

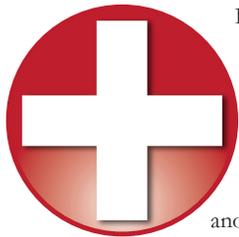


Belmont Health Department

The mission of the Belmont Health Department is to provide a safe and healthy environment for the residents and visitors to Belmont.

This is the 10th year that the Belmont Health Department has compiled an update that focuses on emergency planning for Belmont residents. These updates serve as a reminder to the community to eliminate rodents, avoid ticks and mosquitoes, and make personal and family plans for water, food, shelter and communications in the event of an emergency.

Basic Emergency Preparedness 101



It is important to make sure that the entire family is prepared and informed in the event of a disaster or emergency. You may not always be together in such a situation and should have plans for making sure you are able to contact and find one another.

- Discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play.
- Identify responsibilities for each member of your household and plan to work together as a team.
- Choose a place to meet right outside your home in case of a sudden emergency, such as a fire.
- Decide where you would go and what route you would take to get there if you have to evacuate.
- Designate an out-of-area emergency contact person. It may be easier to text or call long distance if local phone lines are overloaded or out of service.
- Make emergency contact information cards for everyone in the household to carry at all times. The Red Cross has a helpful template that can be found at http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240194_ECCard.pdf.
- Practice evacuating your home twice a year. This will be especially important for children.

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Don't Forget Emergency Supplies

Being prepared means having the proper supplies you may need in the event of an emergency or disaster. Keep your supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate. Your kit should include the following (3-day supply for evacuation, 2-week supply for home):

- Water—one gallon per person, per day
- Food—non-perishable, easy-to-prepare items (don't forget the manual can opener)
- Flashlight
- Battery-powered or hand-crank radio
- Extra batteries
- First aid kit
- Medication and medical information (see below)
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area

Additional helpful information can be found on the Red Cross website: <http://www.redcross.org/prepare/location/home-family>.

Emergency Preparedness And Basic Health Needs

In the event of an incident that disrupts normal daily functioning, it is of paramount importance that your health and medical needs are met without interruption. This is especially important for those residents with functional or mobility concerns, chronic health issues, those requiring electric or battery-powered medical devices, medicines that require refrigeration, or those who require daily care procedures. A good place to start is to make a list of contact information for all your healthcare providers and your pharmacy, a printed list of medications and their dosages, copies of your health insurance cards, and any healthcare proxy or living will documents. Be sure to have 5-7 days' worth of necessary medication on hand, as well as supplies such as extra batteries for hearing aids, or other medical devices. If you use oxygen, nebulizer treatments or an electric wheelchair, contact your healthcare supply company about what to do in case of loss of power.

Besides stockpiling prescription and over the counter medication, extra medical supplies, and appropriate batteries for any medical devices, it is important to create and stay in contact with a network of neighbors, friends, relatives who may be able to aid you in an emergency. Let them know about your health needs and ensure that your network of friends

know how to operate any necessary equipment. Label equipment with simple instruction cards so that others can help in the event you are unable to operate the equipment. The more your "support network" knows about your health needs, the better they can help you out during an emergency. Don't forget these important items if you have to leave your house during an extended emergency:

- 5-7 days worth of medications
- Extra medical supplies (diabetic testing supplies, hearing aid batteries, additional oxygen)
- Contact information for healthcare providers, pharmacy, medical supply company
- Copies of health insurance cards, Healthcare Proxy and Living Will documents
- Contact information for friends, relatives and neighbors who could help during an emergency
- First Aid Kit

Don't Forget Your Pets

The Massachusetts Emergency Management Agency (MEMA) reminds us that pets are important members of many households, and like people, are affected by disasters. Pet owners should include their animals in their emergency planning before a disaster threatens. Preparedness steps for animals include: assembling an animal emergency supply kit and developing a pet care buddy system. These basic principles of preparedness will be useful for many types of emergencies.

Every disaster is different. Depending on the situation, you may be advised to "shelter-in-place" or you may be asked to evacuate your home. In either case, you will need to make plans in advance for both your family and your pets. If you evacuate your home, take your pets with you!

If you are going to a public shelter, it is important to understand that in some cases, pets may not be allowed inside. It is a good thing for you to plan in advance for shelter alternatives in case your shelter can not accommodate you and your pets. Consider staying with loved ones or friends outside of your immediate area who would be willing to host you and your pets in an emergency.

Prepare your pets for an emergency by following these tips:

- While service animals are allowed inside human public shelters, many shelters do not accept pets. Because pets may not be allowed at many human public shelters, it is critical that as part of your emergency plan you plan in advance for what you will do with your pet if you need to leave your home. Know the locations of pet-friendly hotels, motels, both inside and outside your local area. Ask if "no pet" policies can be waived in an emergency.
- Prepare a list of boarding facilities and veterinarians who could shelter animals in an emergency. Be sure to include 24-hour phone numbers.

- Consult with the Belmont animal control officer at 617-993-2724 about possible temporary shelter facilities that may be set up in Belmont.
- Make a back-up emergency plan in case you can't care for your animals yourself. Develop a buddy system with neighbors, friends and relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so.
- As part of your emergency kit, prepare an emergency kit for your pets, too. Include:
 - Collars, leashes, harnesses, and/or carriers to transport and house your pets.
 - Medications and medical records (stored in a waterproof container).
 - Food (at least a 48-hour supply), drinkable water, bowls and manual can opener.
 - Current photos of your pets in case they get lost.
 - Information on medical conditions and the name and number of your veterinarian in case you are separated.
 - Pet bed or toys if easily transportable.
- Make sure your pets wear collars with current license and rabies tags, and if possible, attach the address and/or telephone number of your evacuation site.
- If your pet has a microchip, be sure that the information is updated to reflect your current information.

*For more information,
feel free to contact the Belmont Animal Control
Officer at 617-993-2724, or visit the MEMA website:
<http://www.mass.gov/eopss/agencies/mema/>*