

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 Contacts: (name, e-mail & mobile information)

Local: _____

Out-of-State: _____

Meeting Place:

Near home: _____

Outside neighborhood: _____

Family Emergency Contacts List

Fill out the following information for each family member and update as necessary.

Name: _____

Mobile Phone Number: _____

Important Medical Information: _____

Name: _____

Mobile Phone Number: _____

Important Medical Information: _____

Name: _____

Mobile Phone Number: _____

Important Medical Information: _____

Name: _____

Mobile Phone Number: _____

Important Medical Information: _____

Name: _____

Mobile Phone Number: _____

Important Medical Information: _____

Record where your family spends most of their time and know the site-specific emergency plans for these areas.

Work/School Location for: _____

Address: _____

Phone: _____

Evacuation Location: _____

Work/School Location for: _____

Address: _____

Phone: _____

Evacuation Location: _____

School Location for: _____

Address: _____

Phone: _____

Evacuation Location: _____

School Location for: _____

Address: _____

Phone: _____

Evacuation Location: _____

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 for 3 days)
- Canned goods and nonperishable foods
- Manual can opener
- Radio (battery-powered or hand crank), with 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