**BE INFORMED**

- Identify the types of emergencies that have, and can, occur in Boston
- Understand the impact of emergencies on individuals and communities

Take the online course at: [delvalle.bphc.org/readysafehealthy](http://delvalle.bphc.org/readysafehealthy)

**MAKE A PLAN**

- Fill out this communications plan or complete your own
- Create an evacuation plan with two meeting locations
- Learn about the emergency plans for the places where your loved ones spend a lot of time (i.e. school, work, nursing home, or daycare)

Visit the City of Boston Family Preparedness Planner at: [maps.cityofboston.gov/preparedness_planner](http://maps.cityofboston.gov/preparedness_planner)

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.

### COMMUNICATIONS PLAN

#### HOUSEHOLD INFORMATION

<table>
<thead>
<tr>
<th>NAME 1</th>
<th>PHONE 1</th>
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<tbody>
<tr>
<td>NAME 2</td>
<td>PHONE 2</td>
</tr>
<tr>
<td>NAME 3</td>
<td>PHONE 3</td>
</tr>
</tbody>
</table>

#### MEETING LOCATIONS

- **MEETING PLACE IN YOUR NEIGHBORHOOD**
- **MEETING PLACE OUTSIDE YOUR NEIGHBORHOOD**

#### OUT-OF-STATE CONTACT

| NAME | PHONE | EMAIL |
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

**BUILD A KIT**

- Create a **Go Kit** with items you need if you must quickly leave your home for 12 to 72 hours, including:
  - A change of clothing
  - Food and water
  - First aid supplies
  - Passport, license, alternate ID
  - Toiletries
  - Prescription medicine
  - Cash

- Build a **Shelter-in-Place Kit** and include items that you need if you cannot leave your house for up to 1 week, for example:
  - Food and bottled water (1 gallon per person, per day)
  - Flashlights and batteries (store separately)
  - First aid kit
  - Books and toys
  - Baby wipes
  - Duct tape
  - Radio

**COMMUNICATIONS PLAN**

**ADDITIONAL INFORMATION**

Consider adding the following contact information to your communications plan:
Home health aides, doctors, pharmacies, insurance companies

**COMMUNICATIONS TIPS**

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.

Land lines may be more reliable than cell phones.

For information during an emergency, call the City of Boston Mayor’s 24-Hour Constituent Services Hotline: 617-635-4500

**GET INVOLVED**

- Join the Boston Medical Reserve Corps (MRC): www.bostonmrc.org
- Have your organization join the Boston Health Resilience Network (BHRN): bit.ly/bostonhhrn