

Emergency Supply Kit

Keep the following items together in one location in your place of residence.

- Water: one gallon per person per day
- Food: at least a three-day supply of non-perishable food
- Battery-powered radio and extra batteries
- Lightweight manual wheelchair
- Extra batteries and charger for motorized wheelchairs and other assistive or medical devices
- Flashlight and extra batteries
- Hearing aids and hearing aid batteries
- First aid kit
- Extra oxygen, insulin, and other medical supplies
- Whistle, to signal for help
- Emergency supplies for service animals
- Manual can opener for food
- Laminated personal communication board, if you might need assistance with being understood or understanding others
- Moist towelettes for sanitation
- Wrench or pliers to turn off utilities
- Prescription medications
- Medical and assistive technologies
- Infant formula and diapers for children
- Important family documents
- Cash or traveler's checks and change
- Sleeping bag or warm blanket for each person

Be prepared on the go! Consider taking these supplies with you in your bag or car.

- Flashlight
- Extra cellphone and assistive device charger
- Solar charger
- Snacks and water
- Small first-aid kit
- Emergency contact card
- Extra pair of glasses
- Medical alert bracelet
- Written list of important phone numbers (in case cellphone is without power)
- Backup medication, prescription information
- Service animal ID tag
- Extra blanket, coats

In case your cell phone is not charged, write a list the names and phone numbers of your doctor, pharmacy, the vet or kennel of your service animal, and an emergency contact. Also include your medical and homeowner's insurance carriers and policy numbers. Keep these numbers in a safe place.



SIGN UP TO RECEIVE UMASS BOSTON ALERT SYSTEM MESSAGES ON YOUR CELL PHONE:

Visit www.getrave.com/login/umb and enter your cell phone number in the UMass Boston Alert System.

OFFICE OF DIVERSITY AND INCLUSION

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A copy of this publication is available in alternative format upon request. Please go to www.ada.umb.edu.

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My Personal Emergency Plan

OFFICE OF DIVERSITY AND INCLUSION

OFFICE OF EMERGENCY MANAGEMENT AND BUSINESS CONTINUITY

In the event of an emergency, do you know what to do? Do you have enough emergency supplies on hand? Will you have access to any needed medical or assistive equipment? If you are evacuated, do you have a place to stay? How will you connect with your friends and family? It's important to ask questions like these before the emergency happens.

My Personal Emergency Plan will help you do just that. Use this guide and resources available at the websites listed below to help you create your own customized personal preparedness guide for on-campus and off-campus emergencies. Developed from materials from www.fema.gov, www.ready.gov, and www.redcross.org, the information in this guide is organized in three basic steps.

3 STEPS TO PREPARE

STEP 1. GET EDUCATED!

Find general information about these topics relevant to UMass Boston emergency preparedness:

UMass Boston Alert System, emergency management, campus evacuation, and emergency operations plans
Emergency Management and Business Continuity
www.umb.edu/preparedness

Lab safety, building evacuation, and fire safety information

Environmental Health and Safety
www.umb.edu/administration_finance/contracts_compliance/ehs

General health, wellness, and pandemic flu preparedness

University Health Services
www.umb.edu/healthservices

Safety tips, annual security report, and crime reporting

UMass Boston Police
www.umb.edu/public_safety

Disabilities and emergency preparedness

UMass Boston Office of Diversity and Inclusion/
ADA Compliance
www.umb.edu/odi/ada
If you have specific questions relating to your disability, please call 617.287.4818.

For individuals with access or functional needs, these websites provide additional information:
www.ready.gov/individuals-access-functional-needs
www.fema.gov/office-disability-integration-coordination/office-disability-integration-coordination/office-1-1

Specific Emergencies

Don't wait for disaster to happen before you become educated about these risks:

- › Active Shooter
www.dhs.gov/active-shooter-preparedness
- › Bomb Threat
emilms.fema.gov/is906/assets/ocso-bomb_threat_samepage-brochure.pdf
www.dhs.gov/ensuring-building-security#4
- › Earthquake
www.fema.gov/earthquake-publications
- › Fire
<https://www.usfa.fema.gov/prevention>
www.cityofboston.gov/fire/
- › Flu
www.flu.gov
<http://www.bphc.org/whatwedo/infectious-diseases>
- › Hurricane
www.nhc.noaa.gov/prepare
- › Tornado
www.ready.gov/tornadoes
- › Tsunami
www.ready.gov/tsunamis
- › Winter Storm
www.ready.gov/winter-weather

Additional information to build your knowledge of specific threats is available at www.ready.gov and www.umb.edu/preparedness.

To view a PDF of this publication with clickable links, visit umb.edu/preparedness.

STEP 2. GET NOTIFIED!

Sign up to receive UMass Boston Alert System messages on your cell phone:

Visit www.getrave.com/login/umb and enter your cell phone number in the UMass Boston Alert System.

It's the best way to be informed about on-campus emergencies. This system sends alert messages via text, voice, email, social media, digital signage, PC popup (where available), and loudspeaker.

Sign up for alerts issued by others, including:

- › City of Boston Alerts
www.cityofboston.gov/oem/alertboston.asp
- › National Weather Service Alerts
www.weather.gov/subscribe
- › USGS Earthquake Alerts
<https://sslearthquake.usgs.gov/ens/>

Use Twitter to connect with:

UMass Boston @UMassBoston
Boston Police @Boston_Police
Boston Fire @BostonFire
Boston Public Health @HealthyBoston
State Police @MassStatePolice
CDC @CDCgov, @CDCFlu, @CDCemergency
MEMA @MassEMA
FEMA @fema
Red Cross @RedCross, and others.

STEP 3. GET READY!

Take action—get a flu shot, prepare a list of important phone numbers, write down insurance information. Think about what to do in different emergencies. Arrange for a place to stay. Ask friends or neighbors whether they can assist you. Act now, before the emergency happens.

If you may require additional assistance, be sure to identify your needs ahead of time and communicate them to others. You should be able to tell emergency personnel if you have a disability, use a mobility aide, or service animal, or whether you have allergies, phobias, or a language barrier. Know the names of all your medications. Create a wallet size card to provide to first responders in the event of an emergency.

Collect supplies and critical information so that you will be prepared if disaster strikes.