

September 2013 School Newsletter



Get Ready - Individual and Family Preparedness

September is emergency preparedness month! You can take action by developing a family preparedness plan for weather emergencies, power outages and other events. Whether following advice to stay in your home under a shelter-in-place request or to evacuate your home and neighborhood, **be informed, plan ahead, and be prepared.**

Be Informed:

Communicating with family members is essential to make sure everyone is okay. Have a simple plan in place that accounts for limited cell phone service, texting and e-mails. Make sure everyone in your family has a mutual contact out of the region or state so that person can help keep tabs on you and your loved ones. Sign up for emergency alerts and call 2-1-1 for information about critical health and human services available in your community.



Plan Ahead:

Think about your family's health needs, vulnerabilities and capabilities when you make your emergency plan. Whether you are sheltering in place or evacuating to a different location, a plan will help keep you and your family safe.

Be Prepared:

Every home should have a basic emergency preparedness kit that can be used for any emergency. Store your kit in an area that is dry and easy to get to. Review your kit every six months to identify and replace outdated supplies. While some items should be in everyone's kit, it is important to adapt the kit for the needs of you and your family.

Family Emergency Action Plan

- Develop a contact list for every family member, including work, school, and cell phone numbers.
- Pick an out-of-state friend and another who lives near you as your family's contacts.
- Create an emergency preparedness kit.
- Review your town/city emergency preparedness plan.
- Check with your local public safety officials about local notification systems and how to register.
- Create an evacuation plan and identify a meeting place for your family near your home and another outside your neighborhood.
- Find out how your children's schools will handle emergency situations including where students will be taken if they are evacuated, how the school will notify you, and how you will meet your child.

Emergency Preparedness Kit

Every family should prepare an emergency kit. An emergency kit will provide you with the basics in the event you are without water, electricity, or other

essential services. For more details, visit mass.gov/mema/ready.

- Bottled water (1 gallon per person/per day-3 days)
- Canned goods and nonperishable foods
- Manual can opener
- Radio (battery-powered /hand crank), extra batteries
- Flashlight or lantern, with extra batteries
- First aid kit
- Diapers, wipes, baby food, formula, if needed
- Pet food, supplies, tag, crate, if needed
- Prescription medications and eyeglasses
- Copies of important documents
- Whistle to signal for help
- Sleeping bag or blanket (per person)
- Change of clothes and sturdy shoes (per person)
- Personal hygiene items
- Matches in a waterproof container
- Cash or travelers checks

