

# HAVE A PLAN & BUILD TWO EMERGENCY KITS : ONE FOR SHELTER-IN-PLACE & ONE GO-BAG.

Both emergency kits should contain the essential items you would need for at least 3 days. The Shelter-In-Place Kit has the supplies you would need in case you are required to stay in your home during an emergency. You should store it in a dry, stable area in your home. The Go-Bag is a small, easy to carry kit to take with you if you have to evacuate.

## COMMUNICATION PLAN

Your most important safety step. You and your loved ones should have a predetermined emergency plan, so if you can't get in touch with each other, you know what to do.

- Designated Meeting place
- Temporary housing: in neighborhood & out of town
- Phone numbers & Addresses for all involved  
(on paper copies in a waterproof bag)
- One out-of-state contact for all involved to call

## SHELTER-IN-PLACE

### FOOD & WATER

- Water (1 gal. per person per day for 3 days)
- Water purification tablets
- Fill bathtub with water
- Juice boxes, Canned drinks, Adult beverages
- Food: 3 day supply of dry, canned, non-cooking, ready-to-eat meals & manual can opener
- Disposable Cups, plates, utensils, napkins
- Trash bags
- Sterno cans, waterproof matches & lighter
- Grill & camp stove (outdoor only)

### MEDICINE (IN A WATERPROOF BAG)

- Extra medicine & supplies
- Special needs instructions & phone numbers
- Extra eyeglasses

### TWO FIRST AID KITS

- One for emergency use only

### HEALTH & SANITATION

- Soap & hair care products
- Toilet paper, tissues, & paper towels
- Dental hygiene: toothbrush, toothpaste & floss
- Razors
- Personal care items
- Trash bags

### HEAT SOURCE

- If you have a fireplace: Extra logs, kindling
- Waterproof matches
- Generator
- Extra blankets & sleeping bags

### FIRE PREVENTION

- Smoke alarms in each room & extra batteries
- Fire extinguisher on each floor
- Practice your escape plan

### DOCUMENTS (IN A WATERPROOF BAG, CAN BE COPIES)

- Driver's license & Proof of address
- Birth Certificate & Social Security Card
- Passport
- Money: Cash & credit cards
- Bank & insurance information
- Family & doctor's phone numbers (paper copies)
- Medical information
- Inventory of valuable household items
- Extra Keys: car & home

### IMPORTANT ITEMS

- Flash lights, lamps & Glo sticks
- Weather NOAA Radio (Battery-powered)
- Clock or watch (Battery-powered)
- Power: Extra batteries, solar power or crank power
- Battery pack charger
- Cell phone charger: Wall, car & USB
- Find and Mark utility shut-offs with bright paint
- Wrench or pliers to shut off utilities if needed
- Tools & supplies to secure your home
- Duct Tape
- Bleach & Peroxide
- Protective clothing
- Whistle (to call for help)
- Non-Electric entertainment: Cards & board games

### CHILDREN

- Baby food & drink (3 day supply, non-perishable)
- Diapers, wipes & trash bags
- Medication & instructions
- Doctor's telephone number
- Rescue sticker
- Non-electric toys

### SENIORS

- Contact information for your support network
- Special needs instructions
- Back-up medications & instructions

### PETS

- Food, Water (3 day supply) and Bowls
- Manual can opener
- Identify a person to get your pet if you are not home
- Medications
- Emergency contact numbers (vet, shelters, etc.)
- Copies of Vaccinations (ie: rabies)
- Photos of you with your pet (to prove ownership)
- Litter, litter box & trash bags
- Collar with tags, leash, carrying case & toys

## GO-BAG

In case of an evacuation, you will need emergency supplies. Your shelter-in-place kit will be too large to take with you. Make a "Go-Bag," which is a smaller, more mobile emergency kit in a bag that will be easy to carry if you need to leave your home quickly.

### EASY TO CARRY DUFFLE OR BACKPACK

- Money: Cash & credit cards
- Phone numbers & addresses (paper copy)
- Cell phone charger: Wall, car & USB
- Seasonal clothing (cold or warm) with sturdy shoes
- Documentation: Driver's license & passport
- Food & Water
- Medications & personal hygiene items
- First aid kit
- Flashlight & watch (with extra batteries)
- Maps with escape routes from your area marked
- Extra keys

### VEHICLE PREPAREDNESS

- Full tank of gas
- Gas can: Full
- Extra car battery
- Jumper cables
- Tire inflators

## ANNUAL KIT CHECK

Once a year, check to make sure no items in your kit have expired or become damaged (ie, food, water, batteries, medicine, contact information).

## WHY YOU SHOULD PREPARE FOR AN EMERGENCY

The Town of Winthrop has plans in place to protect public health & safety, but taking responsibility for yourself & your family in the first days of an emergency is the duty of every citizen. Being prepared may help save a life.

Winthrop faces risks from a variety of natural & manmade hazards that could result in an emergency or disaster situation. Regardless of the type of emergency, we recommend taking an “all hazards” approach to being prepared, including being informed about potential hazards, creating a communication plan, and making a Shelter-In-Place kit & a Go-Bag.

Planning ahead for an emergency will give you peace of mind & can help keep your family safe. This pamphlet provides basic information regarding emergency preparedness for the citizens of Winthrop. Following these actions and getting involved in your community can be the key to ensuring the safety of you and your family.

## SHELTER-IN-PLACE

Shelter-in-place means making your home a safe haven so that you and your family are secure and self-sufficient during a town-wide emergency when officials or Mother Nature require you to stay in your home. Extreme weather like flooding, the snowstorm of 2013, and police incidents in Watertown in the spring of 2013 are why being prepared for Shelter-In-Place is a necessity.

## THANK YOU FROM ALL OF US AT THE DEPARTMENT OF EMERGENCY MANAGEMENT

for understanding how important emergency preparedness is & for caring enough to take the time to do something about it. This will make us better prepared.

## BE INFORMED

Know what emergencies may occur & stay informed during incidents. Winthrop faces a variety of hazards including flooding, winter storms, power outages, extreme cold & heat. Be aware of severe weather warnings & watches. Information can be obtained from media sources, the National Weather Service, weather radios, etc. Make a list of ways to stay informed during an incident if your power, internet, cable or phone service stops working.

### IMPORTANT INFORMATION SOURCES

- WCAT
- Facebook: Winthrop Fire Department
- Website: [www.winthropma.gov](http://www.winthropma.gov)
- Check for emergency alerts) [www.winthroma.gov](http://www.winthroma.gov)  
(go to Town Departments & click Fire Department)
- NOAA Weather Stations  
Sign up for alerts
- Emergency Operating Center (617-539-5855)
- In an EMERGENCY, dial 911

### STAYING CONNECTED

- Radio with extra batteries OR hand-crank radio
- Cell phone & tablet chargers and extra battery packs

## PERSONALIZED ITEM CHECKLIST

While some items such as water, food, first aid kits, sanitation items & clothing should be in everyone’s kit, it is important to customize the kit for your family’s needs.

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## EMERGENCY MANAGEMENT

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KEEP IN AN EASY TO FIND LOCATION