

Emergency Preparedness Begins At Home

Cambridge Public Health Department



**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

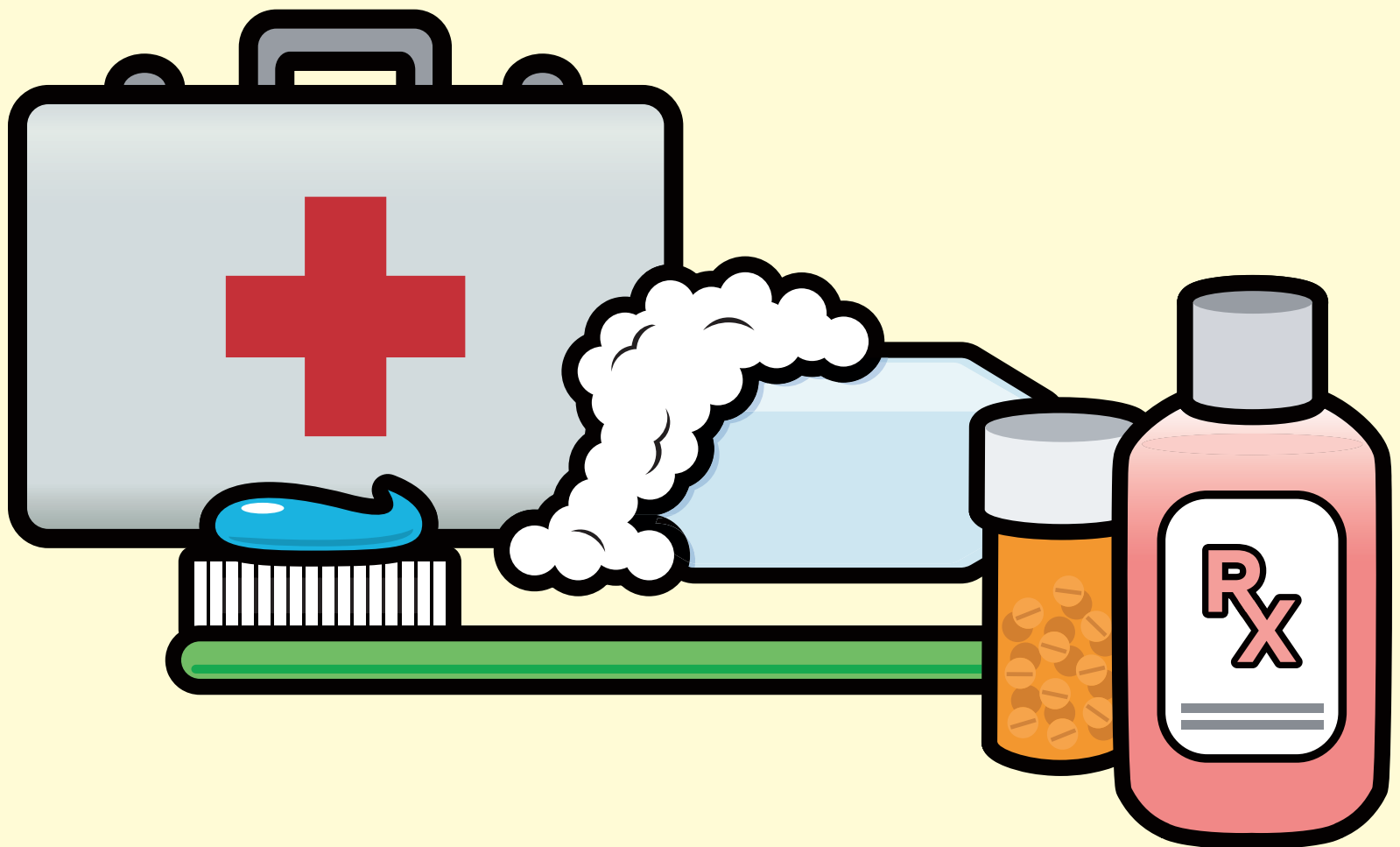
Have a 3-day supply of food and water for each person in your home.

Remember individual diet needs and plan for your pets.



First Aid

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



Tools & Special Items

Don't forget a flashlight, extra batteries and important documents.



Evacuation Kit

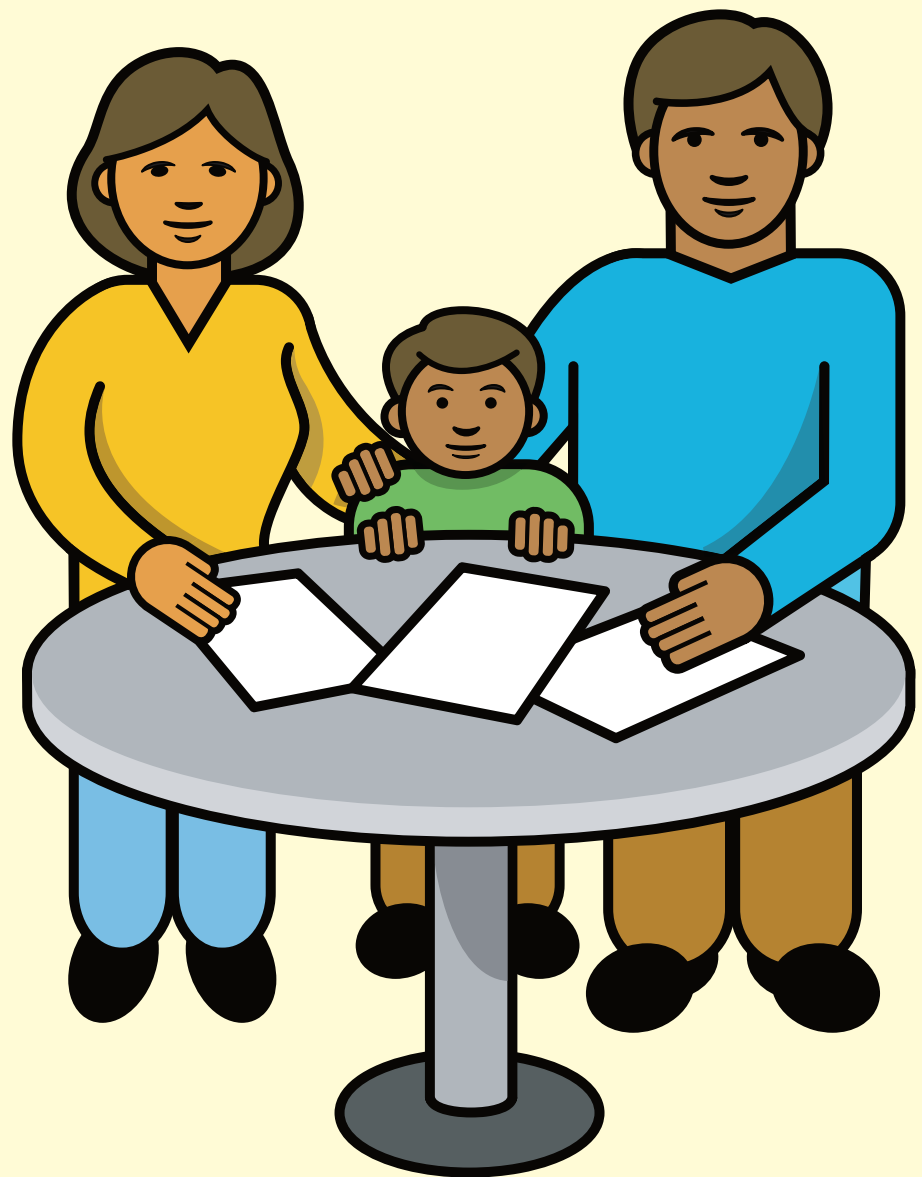
Have supplies ready in your car or in a backpack in case you must leave your home. Pack lightly and include basic supplies for 24-48 hours.



Review

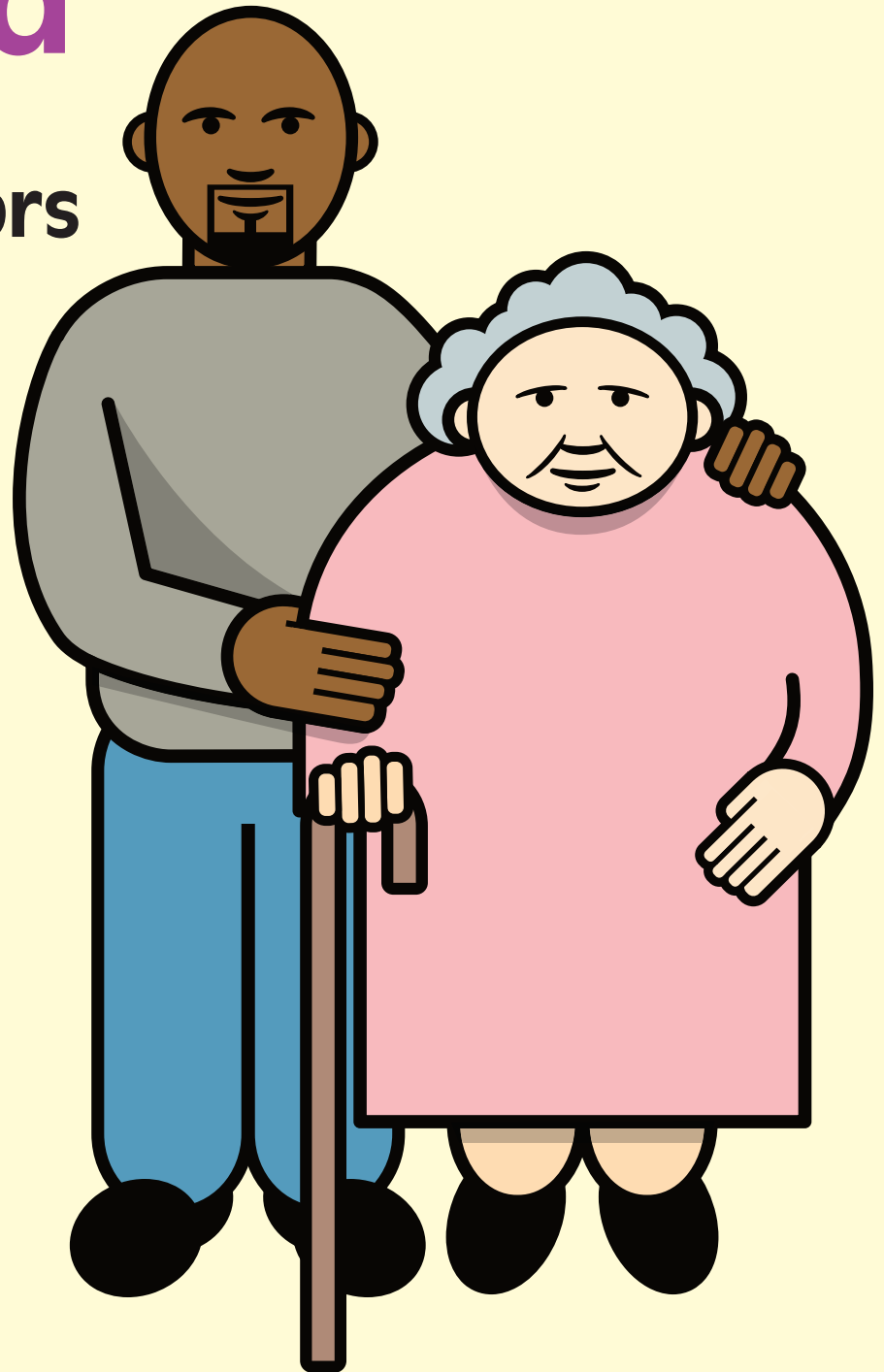
Every 6 months review your plans and supplies with everyone in your home.

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



Encourage Others to Plan Ahead

Remember neighbors who need help.



**Be Prepared.
Plan Ahead.**

