



KNOW PLAN PREPARE

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



SOCIAL MEDIA & WEB PLANNING TEMPLATE



The goal of the *Know Plan Prepare* Social Media & Web Planning Template is to provide campaign information and resources to partnering organizations that can be easily adapted to existing web pages, blogs, Facebook, and Twitter accounts. The Social Media & Web Planning Template is part of an overall social media plan to expand the awareness of the *Know Plan Prepare* campaign among those already active on the Internet and with social media accounts.

Does your organization have a website? If so consider:

- Linking to www.mass.gov/KnowPlanPrepare
- Encouraging residents to stay engaged through social media:
 - Follow [DPH on Twitter](#)
 - Like [MA Responds on Facebook](#)
 - Follow [MEMA on Twitter](#)
 - Like [MEMA on Facebook](#)
 - And if available, the social media accounts of the public health or safety agency in your community **<embed link>**

Does your organization maintain a blog? If so consider:

- Planning content for blog posts around the campaign and general preparedness themes:
 - *Know Plan Prepare*. Often times, crises or emergencies lead to greater cooperation and a sense of camaraderie among those people affected. While this fellowship and sense of community that people experience during and after an emergency is essential to recovery, it is these very same attributes that can make for more effective planning and better community resilience for future events. The Department of Public Health and **[your organization]** are excited to celebrate Emergency Preparedness Month. We're encouraging state-wide action and teamwork to prepare your family and help your neighbor. Here are some of the ways you can get involved **[insert local information]**.
 - DPH has a number of great animated short videos that are perfect for social media. Organizations can blog about the topics that are discussed in the videos and provide links to them. All of the available videos can be viewed [here](#).





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Does your organization have a Facebook page? If so consider:

- Using the *Know Plan Prepare* campaign tagline as your profile picture for September.
- Always having a link to your organization website on the page and in posts.
- Creating a Facebook event for the month of September's National Preparedness Month
 - Call to Action: Join the Event and Know Plan Prepare
 - Invite all followers to this event in order to spread the word
- Posts for Facebook Page:
 - September 1st: Today begins Emergency Preparedness Month. Click here to learn more and learn all the things that you can do to be ready (Link to www.mass.gov/KnowPlanPrepare) #ReadyMA
 - Did you know September is National Preparedness Month? Follow this link to learn more: www.mass.gov/KnowPlanPrepare. Prepare now so together we're ready! #ReadyMA
 - What is in your emergency kit? Answer here and let's see how many different items we can compile! Read this for ideas: <http://www.mass.gov/eohhs/docs/dph/emergency-prep/ready-campaign/know-plan-prepare-checklist-fillable.pdf> #ReadyMA
 - Volunteers help make certain community events, like flu clinics, successful. Have you looked into what volunteer organization you could join nearby? Find your local [Medical Reserve Corps](http://www.mass.gov/eohhs/docs/dph/emergency-prep/ready-campaign/know-plan-prepare-checklist-fillable.pdf). https://www.youtube.com/watch?v=n11-T2i_PLC #ReadyMA
 - There are basic items that belong in everyone's emergency kit and then there are items unique to you and your family. Think about your family's health needs and vulnerabilities and plan ahead. https://youtu.be/Oys_t8nMrHY #ReadyMA
 - Emergency Preparedness Month is drawing to a close, but it's always a good time to come together to be #ReadyMA! (link to www.mass.gov/KnowPlanPrepare landing page)



Does your organization have a Twitter account? If so consider:

- Using the [Know Plan Prepare tagline](#) as your profile image and background image (under profile Settings).
- Always having a link to your organization in the background image.
- Following and "Retweeting" all [@MassDPH](#) posts about Emergency Preparedness Month.
 - Option to Retweet under the original tweet's time/date stamp.
- Following and "Retweeting" all [@MassEMA](#), [@Readydotgov](#), [@MAResponds](#) posts about Emergency Preparedness Month.
- Tweeting daily about Emergency Preparedness Month. Use #ReadyMA at the end of all tweets.



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- Examples of Messaging (this list includes recycled tweets from previous campaigns as well as tweets that will be sent out during this year's campaign):
 - Watch this 30 sec video to learn how Wireless Emergency Alerts can save your life http://youtu.be/wDpcGypv2_U
 - Help protect your pet during a disaster. Learn more and prepare now! <https://www.asPCA.org/pet-care/general-pet-care/disaster-preparedness>
 - During emergencies, you may have to evacuate your home without much notice. Have a plan! <http://ow.ly/ydBlx>
 - Things we usually don't consider become very important after a disaster-plan to protect your family #ReadyMA
 - What are the best foods to keep in your emergency supply kit? Find out at: <https://www.ready.gov/food>
 - You're more likely to do in the moment if you test your plan before a disaster www.mass.gov/KnowPlanPrepare #ReadyMA
 - First aid kit supplies: medicine, bandages, ointment, and family medical needs items: <http://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit>
 - Going shopping? Add emergency kit items to your cart! This list will get you started: <http://www.mass.gov/eopss/agencies/mema/be-prepared/kit/>
 - Fires and earthquakes and storms! Oh my! Get prepared for any disaster at www.mass.gov/KnowPlanPrepare #ReadyMA
 - Before a disaster strikes create a family communication plan. http://www.ready.gov/sites/default/files/FamEmePlan_2013.pdf #ReadyMA
 - Emergency planning for people with chronic conditions and disabilities? Read more at: <http://emergency.cdc.gov/disasters/chronic.asp>
 - Surviving Severe Weather: Emergency Prep Tools for People Experiencing Homelessness <http://ow.ly/yXl7l>
 - Evacuation preparedness is essential for all buildings and occupants - including disabled persons #ReadyMA
 - Check out FEMA's emergency preparedness recommendations for people with disabilities. <http://www.fema.gov/media-library/assets/documents/90360>
 - Do you use assistive or adaptive technology daily? Be sure to include these devices in your personalized emergency plans. #ReadyMA
 - Medical Reserve Corps volunteers help before, during, and after emergencies- www.maresponds.org #ReadyMA
 - Sign up to join the Medical Reserve Corps today at www.maresponds.org #ReadyMA
 - Medical Reserve Corps volunteers do a lot including helping health depts. vaccinate kids & adults against #flu



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- MRC volunteers can help communities plan for, respond to, and recover from public health emergencies. #ReadyMA
- Don't know how you can help your community in an emergency? Find out at <http://www.mass.gov/eohhs/gov/departments/dph/programs/emergency-prep/volunteering/> #ReadyMA
- Did you know September is Emergency Preparedness Month? Join us in participating: www.mass.gov/KnowPlanPrepare #ReadyMA
- It's Emergency Preparedness Month! Here's how you can get involved: <http://www.mass.gov/eohhs/gov/departments/dph/programs/emergency-prep/volunteering/> #ReadyMA
- Together We're Ready – Know Plan Prepare: www.mass.gov/KnowPlanPrepare #ReadyMA
- Are you prepared in case of an emergency? Learn more: www.mass.gov/KnowPlanPrepare #ReadyMA
- Do you know your neighbors? Prepared communities are resilient communities #ReadyMA
- Think about your family's health needs and vulnerabilities when preparing an emergency kit. #ReadyMA
- Join us in celebrating Emergency Preparedness Month – learn how to get involved: <http://www.mass.gov/eohhs/gov/departments/dph/programs/emergency-prep/volunteering/> #ReadyMA
- Tell us how you're ready for anything using the hashtag: #ReadyMA
- Do you have an Emergency Preparedness plan, kit, or program? Show us on Twitter or Instagram using: #ReadyMA
- Share how you're prepared (photo, illustration, video, blog post) to Twitter using #ReadyMA
- RT if you have looked into volunteering for your local community! #ReadyMA Thank you from all of us for your help.
- Have you asked your family and neighbors what medical needs they have in case of emergency? #ReadyMA
- It's the first day of Emergency Preparedness Month. Help yourself and your neighbors get ready! www.mass.gov/KnowPlanPrepare #ReadyMA
- Check and refresh items in your emergency kit every 6 months. Learn more at: <http://www.mass.gov/eohhs/docs/dph/emergency-prep/ready-campaign/know-plan-prepare-checklist-fillable.pdf> #ReadyMA
- Your family may be separated when disaster hits - have a family communications plan: <https://youtu.be/6h9NMLFxcrs> #ReadyMA
- Wondering where to sign up to volunteer during an emergency? Look no further:



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- www.maresponds.org #ReadyMA
- This is Emergency Preparedness Month. Know Plan Prepare. www.mass.gov/KnowPlanPrepare #ReadyMA
- Encourage your friends, neighbors and family this month to prepare for emergencies and disasters. #ReadyMA www.mass.gov/KnowPlanPrepare
- Every emergency supply kit is unique. Your kit should meet your family's specific needs. <http://www.mass.gov/eohhs/gov/departments/dph/programs/emergency-prep/personal-prep/were-all-in-this-together.html> #ReadyMA
- During an emergency, texts and emails are less likely to experience network congestion. #ReadyMA <https://youtu.be/FlAtVxHD7so>
- MRC units work hard to help people prepare, train, and volunteer in their communities. Visit: www.maresponds.org #ReadyMA
- When it comes to preparedness, practice is the name of the game! Conduct drills with your family to prepare. www.mass.gov/KnowPlanPrepare
- Make a difference and help your community. Sign up as a volunteer at: www.maresponds.org #ReadyMA
- Read APHA's 5 fact sheets about disaster preparedness and living with a disability - <http://www.getreadyforflu.org/disabilities.htm>
- During an emergency keep phone calls brief to share vital information and avoid tying up the lines. #ReadyMA www.mass.gov/KnowPlanPrepare
- MRC volunteers enhance community preparedness across the state. See more at: <http://www.mass.gov/eohhs/gov/departments/dph/programs/emergency-prep/volunteering/> #ReadyMA
- If you have a disability, you need to be #ReadyMA: Be prepared for an emergency when you need it most: https://youtu.be/Oys_t8nMrHY
- Know who to call, where to meet, and what to pack before an emergency: www.mass.gov/KnowPlanPrepare #ReadyMA
- Medical Reserve Corps volunteers come from every line of work. Find out more at: <https://www.maresponds.org/faq.php> #ReadyMA
- Remember to include older family members when making any #emergency plans! www.mass.gov/KnowPlanPrepare #ReadyMA
- Remember to check your family's emergency kit, note any depleted items and add them to your shopping list. <https://youtu.be/b0qZWnuWa-c>
- Love animals? Volunteer with the SMART team to assist with animal care during a disaster. Visit: <http://smartma.org/> #ReadyMA
- Be aware of and prepare for your family's unique needs in an emergency. https://www.fema.gov/media-library-data/1440775166124-c0fadbb53eb55116746e811f258efb10/FEMA-ReadySpNeeds_web_v3.pdf



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- #ReadyMA
- In an emergency, you may have to stay in your home for several days. Learn more & get prepared at: <http://www.mass.gov/eopss/agencies/mema/be-prepared/shelter-in-place/> #ReadyMA
- Get prepared-show friends how to use your medical equipment so they can help you in an emergency. https://youtu.be/0ys_t8nMrHY #ReadyMA
- Preparedness on a budget: Pick up canned items on sale 2 or 3 at a time for your kit. <http://www.mass.gov/eohhs/docs/dph/emergency-prep/ready-campaign/know-plan-prepare-checklist-fillable.pdf> #ReadyMA
- Prepare & support your community before & after disasters by volunteering. www.maresponds.org #ReadyMA
- After an emergency, once you know you are safe, check on a neighbor. www.mass.gov/KnowPlanPrepare #ReadyMA
- Your community needs you! Sign up to volunteer today. Learn more by visiting: <http://www.mass.gov/eohhs/gov/departments/dph/programs/emergency-prep/volunteering/> #ReadyMA
- Know your child's school emergency plan. www.mass.gov/KnowPlanPrepare #ReadyMA
- Have copies of important documents such as license, SS#, & insurance to be #ReadyMA www.mass.gov/KnowPlanPrepare
- Find out how you can sign up today to volunteer in a public health emergency. Visit: www.maresponds.org
- If you can't drive, pre-arrange a ride to the nearest shelter if evacuating. <http://www.mass.gov/eopss/agencies/mema/be-prepared/evacuation/> #ReadyMA
- Include pet care and safety in your disaster preparedness plans. Read more at: <http://ow.ly/wD634>
- Talk to and encourage loved ones to prepare for emergencies. Learn more at: www.mass.gov/KnowPlanPrepare #ReadyMA
- Community resilience means getting to know your neighbors so you know who to help. www.mass.gov/KnowPlanPrepare #ReadyMA
- Download DPH's mobile app for communicating during emergencies at: <http://blog.mass.gov/publichealth/emergency-preparedness/a-groundbreaking-mobile-app-for-communicating-during-emergencies/>
- Keep phone lines open during & after disasters-use social media to update friends & family. <https://youtu.be/FlAtVxHD7so> #ReadyMA
- Do you have a pet or service animal? Read these disaster readiness tips for owners: http://www.humanesociety.org/issues/animal_rescue/tips/pets-disaster.html?referrer=https://www.google.com/



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- What do Medical Reserve Corps volunteers do? What training will you need? Find out at: www.maresponds.org #ReadyMA
- Help your community or your office get #ReadyMA during Emergency Preparedness Month. Visit: www.mass.gov/KnowPlanPrepare to get started.
- Connect with your neighbors and community by becoming a volunteer. Visit: www.maresponds.org #ReadyMA
- Keep important numbers written down in your wallet, not just on your phone. <https://youtu.be/6h9NMLFxcrs> #ReadyMA
- This month, encourage loved ones to prepare for emergencies. Learn more at: www.mass.gov/KnowPlanPrepare #ReadyMA
- Be #ReadyMA and learn how and when to turn off your utilities-you might need to during an emergency. <https://www.ready.gov/safety-skills>
- An emergency could affect your daily living activities. Find out more at: <http://www.mass.gov/eohhs/gov/departments/dph/programs/emergency-prep/personal-prep/were-all-in-this-together.html> #ReadyMA
- Place "Pets Inside" stickers on your doors/windows, including info on # & types, to alert rescue workers. <https://youtu.be/HVvpZtNR93E>
- During an emergency tune into local TV and radio stations for important news alerts. #ReadyMA www.mass.gov/KnowPlanPrepare
- In an emergency, cell voice networks may not work. Make sure everyone in your family knows how to text. www.mass.gov/KnowPlanPrepare
- Keep an emergency kit at work so you can be #ReadyMA and grab it and go if needed. Learn more at: <http://www.mass.gov/eohhs/docs/dph/emergency-prep/ready-campaign/know-plan-prepare-checklist-fillable.pdf>
- Feel great and do good by volunteering. Find out more at: www.maresponds.org #ReadyMA
- Disability and emergency preparedness - steps to know and take to ensure your safety <https://www.cdc.gov/ncbddd/disabilityandhealth/emergencypreparedness.html>
- Remember Your Pets! Get your pet an emergency kit and create a buddy system. http://www.fema.gov/media-library-data/139084677239-dc08e309debe561d866b05ac84daf1ee/pets_2014.pdf #ReadyMA
- In an emergency, text messages may go through more easily than cellphone calls <https://youtu.be/FIAtVxHD7so>