

Family Communication Plan

Complete this list and make copies for each person in your home.

Meeting Places

Outside your home: _____

Outside your neighborhood: _____

Out of State contact:

Name: _____

Telephone: _____

Email: _____

Family Information:

Name: _____

Cell phone: _____

Medical information: _____

Other Information:

Be Prepared. Plan Ahead.

Emergency Preparedness Begins At Home



City of Cambridge



City of Cambridge
795 Massachusetts Ave.
Cambridge, MA 02139

www.cambridgema.gov

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Planning ahead for an emergency will give you peace of mind and can keep your family and friends safe. Cambridge officials are preparing for a range of possible emergencies, from hurricanes and blizzards to a flu pandemic and acts of terrorism. You can help also. Here are some simple steps you can take to prepare.



Family Communication Plan

Know how your family will contact each other and where you will meet.

Food & Water

Have a 3-day food and water supply for each person in your home. Remember individual diet needs and plan for your pets.



First Aid & Tools

Have a first aid kit with health products and prescription medicine.



Evacuation Kit

Have supplies ready in your car or in a backpack in case you must leave home. Pack lightly and include basic supplies for 24 to 48 hours.



Review

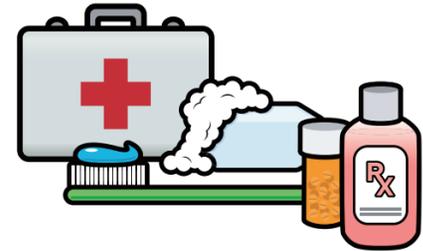
Every 6 months review your plans and supplies with everyone in your home. Replace expired food, water, and medicine. Update your communication plan.

Your plan and emergency supplies should meet your family's needs.
Add to this list as you think of other essential items.

Food & Water
3-day food and water supply



- Bottled Water**
- One gallon, per person, per day
 - Keep in cool, dry place
- Dry & Canned Foods**
- Canned fruits, vegetables & meats
 - Manual can opener
 - Juice boxes, canned milk
 - Dried fruit, nuts, crackers, cereal bars
 - Baby food and formula
 - Pet food



First Aid

- First Aid Kit**
- Bandages, gauze, rubbing alcohol
 - Medical gloves and tape, scissors
 - Pain reliever
 - Prescription medicine
- Health Products**
- Soap, toilet paper, toothpaste

Tools & Special Items
Remember these important items:

- Flashlight, battery-powered radio
- Extra batteries
- Important documents such as birth certificates and bank account numbers



Family Communication Plan
Your family may not be together when an emergency occurs. Plan how you will contact each other.

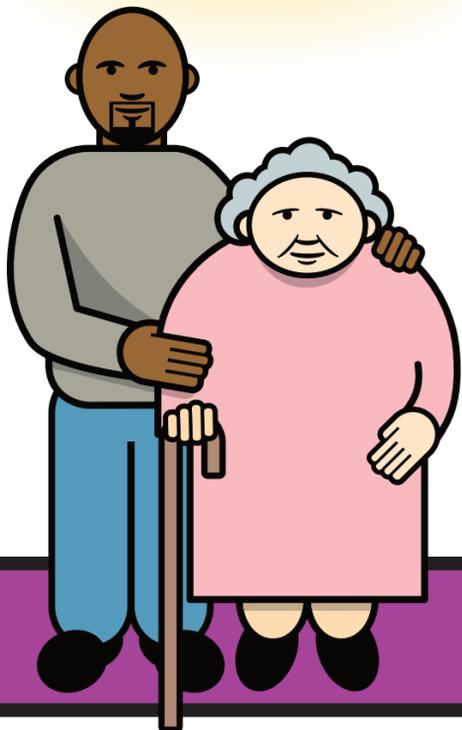
- Include an out-of-state contact for family members to check in with.
- Complete this list and make copies for each person in your home.



Evacuation Kit
Pack lightly for 24 to 48 hours.

- A change of clothing
- Bottled water and cereal bars
- First aid supplies
- Prescription medicine

Encourage others to plan ahead.
Remember neighbors who need help.



Planning can be a family project. Involve children and discuss why you are planning.

Cambridge Resources
www.cambridgema.gov

Public Safety
Emergency (Police, Fire, Medical) 911

Fire (non-emergency) 617-349-4900

Police (non-emergency) 617-349-3300

Emergency Management 617-349-4842

Public Health
Cambridge Public Health 617-665-3800
www.cambridgepublichealth.org

Public Schools
Cambridge Public Schools 617-349-6400
www.cpsd.us

Recorded Information Line 617-349-6513

Other City Numbers

City of Cambridge 617-349-4000

City of Cambridge TTY 617-349-4242

City Manager's Office 617-349-4300

Public Works Department 617-349-4800
www.cambridgema.gov/TheWorks/

During an emergency, watch CITY-TV8 or listen to local radio for information and instructions.



Be Prepared.
Plan Ahead.

State & Federal Resources

State
Public Safety
Executive Office of Public Safety 617-727-7775
www.mass.gov/eops

Massachusetts Emergency Management Agency
www.mass.gov/mema

Public Health
Massachusetts Department of Public Health
www.mass.gov/dph
Recorded Information Line 866-627-7968

Federal
Public Safety
Federal Emergency Management Agency
www.fema.gov

Homeland Security
www.dhs.gov

Public Health
Centers for Disease Control
www.cdc.gov

Environmental Protection Agency
www.epa.gov

Health & Human Services
www.hhs.gov/emergency

Preparedness Resources
American Red Cross
www.redcross.org

Medical Reserve Corps
www.medicalreservecorps.gov

Ready.gov
www.ready.gov

Planning For Your Pets
www.ready.gov/america/_downloads/pets.pdf