

BOSTON IS PREPARING. ARE YOU?



Use this handout to develop basic safety skills that help prevent illness and injury before, during, and after emergencies.

UNDERSTAND YOUR SURROUNDINGS

It is important to know what is going on in your home, your vehicle, and your environment to recognize potential hazards when an emergency occurs. Visit readysafehealthy.org for more information.

- ☐ Ensure carbon monoxide and fire detectors work correctly in your home
- ☐ Avoid walking or driving through flooded areas
- ☐ Remove standing water around your home to prevent the spread of disease by insects, such as mosquitoes

If there is an emergency in your community, remember...

- ☐ Follow directions given by officials
- ☐ Stay away from areas deemed unsafe by officials

If you see something, say something.

Call 1-800-494-8477 or text the word "TIP" to 27463

KEEP FOOD AND WATER SAFE

When the power goes out, your refrigerator and freezer will likely stop working, leaving your food unsafe to eat. Water may also be unsafe to drink.

For food and water safety tips from the U.S. Food & Drug Administration (FDA) and the U.S. Centers for Disease Control and Prevention (CDC), visit readysafehealthy.org



FOOD AND WATER SAFETY

When in Doubt, Throw it Out!

- ☐ Throw away food that may have come into contact with flood or storm water
- ☐ Throw away perishable food or food with an unusual odor, color, or texture
- ☐ While the power is out, keep the refrigerator and freezer doors closed
- ☐ Do not use water that you suspect is contaminated to wash dishes, brush your teeth, wash and prepare food, wash your hands, or make baby formula

How to Make Water Safe to Drink and Use

- Filter through a clean cloth, paper towel, or coffee filter
- Separate clear water
- Bring clear water to a rolling boil for one minute
- Let water cool

How to Disinfect Water

- Add 1/8 teaspoon of regular, unscented bleach to 1 gallon of water
- Stir and let water stand for 30 minutes
- Store in clean, disinfected container with airtight cover

SAFETY NOTE:

Water contaminated with fuel or toxic chemicals will not be made safe by boiling or disinfection. Use a different source of water if you suspect water might be contaminated with fuel or toxic chemicals.

BOSTON IS PREPARING. ARE YOU?

During emergencies, official resources are limited and may take time to meet all needs in the community. Those who learn how to be safe before an emergency happens are more likely to prevent injury and illness.

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

PRESCRIPTION MEDICATIONS

List prescription medications needed by you or those in your plan:

PRESCRIPTION 1

PRESCRIPTION 2

PRESCRIPTION 3

PRESCRIPTION 4

Ensure medications requiring refrigeration are kept cold.
Always safely and properly dispose of medications, including needles.

HOME MEDICAL DEVICES

List medical devices needed by you or those in your plan:

DEVICE 1

DEVICE 2

DEVICE 3

Make sure to properly maintain electronic medical devices and have extra battery power for any device that you or your loved ones use.

ADDITIONAL INFORMATION

For information during an emergency, call the
City of Boston Mayor's 24-Hour Constituent Services Hotline:

617-635-4500

LEARN BASIC HEALTH SKILLS

It is important to learn basic health skills in the event that you, or those around you, are in need of immediate help. The following skills will help prepare you to assist others in the event of a medical emergency until emergency medical services arrive:

CPR Anytime: This new version of CPR provides 3 easy steps for anyone to use if someone around you collapses and may be in need of CPR.

General First Aid: Knowing how to provide immediate care during an emergency can help you save a life.



ACCESS OFFICIAL INFORMATION

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.
- ☐ **Mayor's 24-Hour Constituent Services Hotline:** Connect to city services 24 hours a day, 7 days a week. Call **617-635-4500** 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**.

