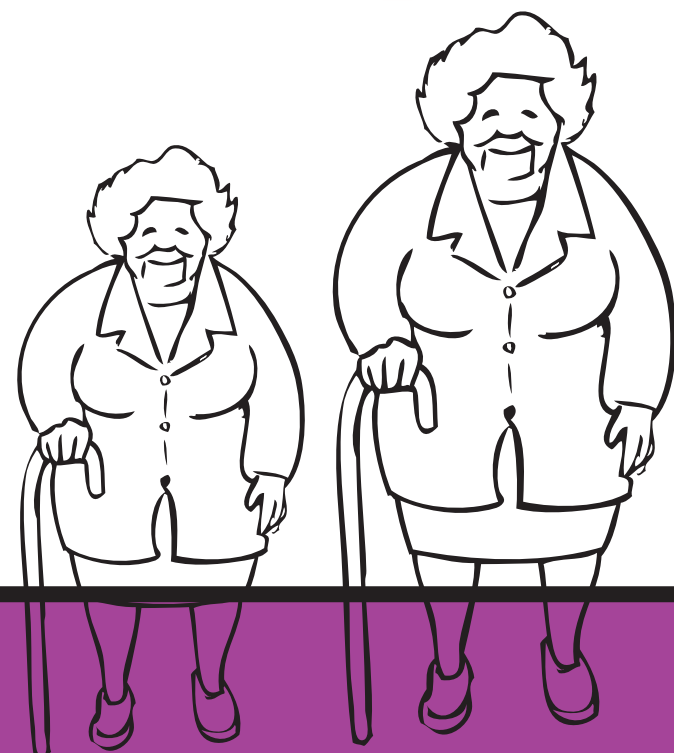
Tools & Special Items

Don't forget these important items:

- Flashlight, battery-powered radio
- Extra batteries
- Important documents such as Birth certificate and bank account numbers



Planning can be a family project. Involve kids and discuss why you are planning.



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 24-48 hours.

- A change of clothing
- Bottled water and cereal bars
- First aid supplies
- Prescription medicine

Family Communications 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.



Phone #s & Web

Phone #s & Web



Encourage others to plan ahead.
Assist neighbors who may require help preparing.

Family Communication Plan

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



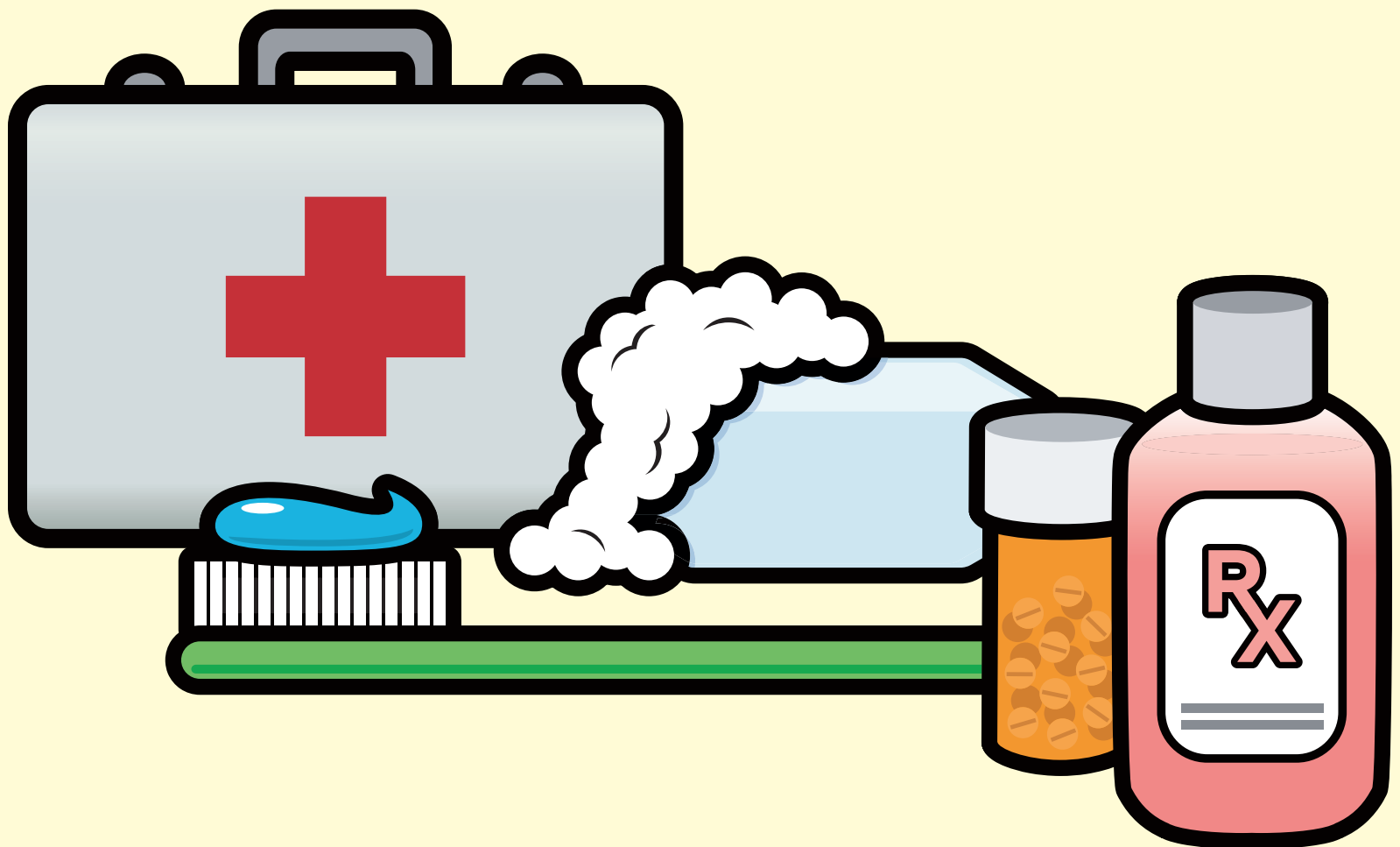
Food & Water

Have a 3-day supply of food and water for each person in your household. Remember individual diet needs and plan for your pets.



First Aid

Have a first aid kit with health products and prescription medicine.



Tools & Special Items

Don't forget flashlight, extra batteries and important documents



Evacuation Kit

Have supplies ready in your car or in a backpack in case you must leave your home. Pack lightly and include basic supplies for 24-48 hours.

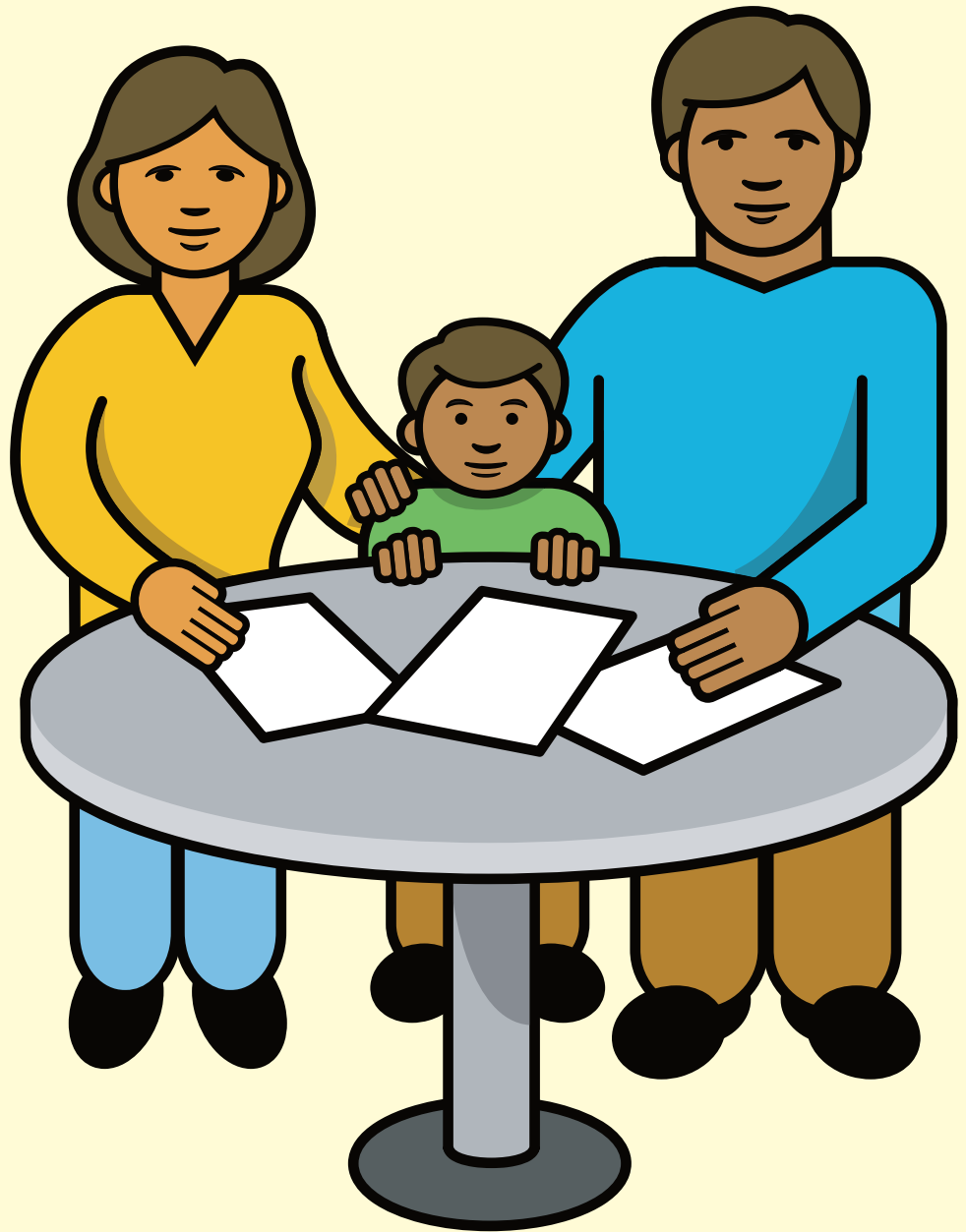


Review

Every 6 months review your plans and supplies with everyone in your home.

Replace expired food, water, and medicine.

Update your communication plan.



Be Prepared. Plan Ahead