

BOSTON IS PREPARING. ARE YOU?

Get Ready

Use this handout to prepare the information, plans, and supplies needed for all types of emergencies.

BE INFORMED

Know how and where to access official information before and during emergencies. Here is a list of sources to get you started:

ALERTBoston: Sign up for ALERTBoston to receive emergency alerts from the City of Boston at <http://www.cityofboston.gov/alertboston>



CityofBoston.gov: Visit the City of Boston's homepage for important information about emergencies.

BOS:311: Connect to city services 24 hours a day, 7 days a week. Call **311** or visit <http://www.cityofboston.gov/mayor/24/>

Mayor's Health Line: A free and confidential health information and referral phone service, open Monday-Friday from 9:00AM - 5:00PM ET. Call **617-534-5050**.

MAKE A PLAN

- Fill out this communications plan or complete your own
- Create an evacuation plan with two meeting locations
 - Please use this link for the City of Boston: <http://bit.ly/2bPPAxn> and click on Emergency Shelters
- Learn the emergency plans for the places where your loved ones spend a lot of time (i.e. school, work, nursing home, or daycare)
- Include your pets in your emergency plans. Find out how:
 - Massachusetts Pet Preparedness: <http://www.mass.gov/eopss/agencies/mema/be-prepared/pets/>
 - State of MA Animal Response Team: <http://smartma.org/>

Visit the City of Boston Family Preparedness Planner at:
maps.cityofboston.gov/preparedness_planner/Default.aspx

COMMUNICATIONS PLAN

HOUSEHOLD INFORMATION

NAME 1

PHONE 1

NAME 2

PHONE 2

NAME 3

PHONE 3

MEETING LOCATIONS

MEETING PLACE IN YOUR NEIGHBORHOOD

MEETING PLACE OUTSIDE YOUR NEIGHBORHOOD

OUT-OF-STATE CONTACT

NAME

PHONE

EMAIL

BOSTON IS PREPARING. ARE YOU?

Emergencies are local and can affect individuals and communities differently. Planning ahead for emergencies can help keep your family, friends, neighbors, and loved ones safe.

For more information on how to prepare visit: readysafehealthy.org

COMMUNICATIONS PLAN

COMMUNICATIONS TIPS

Consider adding the following contact information to your communications plan:

Home Health Aides, Doctors, Pharmacies,
Insurance Companies

In an emergency, text messages are more likely to go through than phone calls.

Change voicemail message to indicate you are safe. If phone lines go down, calls will go straight to voicemail.

Send group text messages. One text message can be pushed out to many people at once.

ADDITIONAL INFORMATION

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

For information during an emergency, call the City of Boston 24-hour Constituent Service Center at **311**.

BOS:
311

BUILD A KIT

Building a kit will help if you shelter in place or evacuate during an emergency. Be sure to include the following items in your kit.

- Non perishable food
- Bottled water (1 gallon per person per day)
- Flashlights and batteries (stored separately)
- Blankets (1 per family member)
- Battery powered radio
- First aid kit
- Dust mask (1 per family member)
- Can opener
- Baby wipes
- Books and toys
- Duct tape
- Changes of clothing
- Copies of passport, license, and alternate ID
- Toiletries
- Prescription medicine

If you have pets, be sure to include the following items in a Pet Kit: Pet food, bottled water, medications, vet records, food dishes, first aid kit, spare leash & collar, and pet toys.

Remember...

- Always store important documents in a waterproof document holder and electronic copies on a thumb drive.

GET INVOLVED

Join the Boston Medical Reserve Corps (MRC):
www.bostonmrc.org



Cut and Keep in Go Kit

