

# EMERGENCY SUPPLY KIT

Every family should have an emergency supply kit ready to grab and go in the event of a disaster —such as a hurricane or flu pandemic—and every family member should know where the kit is located. The kit should be stored in a cool dry place. Water and food supplies should be replaced every 6 months to ensure freshness. Remember to review the kit annually and account for any changes in family needs. You will need to pack some essentials whether seeking shelter elsewhere or for evacuation. Plan on enough supplies for every family member. **Prepare for at least 14 days.**

**Bring the following list with you to the store and pick up a few items each time you go grocery shopping:**

**WATER** - 1 gallon per person per day. (2 quarts for drinking/2 quarts for food prep and sanitation).

**NON-PERISHABLE FOOD**-ready to eat canned meats, fruits & vegetables, canned milk, juices and soup. 2-week supply per person in household.

**HIGH ENERGY FOODS** - peanut butter, jelly, trail mix, granola bars, dried fruits.

**SPECIAL NEEDS FOODS** –baby foods & pet foods, specialty foods for elderly or family member with allergies, if required.

**UTENSILS**– manual can opener, disposable silverware, cups & plates (to avoid needing wash water).

**COOKING AIDS**– sterno, camp stove or charcoal or gas grill for outside use only.

**BATTERY OPERATED RADIO** –with extra batteries.

**FLASHLIGHTS**- with extra batteries.

**SIGNAL FLARE AND WHISTLE**

**UTILITY KNIFE**

**PLIERS**

**DUCT TAPE**

**MATCHES**-in water-proof bag

**SHUT-OFF WRENCH** (to turn off household gas and water)

**SANITARY ITEMS**– toilet paper, moist towelettes, instant hand sanitizer, feminine products, bucket with tight fitting lid.

**CLOTHING/BLANKETS**– blankets, pillows, sleeping bags, sturdy shoes, wet and cold weather outerwear (rain gear, hats, gloves)

**FIRST AID KIT**– Sterile adhesive bandages in assorted sizes, 2 and 4 inch sterile gauze pads (4-6 each) ,hypo-allergenic adhesive tape, scissors, tweezers, needle, antiseptic, thermometer, safety pins, latex gloves, bug repellent, sun screen.

**PLASTIC GARBAGE BAGS**– with ties

**PRESCRIPTION/NON-PRESCRIPTION DRUGS**– aspirin, non-aspirin pain reliever, anti-diarrhea medication, antacid, laxative.

**\*\*\*Every 6 months remember to change your stored water and rotate your stored food supply to ensure freshness\*\*\***

## TOWN OF FALMOUTH

Emergency Operating Center

**508-495-2602**

Falmouth Fire Rescue

Non-Emergency Line

**508-548-2325**

Emergency Line

**911**

Falmouth Police Department

Non-Emergency Line

**508-457-2526**

Emergency Line

**911**



## LOCAL EMERGENCY PREPAREDNESS COMMITTEE



**A C T I V E - I N F O R M E D -  
P R E P A R E D**

# A MESSAGE FROM YOUR LOCAL EMERGENCY PLANNING COMMITTEE (LEPC)

## WHO ARE WE AND WHAT DO WE DO?

The Town of Falmouth Local Emergency Planning Committee (LEPC) is comprised of Town Department Heads, members of the local police and fire rescue

departments, representatives from local institutions (Falmouth Hospital, MBL, WHOI ), administrators from elderly/assisted living facilities and volunteers from local organizations (CERT, FARA).

The LEPC has taken significant steps to prepare for and respond to natural disasters, accidental disasters, threats and/or acts of terrorism. Our purpose includes, but is not limited to, coordinating emergency preparedness training, providing education and outreach activities

within our community and increasing local emergency response capabilities.

We work closely with state and federal agencies to provide Town personnel and LEPC members with the special-

ized training and equipment needed to respond to potential incidents.

We are fortunate to maintain a dedicated membership from a broad spectrum of the community. Our monthly meetings are held in the Emergency Operations Center (EOC), which is outfitted with up-to-date communications and digital equipment. The EOC is located on the 2nd floor of Falmouth Fire Rescue Headquarters, 399 Main Street. Monthly meetings, held on the 4th Thursday of every month at 2 PM, include frequent table top exercises designed to test our real-time responses to mock scenarios: such natural and accidental disasters

as hurricanes, blizzards and gas leaks, and also pandemic and bioterrorism threats. These exercises enable the committee to develop and integrate innovative and effective response plans and procedures for potential disasters in an effort to increase safety and preparedness throughout our community. The public is always welcome to attend our meetings.

## HOW CAN WE ASSIST YOU?



One of our main goals is to ensure that our community is well informed and properly prepared, particularly where evacuation or sheltering-in-place is required. The following information is very useful:

### **MAKE A PLAN FOR WHAT YOU WILL DO IN THE EVENT OF AN EMERGENCY**

- **Develop a Family Communication Plan.** *Your plan should include how family members will keep in contact if separated by a disaster. Select a meeting place close to your home and one not in that immediate area in the event that you can not return to your home.*
- **Create a Plan to Shelter-In-Place.** *Creating a barrier between yourself and potentially contaminated air outside—sheltering-in-place—can be a matter of survival. When evacuation is advised there are circumstances when staying in place is recommended in lieu of municipal shelters - if the shelter-in-place location is in a viable and safe area.*
- **Create a Plan to Get Away.** *Plan in advance how you will assemble your family and anticipate where you will go. Choose several destinations in different directions so you have options. If you have a car, keep a full tank of gas in it at all times. If you don't have a car, plan how you will leave if required. Become familiar with alternate routes and other means of transportation.*

- **Assemble an Emergency Supply Kit.** *Use the list included in this brochure as a guide. Keep the kit stocked and rotate supplies that can become outdated. Take this kit with you if you evacuate.*
- **Know Emergency Plans at School and Work.** *Talk to your children's schools and your employer about emergency plans. Find out how they communicate with families during an emergency.*
- **Talk to your neighbors about how you can work together.** *During an emergency check on your neighbors at least once a day if sheltering-in-place. A community working together during an emergency makes sense.*

## HOW CAN YOU ASSIST US?

### **Be Informed About What Might Happen.**

Some of the things you can do to prepare for the unexpected, such as assembling a supply kit and developing a family communication plan, are the same for both a natural or man-made emergency. However, there are significant differences among potential terrorist threats, such as biological, chemical, explosive, nuclear and radiological, which will impact the decisions you make and the actions you take. By learning about these specific threats, you are preparing yourself to react in an emergency. Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. With these simple preparations, you can be ready for the unexpected. **Get ready now.**

### YOU CAN...

- **Volunteer. Volunteer. Volunteer.** *Get Involved in Preparing Your Community.*
- **Contact CERT and find out how you can volunteer in your community.** *Contact Citizens Corp Director David Vieira @ 508-563-4320.*

