

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

- ☐ 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

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

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

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

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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

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

BUILD A KIT

- ☐ 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
- ☐ 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



Remember...

- Always store important documents in a waterproof document holder and electronic copies on a thumb drive.
- You can use any of the items in your go kit if you have to shelter-in-place but you may not have access to your shelter-in-place kit if you need to leave your home. Be sure that any items that you would need to take with you are included in your go kit.

GET INVOLVED

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

