

During these uncertain times, the emergency planning officials are working together to inform our citizens and provide the guidance needed by families businesses, seniors, and those with disabilities.

This brochure provides you with important information and resources to help you prepare for an emergency and be ready to respond in case of an urgent situation. Please keep it in a handy place to use for reference.

Emergency preparedness is a shared responsibility with well-prepared residents, businesses and town departments.

### **ADDITIONAL RESOURCES**

American Red Cross, Metro Boston Chapter:

[www.redcross.org](http://www.redcross.org)

Department of Homeland Security:

[www.ready.gov](http://www.ready.gov)

Federal Emergency Management Agency:

[www.disasterhelp.gov](http://www.disasterhelp.gov)

Town of Westwood Board of Health:

[www.townhall.westwood.ma.us](http://www.townhall.westwood.ma.us)

## **Remember to practice and maintain your plan!**

The Federal Emergency Management Agency's Family Protection Program and the American Red Cross' Disaster Education Program are nationwide efforts to help prepare for disasters of all types. For more information, please contact the Westwood Board of Health:

Linda Shea, RHES/RS

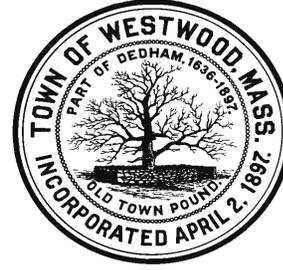
Health Director

(781) 320-1026

[lshea@townhall.westwood.ma.us](mailto:lshea@townhall.westwood.ma.us)

HURRICANE • POWER LOSS • HAZMAT SPILL

## **YOUR** Family Disaster Supplies Kit



*Town of Westwood*

WINTER STORM • FIRE • FLU PANDEMIC

# Your Family Disaster Supplies Kit

Disasters happen anytime and anywhere. And when disaster strikes, you may not have much time to respond.

After a disaster, local officials and relief workers will be on the scene but they cannot reach everyone immediately. You could get help in hours, or it may take days. Would your family be prepared to cope with the emergency until help arrives?



A highway spill of hazardous material could mean an instant evacuation.

Your family will cope best by preparing for disaster *before* it strikes. One way to prepare is by assembling a Disaster Supplies Kit. Once disaster hits, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, your family can endure an evacuation or home confinement.



A winter storm could confine your family at home. A hurricane or other disaster could cut off basic services – gas, water, electricity and telephones – for days.

To Prepare your kit

- Review the checklist in this brochure.
- Gather the supplies that are listed. You may need them if your family is confined at home.
- Place the supplies you'd most likely need for an evacuation in an easy-to-carry container. These supplies are listed with an asterisk (\*).



**Federal Emergency Management Agency**



**Town of Westwood Board of Health**



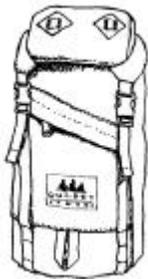
**American Red Cross**

## SUPPLIES

There are six basics you should stock in your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items. Keep the items that you would most likely need during an evacuation in an easy-to-carry container – suggested items are marked with an asterisk (\*). Possible containers include:



a large, covered trash container



a camping backpack



or a duffel bag

## Water

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles.

- Store one gallon of water per person per day (2 quarts for drinking, 2 quarts for food preparation/sanitation)\*
- Keep at least a three-day supply of water for each person in your household

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## Food

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. Select foods that are lightweight.

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices, milk, soup
- Staples – sugar, salt, pepper
- Vitamins
- Foods for infants, elderly persons
- Comfort foods
- High energy foods – peanut butter, jelly, crackers, granola

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## First Aid Kit

Assemble a first aid kit for your home and one for each car. A first aid kit\* should include:

- Sterile adhesive bandages
- Sterile gauze pads
- Adhesive tape
- Scissors
- Needle
- Thermometer
- Cleansing agent/soap
- Non-Latex gloves
- Sunscreen
- Tweezers
- Antiseptic
- Non-prescription drugs (aspirin, (anti-diarrhea, antacid, laxative))

## SUGGESTIONS AND REMINDERS

### Tools and Supplies

- Paper cups, plates, and plastic utensils\*
- Emergency preparedness manual\*
- Battery operated radio and extra batteries\*
- Fire extinguisher
- Tape
- Aluminum foil
- Paper, pencil
- Needles, thread
- Wrench (for water/gas)
- Plastic sheeting
- Map of the area
- Flashlight (w/batteries)
- Non-electric can opener
- Pliers
- Compass
- Signal flare

### Sanitation

- Toilet paper
- Personal hygiene items
- Plastic bucket with lid
- Chlorine bleach
- Soap, liquid detergent
- Plastic garbage bags
- Disinfectant

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### Clothing and Bedding

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear
- Sunglasses

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### Special Items

- For Baby\*
  - Formula
  - Diapers
  - Bottles
  - Powdered milk
  - Medications
- For Adults\*
  - Heart and blood pressure medication
  - Insulin
  - Prescription medicines
  - Denture needs
  - Contact lenses
  - Extra eye glasses
- Entertainment - games and books
- Important Family Documents (Keep in waterproof container)
  - Will, insurance policies
  - Contacts, deeds, stocks
  - Passports
  - Social security cards
  - Immunization records
  - Bank account numbers
  - Family records (birth, marriage, death certif.)

- **Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.**

- **Keep items in air tight plastic bags.**

- **Change your stored water supply every six months so it stays fresh.**



- **Rotate your stored food every six months.**

- **Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.**

- **Ask a physician or pharmacist about storing prescription medicines.**

