



STAY AWARE. BE PREPARED.



EMERGENCY PLANNING TIPS

You and your family can be ready for emergencies. Visit mass.gov/BePrepared





Stay Aware

Emergencies of all types often happen without much warning. Stay aware of what's going on around you.

- Keep up with local news
- Sign up for emergency alerts
- Call 2-1-1 for information about shelter, food, and other resources or services

Plan Ahead

Make plans for yourself or your family ahead of time so you'll be ready for weather emergencies, power outages, sickness, and other events. Make plans for events that require you to:

- Stay in your home (shelter-in-place)
- Leave your home (evacuate)
- Separate from others (quarantine or isolate)

Make sure your plans meet your unique needs. Think about if you or family members need help or tools for things like:

- Communicating
- Medicine or medical equipment
- Mobility (moving around)
- Care or supervision
- Pets
- Transportation

Plan how you'll communicate with family members to make sure everyone is okay. Think of more than one way since phone or internet service may be limited.


- Use calls, texts, email, communication apps, or social media apps
- Keep phones and other devices charged
- Pick a person who lives close and one who lives farther away for everyone to contact

Be Prepared

Every home needs a basic emergency supply kit. It doesn't have to take up a lot of space or cost a lot. You can add to it as needed. Adapt the kit for your unique needs. Make sure your supplies will help you:

- Stay in your home for a few days without power
- Leave your home in a hurry
- Separate from others and avoid spreading germs

Store your kit in a dry area that is easy to get to. Review your kit every six months to replace outdated or seasonal supplies.





Family Emergency Action Plan

- ☐ Make a contact list for everyone living in your home. Include work, school, and cell phone numbers.
- ☐ Pick an out-of-state friend and another who lives near you as your family's contacts.
- ☐ Make an evacuation plan and pick a meeting place for your family near your home and another outside your neighborhood.
- ☐ Find out how your children's schools will handle emergencies. Ask where students will go if evacuated, how the school will notify you, and how you will meet your child.
- ☐ Turn on emergency alerts on your phones and devices.
- ☐ Review your town/city emergency preparedness plan.
- ☐ Start an emergency supply kit. Add to it as needed.



Important Family Information

Fill this out for each person living in your home and update as needed. Keep this information in all the places you might need it.

Name: _____

Phone: _____

Work/school address: _____

Evacuation location: _____

Help needed: _____

Medical information: _____

Name: _____

Phone: _____

Work/school address: _____

Evacuation location: _____

Help needed: _____

Medical information: _____

Name: _____

Phone: _____

Work/school address: _____

Evacuation location: _____

Help needed: _____

Medical information: _____



Emergency Supply Kit Checklist

Start a basic emergency supply kit. Add to it as needed. Adapt it to your unique needs. Include supplies for staying home without water or electricity and supplies for leaving home in a hurry. Store your kit in a dry area that is easy to get to. Review your kit every six months to replace outdated or seasonal supplies.

Supplies for Staying or Leaving Home

- ☐ Emergency contact information
- ☐ Copies of important documents
- ☐ Prescription medications and eyeglasses
- ☐ Phone charger and battery pack
- ☐ Cash or traveler's checks
- ☐ Face coverings
- ☐ Whistle to signal for help
- ☐ Diapers, wipes, baby food, formula, if needed
- ☐ Pet food, supplies, vaccine records, tag, crate, if needed

Supplies for Staying Home (sheltering in place, quarantining, or isolating)

- ☐ Bottled water (1 gallon per person, per day, for 3 days)
- ☐ Canned foods and foods that don't go bad
- ☐ Manual can opener
- ☐ Flashlight or lantern with extra batteries

- ☐ First aid kit and thermometer
- ☐ Radio (battery-powered or hand crank) with extra batteries
- ☐ Matches in a waterproof container
- ☐ Household cleaner or disinfectant

Supplies for Leaving Home (evacuating)

- ☐ Change of clothes and sturdy shoes (per person)
- ☐ Communication tools, if needed
- ☐ Medical equipment, if needed
- ☐ Personal hygiene items
- ☐ Sleeping bag or blanket (per person)

Contacts for Our Family

Local

Name: _____

Phone: _____

Email: _____

Out of State

Name: _____

Phone: _____

Email: _____

Meeting Places for Our Family

Near our home: _____

Outside our neighborhood: _____

Additional Resources

Massachusetts Department of Public Health:

[Mass.gov/BePrepared](https://www.mass.gov/BePrepared)

Information about shelter, food, and other resources or services:

Call 2-1-1 or visit [Mass211.org](https://www.mass211.org)

Information about emergency alerts:

[Ready.gov/alerts](https://www.ready.gov/alerts) (FEMA)

Help during or after an emergency:

[Redcross.org/local](https://www.redcross.org/local) (Red Cross local chapters)

[Redcross.org/shelter](https://www.redcross.org/shelter) (Red Cross open shelters)

Information about making emergency plans or kits:

[Mass.gov/BePrepared](https://www.mass.gov/BePrepared) (DPH)

[Mass.gov/mema/ready](https://www.mass.gov/mema/ready) (MEMA)

[Ready.gov](https://www.ready.gov) or [Listo.gov](https://www.listo.gov) (FEMA)

Information about emergencies on social media:

Follow [DPH on Twitter](#)

Follow [MEMA on Twitter](#)

Follow [ReadyGov on Twitter](#)

Like [MEMA on Facebook](#)

Like [ReadyGov on Facebook](#)

Follow your town or city on Twitter and like it on Facebook.

Free Show Me app to help people communicate during emergencies:

Point your smartphone's camera at this code for more information.

