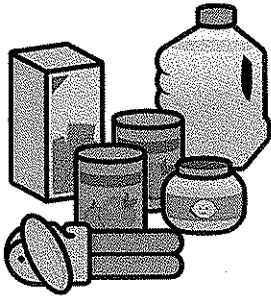
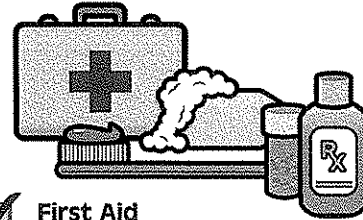


**Your plan and emergency supplies should meet your family's needs.
Add to this list as you think of other essential items.**

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

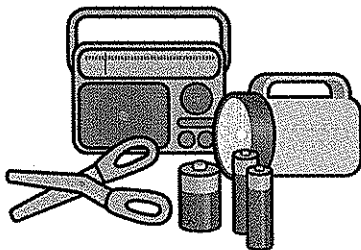


First Aid

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

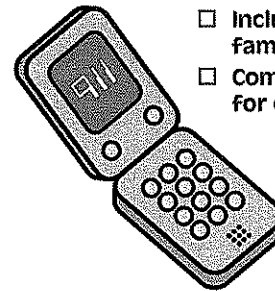
Tools & Special Items
Remember these important items:

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

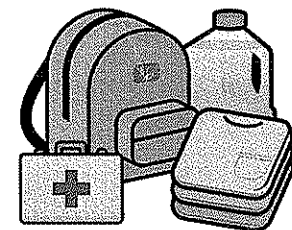
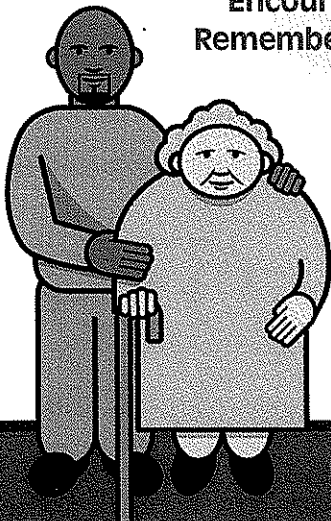


Family Communication Plan
Your family may not be together when an emergency occurs. Plan how you will contact each other.

- 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.



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

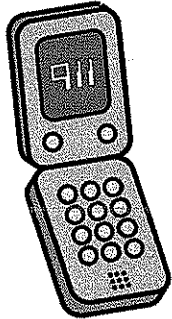


Evacuation Kit
Pack lightly for 24 to 48 hours.

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

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

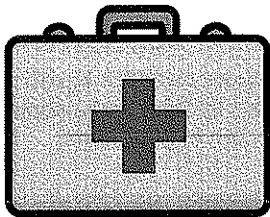
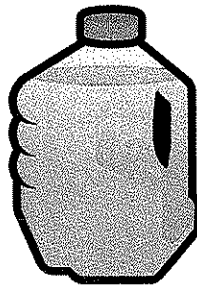
Planning ahead for an emergency will give you peace of mind and can keep your family and friends safe. Local and State officials are preparing for a range of possible emergencies, from hurricanes and blizzards to a flu pandemic and acts of terrorism. You can help also. Here are some simple steps you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

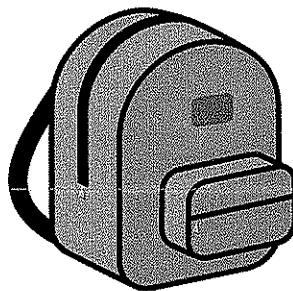


First Aid & Tools

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.

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: _____

Name: _____

Cell phone: _____

Medical information: _____

Name: _____

Cell phone: _____

Medical information: _____

Name: _____

Cell phone: _____

Medical information: _____

Other Information:



Developed by the Cambridge Advanced Practice Center for Emergency Preparedness

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