



EMERGENCY PREPAREDNESS TIPS

1. Plan for all kinds of hazards.

Residents can be affected by a variety of hazards, severe weather, natural disasters, and man-made threats. Learn more about the disasters most likely to affect Massachusetts and your area and how you can prepare.

2. Make a plan.

Make a family emergency plan that indicates what to do and how to stay in contact in case of an emergency. Have an evacuation plan that includes where you will go and what you will bring.

- Consider relocating to family or friend’s residence outside of the potential impacted area.
- Establish a Communications Plan with a family member or friend – for older adults living alone, discuss when/how after the event you will communicate with them to update them on your status.
 - Ask an out-of-state friend or relative to serve as your family’s emergency contact. After a disaster, it is sometimes easier to call long distance to unaffected areas.
 - Provide every family member with the name, address, and phone number of the emergency contact and make sure each family member has a cellphone or a prepaid phone card.
 - Inform your emergency contact of any family member’s special needs or medical issues.
 - List emergency contacts in cellphones as “ICE” (in case of emergency), which will make it easier for emergency management personnel to contact the right person in case of an emergency responder needs to make a call on your behalf.
 - Identify alternate communications methods:
 - Show all family members how to text message, as it may be easier to send a text than make a call during an emergency.
 - Learn how to use social media, which can be an effective tool to let friends and family know your location and status.
- Establish Meeting Locations
 - Select two meeting locations where your family can reunite after an event. Reunification plan.

- Select one close to home/residence.
- Select a second location farther away, in case you are asked to evacuate or can't return to the area

3. Construct a kit

- Include items that your family will need for 3-5 days:
- Bottled water and non- perishable food Flashlights, a radio, and extra batteries
- Prepare for medical needs.
- If you or someone in your family has special medical needs, or equipment, include those in your plan. Talk to your medical provider for advice or additional assistance.
- Prepare for power outages.
- Have a plan for prolonged power outages. bit.ly/Powers-Out
- Prepare your home.
- Take steps to prevent damage caused by wind and flooding. Ensure that your smoke detectors and carbon monoxide detectors work.
- Prepare for pets and service animals.
- Phone chargers First aid kit with medications, spare eyeglasses Specialized medical.
- equipment, if necessary Personal care items.
- Copies of important

Note – Your kit doesn't need to cost a lot of money and you can build it over time.

4. Prepare for medical needs.

If you or someone in your family has special medical needs, or equipment, include those in your plan. Talk to your medical provider for advice or additional assistance.

5. Prepare for power outages.

Have a plan for prolonged power outages.

- Eversource recommends to customers that you contact them to report all outages even if someone else has reported the outage.
- Consider visit to local Personal Care Site for warming or cooling and recharging any electronic equipment. Town will have information on Regional Sheltering if required. Transportation can be provided if needed.

6. Prepare your home.

Take steps to prevent damage caused by wind and flooding. Ensure that your smoke detectors and carbon monoxide detectors work.

7. Sign up to receive local emergency communications:

- Eastham CODE RED: [Click here to sign up](#)
- Eastham Police Facebook: [Click here to sign up](#)
- Town of Eastham News Flash Email: [Click here to sign up](#)

8. Prepare pets and service animals.

Include food, provisions, pet carriers and other things your pet or service animal would need in an evacuation.

- Shelters will accept pets.
- Service animals are always accepted in any facility. Some facilities may require proper paperwork indicating certification of service animal.

Helpful Websites:

[Massachusetts Emergency Management Agency](#)

[Emergency Preparedness Month](#)

[Plan for all kinds of hazards](#)

[Help Making a Family Emergency Plan](#)

[Help Constructing an Emergency Kit](#)

[Prepare for power outages](#)

[Prepare your home](#)

Before, During, & After an Emergency

1. Stay informed.

- Pay attention to any updates on the emergency through communications from emergency officials.
- Subscribe to a local reverse 9-1-1. The Town of Eastham utilizes the CODE RED system.
 - You can register online via the Town of Eastham's Home page.
 - Ensure your smartphone/cell can receive emergency alerts and if you have a land line (home phone) it should also be registered.

2. Be a good neighbor.

Check on people in your neighborhood that may need additional help before, during, and after an emergency.

This is very important for those neighbors that have a generator to consider your neighbor who is less fortunate during outages.

3. Listen to emergency officials.

If you are told to evacuate, do so immediately.

If you have evacuated, only return to your home when local officials say it is safe to do so.

Contact the Eastham Police Department at 508-255-0551 with questions or dial 9-1-1 for emergencies

4. Keep a record of any property damage.

If your home or property is damaged during an emergency, take photos or videos to document the damage; this can help with insurance and the recovery process.