

## My Emergency Communication Plan

Name		Street Address	
Primary Phone		City/Town	
Date of Birth		Gender	

### Emergency Contacts

<b>Local Contact – Name</b>	
Address	
Phone (cell, home)	
Social media / email	
<b>Local Contact – Name</b>	
Address	
Phone (cell, home)	
Social media / email	
<b>Out-of-Town Contact – Name</b>	
Address	
Phone	
Social media / email	

### Emergency Meeting Places

<b>Indoor Location</b>	
Name / Address / Instructions	
<b>Outdoor Location</b>	
Name / Address / Instructions	
<b>Out-of-Town Location</b>	
Name / Address / Instructions	

### Possible Evacuation Routes

1.	
2.	
3.	



# My Health

## My Medication (Name / Dosage / Frequency / Time of Day)


## Allergies (Allergen / Reaction / Treatment)


## Medical Conditions (Necessary Tests, Treatments)


## Medical Insurance

1.	Phone #:
2.	Phone #:
3.	Phone #:
4.	Phone #:

## Medical Equipment

1.	Model #:
	Vendor Phone #:
2.	Model #:
	Vendor Phone #:
3.	Model #:
	Vendor Phone #:
4.	Model #:
	Vendor Phone #:
5.	Model #:
	Vendor Phone #:



## My Accounts

### Property Insurance

Homeowner/Rental Insurance Company:	Phone #:
	Policy #:
Flood Insurance Company:	Phone #:
	Policy #:
Other:	Phone #:
	Policy #:
Other:	Phone #:
	Policy #:

### Financial Accounts

Bank Name:	Phone #:
Bank Name:	Phone #:
Credit / Debit Card Company:	Phone #:
Credit / Debit Card Company:	Phone #:
EBT Card (SNAP Benefits)	Phone #

### Other




## My Important Phone Numbers

Non-emergency phone numbers	
Police (non-emergency)	#:
Fire (non-emergency)	#:
Emergency Management Director	#:
Poison Control	#:
Electric Company:	#:
Gas Company:	#:
Water Company:	#:
Alternate/Accessible Transportation:	#:
	#:
Dr.	#:
Dr.	#:
Dr.	#:
Hospital/Clinic:	#:
Pharmacy:	#:
Veterinarian:	#:
Kennel:	#:
Other:	#:
Other:	#:
Other:	#:
Other:	#:

### Notes on community hazards in your area (hurricanes, winter storms, floods...)

→ For information on responding to specific types of emergency situations, visit <https://www.mass.gov/safety-tips-for-specific-threats-hazards>.



# Notes

Notes



# Personal Emergency Preparedness Checklist

## Get information from local and state resources

- Listen to local radio and local television news stations.
- Call 2-1-1 if you are not sure what to do.
- Sign up in advance for town/city alerts if available.
- Only call 911 in case of a life-threatening emergency. This will keep the 911 lines open for emergency responders.

## An order to “shelter in place” means...

- Get inside. Bring your loved ones, your emergency supplies (such as your emergency go-bag), and pets indoors.
- Find a safe spot inside. Stay there until officials say it is safe to leave.
- Inform your emergency contacts that you are sheltering in place, and listen carefully for new official information. You may listen to the radio or television for updates.
- Only use your phone and electronic devices as necessary to keep them charged.

## An order to “evacuate” means...

- It is not safe to stay in your current location, and you must leave the area. You must seek shelter elsewhere, such as at an emergency contact’s home or a public shelter.
- All public shelters in Massachusetts are fully accessible and accept pets. You can bring your emergency go-bag with you.
- Create an evacuation plan in advance, and share it with friends, family, and loved ones.

## Emergency go-bag essential items

- |   |  |
|---|--|
| • 3-5 days of nonperishable food and can opener                             | • 3-5 days of water (1 gallon per person per day)                      |
| • Pet supplies (leash, collar, vaccinations records, food, toys, medicines) | • Vital records and important documents in a resealable waterproof bag |
| • First aid kit and sanitation items  | • 3-5 days’ supply of medicine   |
| • Flashlight  | • Phone charger / power bank   |
| • Radio   | • Emergency plan (this booklet)  |

