

Emergency Preparedness Begins at Home.

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.

Bottled Water

- 1 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 & Tools

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

First Aid

First Aid Kit

- Bandages, gauze, rubbing alcohol
- Medical gloves and tape, scissors
- Pain reliever

Health Products

- Soap, toilet paper, tooth paste

Tools & Special Items

Remember these important items:

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

✓ 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.

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

✓ Review

Every 6 months review your plans and supplies with everyone in your home.

Replace expired food, water, and medicine. Update your communication plan.

