

Remember:

Check for emergency information on local radio stations, websites and newscasts. Don't call emergency responders unless you have an emergency. Follow directions; be prepared to "shelter in place until conditions change or further notice; avoid using phone lines; and help your neighbors when you can.

For More Information:

Federal Emergency Management Agency

www.fema.gov

U.S. Fire Administration

www.usfa.fema.gov

U.S. Centers for Disease Control

www.cdc.gov

U.S. Department of Homeland Security

www.ready.gov

U.S. Weather Service

www.nws.noaa.gov

U.S. Environmental Protection Agency

www.epa.gov

American Red Cross

www.redcross.org

Institute for Business and Home Safety

www.ibhs.org

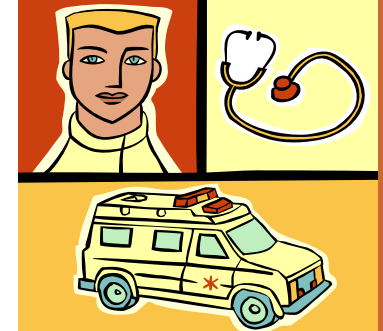
Citizen Corps

www.citizencorps.gov

Southern Berkshire Regional Emergency Planning Committee

c/o Fairview Hospital SBREPC Phone: 413-854-9645
29 Lewis Avenue FAX: 413-528-8615
Great Barrington, MA 01230

Basic Emergency Planning for Families



Southern Berkshire Regional Emergency Planning Committee

THE TOWNS OF:
Alford, Egremont, Monterey, Mt.
Washington, New Marlborough, Otis,
Sandisfield, Sheffield, Stockbridge,
Tyringham, West Stockbridge

Tel: 854-9645—FAX: 528-8615

Basic Emergency Planning for Families

Household Disaster Plan— What to have in your Head.

Exits – Make sure everyone knows multiple, safe ways to exit your building

Meeting Place - Decide where your family will meet near your home in the event you are separated. Have a back up meeting place away from your home. Make sure everyone knows the addresses and telephone numbers of meeting places.

Communications – Make sure everyone knows the phone number of a long distance friend or relative to act as a contact point. Long distance phone lines often work when local lines are busy. Make sure everyone knows how to make contact by email.

Special Needs Planning— Your family may include small children, seniors, a physically or mentally handicapped person, non-English speakers, animals, etc. (Note pets will not be accepted at most shelters. Keep a Pet Go Bag with leashes, immunization records, toys and snacks for your pets with a list of shelters or friends that have agreed to keep pets.)

Emergency Plans – Write down your plans. Include how to turn off your water, gas, furnace, and electricity. (This may require special tools) Make a copy for everyone in your family, including your relatives and friends. Post a copy in your house.

Community Emergency Plans – Ask to see a copy of your schools', workplaces', and community's Emergency Plans. Be familiar with the emergency information procedures.

Go Bag with ID tag – What to have in your Hand.

Important Documents – electronic or paper **copies** in a water tight plastic bag. Include birth and marriage certificates, insurance cards, deeds, photo IDs, titles; valuable items, recent family and pet photos, bank and investment records,

Extra Keys

Money – at least \$50 in small bills along with ATM and credit cards

Bottled water and energy bars for each person

Flashlight, portable radio and extra batteries

Whistle, water proof marker, paper, water-proof matches

“Leatherman” type multi tool (pocket knife may not be allowed in shelters)

Space blanket, 2 garbage bags, plastic drop cloth, strapping or duct tape

Water filter and/or iodine water purification tablets

N95 “dust” type mask, vinyl gloves and hand sanitizer for each person

First Aid Kit (disinfectant, band aids, aspirin, sunscreen, hat, insect repellent, epi pen, etc.)

Sanitary supplies, toothbrushes, toothpaste, tissues

Camp clothing (including sturdy shoes, warm socks and rain gear)

Contact information (family, friends - emergency numbers and emails)

Child Care supplies (toys, diapers, books, music, music player, medicines, etc.)

Pet papers, carriers and supplies (Red Cross Shelters cannot accept pets. Please have alternative plans.)

Items to add as you go out the door:

Cell phone, laptop and chargers or extra battery supplies

Medications, glasses and other current medical supplies

Emergency Supplies – What to have in your Home.

One gallon of drinking water per person per day for three days

Ready-to-eat dry and canned foods for at least a week and a manual can opener.

First Aid Kit, medicines and prescriptions to last at least a week

ABC Fire Extinguishers, smoke detectors

Flashlights, battery operated radios and extra batteries, candles, matches

Plastic sheets, duct tape, matches, candles and other supplies and tools

Personal products like soap, feminine hygiene products, toothbrushes, toothpaste, etc.

Fill your bathtub before the water goes off. Use water from toilet tanks and hot water tanks if needed.

Consider a generator or other emergency power supply (THIS REQUIRES THE HELP OF A PROFESSIONAL)

Consider sources of back-up heat. (WOOD STOVES AND OTHER HEATING APPLIANCES REQUIRE PERMITS.)

Iodine tablets or one quart of unscented bleach and an eyedropper (for disinfecting water if directed to do so by the Health Dept.- 2-4 drops per quart clear water, stir and let stand 30 minutes. Should smell like bleach.)