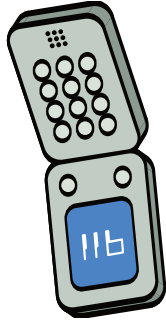
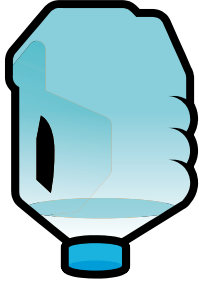


Planning ahead for an emergency will give you peace of mind and can keep your family and friends safe. Arlington officials are preparing for a range of possible emergencies, from hurricanes and blizzards to a flu pandemic and acts of terrorism. You can help also. Here are some simple steps you can take to prepare.

**Family Communication Plan**  
 Know how your family will contact each other and where you will meet.



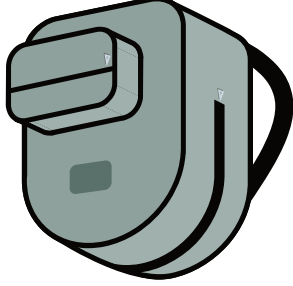
**Food & Water**  
 Have a 3-day food and water supply for each person in your home. Remember individual diet needs and plan for your pets.



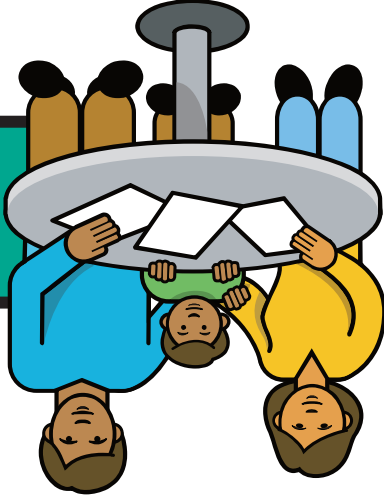
**First Aid & Tools**  
 Have a first aid kit with health products and prescription medicine.



**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.

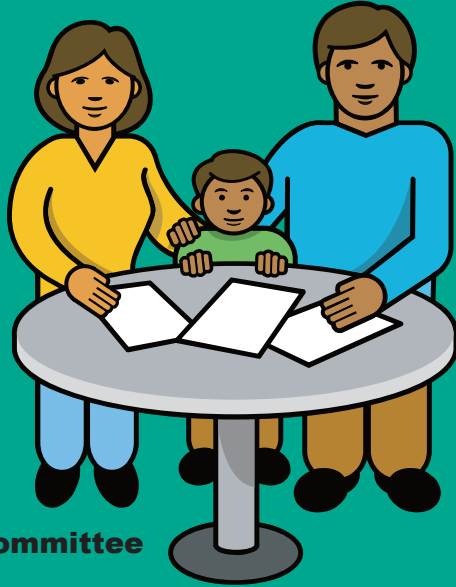


**Review**  
 Every 6 months review your plans and supplies with everyone in your home. Replace expired food, water, and medicine. Update your communication plan.



# Be Prepared. Plan Ahead.

## Emergency Preparedness Begins At Home



Town of Arlington  
 Local Emergency Planning Committee

Town of Arlington  
 Local Emergency Planning Committee  
 730 Massachusetts Avenue  
 Arlington, MA 02476  
[www.arlingtonma.gov](http://www.arlingtonma.gov)



**Family Communication Plan**  
 Complete this list and make copies for each person in your home.

Meeting Places  
 Outside your home: \_\_\_\_\_  
 Outside your neighborhood: \_\_\_\_\_

Out of State contact:  
 Name: \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 Email: \_\_\_\_\_

Family Information:  
 Name: \_\_\_\_\_  
 Cell phone: \_\_\_\_\_  
 Medical information: \_\_\_\_\_

Other Information:  
 Name: \_\_\_\_\_  
 Cell phone: \_\_\_\_\_  
 Medical information: \_\_\_\_\_

Your plan and emergency supplies should meet your family's needs.  
Add to this list as you think of other essential items.

**Food & Water**  
3-day food and water supply



- Bottled Water**
- One 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**

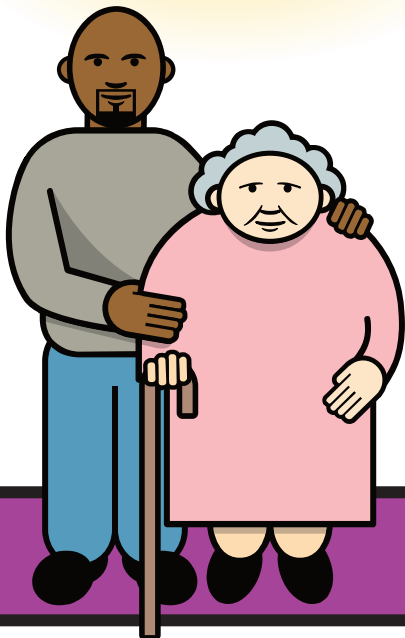
- First Aid Kit**
- Bandages, gauze, rubbing alcohol
  - Medical gloves and tape, scissors
  - Pain reliever
  - Prescription medicine
- Health Products**
- Soap, toilet paper, toothpaste

**Tools & Special Items**  
Remember these important items:

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



Encourage others to plan ahead.  
Remember neighbors who need help.



**Evacuation Kit**  
Pack lightly for 24 to 48 hours.

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



**Family Communication Plan**  
Your family may not be together when an emergency occurs. Plan how you will contact each other.

- Include an out-of-state contact for family members to check in with.
- Complete this list and make copies for each person in your home.



Planning can be a family project. Involve children and discuss why you are planning.

**Arlington Resources**  
[www.arlingtonma.gov](http://www.arlingtonma.gov)

**Public Safety**

Emergency (Police, Fire, Medical) 9-1-1  
Fire (non-emergency) 781-316-3800  
Police (non-emergency) 781-316-3900  
Non-Emergency off-hours line 781-643-1212

**Public Health**

Health and Human Services 781-316-3170  
General Information Hotline 781-316-3413

**Public Schools**

Arlington Public Schools 781-316-3500  
[www.arlington.k12.ma.us](http://www.arlington.k12.ma.us)  
Recorded Information Line 781-316-3510

**Other Town Numbers**

Town of Arlington 781-316-3000  
Town Manager's Office 781-316-3010  
Public Works Department 781-316-3100

*During an emergency, watch and listen to local television and radio stations for information and instructions.*

*Thank you to Watertown Savings Bank and Bowes Realty for contributing financially to the printing of this brochure.*



**Be Prepared.  
Plan Ahead.**

**State & Federal Resources**

**State**  
**Public Safety**  
Executive Office of Public Safety 617-727-7775  
[www.mass.gov/eops](http://www.mass.gov/eops)

Massachusetts Emergency Management Agency  
[www.mass.gov/mema](http://www.mass.gov/mema)

**Public Health**  
Massachusetts Department of Public Health  
[www.mass.gov/dph](http://www.mass.gov/dph)  
Recorded Information Line 866-627-7968

**Federal**  
**Public Safety**  
Federal Emergency Management Agency  
[www.fema.gov](http://www.fema.gov)

Homeland Security  
[www.dhs.gov](http://www.dhs.gov)

**Public Health**  
Centers for Disease Control  
[www.cdc.gov](http://www.cdc.gov)

Environmental Protection Agency  
[www.epa.gov](http://www.epa.gov)

Health & Human Services  
[www.hhs.gov/emergency](http://www.hhs.gov/emergency)

**Preparedness Resources**  
American Red Cross  
[www.redcross.org](http://www.redcross.org)

Medical Reserve Corps  
[www.medicalreservecorps.gov](http://www.medicalreservecorps.gov)

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

Planning For Your Pets  
[www.ready.gov/america/\\_downloads/pets.pdf](http://www.ready.gov/america/_downloads/pets.pdf)

**APC**  
Advanced Practice Center for  
Emergency Preparedness