



THE COMMONWEALTH OF MASSACHUSETTS  
EXECUTIVE OFFICE OF PUBLIC SAFETY & SECURITY



MASSACHUSETTS EMERGENCY MANAGEMENT AGENCY

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**SEPTEMBER IS NATIONAL PREPAREDNESS MONTH**

*MEMA and Walmart Are Teaming Up to Help You Be Prepared*

When severe weather strikes or an emergency occurs, will you be ready?

The key is preparation, and the Massachusetts Emergency Management Agency (MEMA) and Walmart stores throughout the state are encouraging every family to take these four key steps:

- 1. Put Together an Emergency Kit**
- 2. Be Informed**
- 3. Make A Plan**
- 4. Get Involved**

Throughout September, which is National Preparedness Month, special displays will be located in Massachusetts Walmart stores with MEMA information and selected emergency kit items.

MEMA recommends including the following items in a **Basic Emergency Supply Kit**:

- Water (one gallon of water per person per day for at least three days)
- First aid kit
- Whistle (to signal for help)
- Wrench or pliers to turn off utilities
- Dust mask (to help filter contaminated air) and Plastic sheeting and duct tape to shelter-in-place
- Cell phone with chargers
- Food (at least a three-day supply of non-perishable food)
- Battery-powered radio
- Flashlight and extra batteries
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Manual can opener (if kit includes canned food)
- Local maps

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***Additional Items to Consider Adding to an Emergency Supply Kit:***

- Prescription medications and glasses
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov).
- Complete change of clothing, including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper or plastic plates and utensils
- Infant formula and diapers
- Pet food and extra water for your pet
- Emergency contact list for family and close friends (names, addresses, phone numbers, email addresses)
- Cash or traveler's checks and change
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper (When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners)
- Books, games, puzzles & other activities for children
- Paper and pencils

MEMA also encourages every family to **stay informed, make a plan** and **get involved**.

- Be aware of severe weather warnings and watches. Information can be obtained from media sources, the National Weather Service, and weather radios.
- Sign up for your community's emergency alerting system to get local information.
- 2-1-1 is a telephone call center that can provide information on emergency resources.
- Makes plans of what you would do if asked to shelter in place or asked to evacuate. Plan where you might go, how you will get there, and what you will bring.
- Plan for the needs of all family members such as seniors, children, those with disabilities & pets.
- Consider volunteering with emergency preparedness and response. See [www.CitizensCorps.gov](http://www.CitizensCorps.gov) and [www.MassVOAD.org](http://www.MassVOAD.org) for opportunities.
- For more info go to: [www.Mass.gov/MEMA](http://www.Mass.gov/MEMA) or [www.ready.gov](http://www.ready.gov)

For a calendar of preparedness events in Massachusetts during September, go to [www.ready.gov/get-involved](http://www.ready.gov/get-involved) and click on "National Preparedness Month" campaign.

Also, follow MEMA updates on *Facebook* and *Twitter*.