

# BOSTON IS PREPARING. ARE YOU?

## Stay Healthy

Use this handout to learn how to improve health before, during, and after an emergency to create better health outcomes.

### TAKE CONTROL OF YOUR EVERYDAY HEALTH

Develop routines that support your everyday health. Healthy habits can help ease anxiety and minimize stress, especially in children, during an emergency.

- ☐ Find a regular exercise routine that you enjoy
- ☐ Maintain healthy eating habits
- ☐ Maintain your emotional health through yoga, meditation, your faith and spiritual connections, or other methods
- ☐ Get your recommended vaccinations, including your annual flu shot
- ☐ Manage your chronic illness by regularly visiting your physician and taking your prescribed medications, if applicable
- ☐ Fill out a File of Life and post in a suitable location in your home
- ☐ Add important financial documents to your emergency document holder, like tax statements and account information



### GET AND STAY CONNECTED

Social connectedness before, during, and after emergencies strengthens preparedness and recovery.

- ☐ **Get to know your neighbors.** Introduce yourself to your neighbors and discuss emergency plans with each other.
- ☐ **Join community organizations.** Plug into what is happening in your community by joining community organizations and groups. Discuss preparedness ideas within these groups, and how they can support City of Boston residents before, during, and after an emergency.
- ☐ **Join the Boston Health Resilience Network (BHRN).** Visit [bit.ly/bostonhrn](https://bit.ly/bostonhrn) to learn more.

### PERSONAL PREPAREDNESS

#### I PREPARE BECAUSE...

Take a moment to identify reasons why it is important for you to prepare for emergencies. Write down the names of loved ones, belongings, or things in your community that are important to you and are important reasons to prepare for an emergency.

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#### TIPS TO CONNECT

- ☐ Start a conversation about preparedness with family, friends, neighbors, and loved ones.
- ☐ Plan a lunch or dinner with neighbors.
- ☐ Encourage a friend or neighbor to join at least one community organization or group with you.
- ☐ Identify a “preparedness buddy” to check on you and who you will check in on during an emergency.

# BOSTON IS PREPARING. ARE YOU?

Make preparedness a habit by integrating it into your daily life. Maintaining positive physical, mental, emotional, social, and spiritual health through day to day routines will help you bounce back if an emergency occurs.

For more information on how to prepare visit: [ready-safe-healthy.org](https://ready-safe-healthy.org)

## RESOURCE GUIDE

### SUPPORT RESOURCES

#### Mental Health

##### City of Boston Mayor's Health Line

Phone: 617-534-5050

Website: [bit.ly/bostonhealthline](https://bit.ly/bostonhealthline)

##### Massachusetts Department of Mental Health

Information and Referral Line: 800-221-0053

Monday - Friday, 9:00AM to 5:00PM

##### SAMHSA Disaster Distress Hotline

Phone: 1-800-985-5990

Text: Text TalkWithUs to 66746

Phone for Deaf or Hearing Impaired: 1-800-846-8517

Website: [disasterdistress.samhsa.gov](https://disasterdistress.samhsa.gov)

##### SAMHSA National Suicide Prevention Hotline

Phone: 800-273-8255

#### Physical Health

##### Mayor's Office of Food Initiatives

Website: [www.cityofboston.gov/food](https://www.cityofboston.gov/food)

##### Healthy Eating and Active Living

Website: [bit.ly/bostonhealthyeating](https://bit.ly/bostonhealthyeating)

#### Prescription Safety

##### Drug Take Back Kiosks

Website: [bit.ly/bostondrugtakeback](https://bit.ly/bostondrugtakeback)

## KNOW WHEN TO SEEK SUPPORT

- ☐ The unpredictable nature of disasters has the potential to **cause varying levels of emotional distress** to those who live in and outside the affected area
- ☐ After experiencing a disaster, it may take time to bounce back - and **that's normal**
- ☐ If things don't seem to be getting better, **reach out** for support from loved ones, neighbors, or from the support references provided



## BE A PREPAREDNESS ROLE MODEL

- ☐ **Be a positive role model.** Encourage children and loved ones to ask questions about preparedness.
- ☐ **Help others prepare.** Help neighbors, family, and friends create an emergency plan ahead of time.
- ☐ **Take the Ready, Safe, Healthy, online course.** Visit the DelValle Institute for Emergency Preparedness Learning Center for access to a free, online course that can guide you and your loved ones through preparing for an emergency. To take the course, visit:

[delvalle.bphc.org/readysafehealthy](https://delvalle.bphc.org/readysafehealthy)