



# City of Methuen, Massachusetts

Mayor's Office  
978-983-8505

Health Dept.  
978-983-8655

Police Dept.  
(978) 983-8698

## Emergency Preparedness Begins at Home

Planning ahead for an emergency will give you peace of mind and can keep your family and friends safe. Methuen officials are preparing for a range of possible emergencies, from hurricanes, blizzards and floods to a flu pandemic and acts of terrorism. You should have your family prepared. Here are some simple steps you can take to prepare and a checklist for you to have on hand.

- ✓ **Family Communication Plan** - Know how your family will contact each other and where you will meet. If an emergency or disaster strikes while you and your family members are at work, school or away from home, you should know who to call (*a friend or family member outside of the area*) and where to meet if the area where you live in is evacuated.
- ✓ **Food & Water** - Have a 3-day supply (*minimum*) of non-perishable food and water for each person in your home. Remember individual diet needs and plan for your pets.

### Bottled Water / Dry & Canned Foods

- |  |   |
|--|---|
| <input type="checkbox"/> 1 gallon, per person, per day<br>( <i>Keep in a cool, dry place</i> ) | <input type="checkbox"/> Juice boxes, canned milk                 |
| <input type="checkbox"/> Water Purification Tablets ( <i>Halazone</i> )                        | <input type="checkbox"/> Dried fruit, nuts, crackers, cereal bars |
| <input type="checkbox"/> Canned fruits, vegetables & meats                                     | <input type="checkbox"/> Baby food, formula, diapers, wipes       |
| <input type="checkbox"/> Manual can opener   | <input type="checkbox"/> Pet food/supplies                        |
|  | <input type="checkbox"/> Canned Heat ( <i>Sternos</i> )           |
- ✓ **First Aid, Tools & Specialty Items** - Have a first aid kit with a manual, health products, specialty items and prescription medicine in case of an emergency.

### First Aid Kit, and other important items you should remember:

- |  |  |
|--|--|
| <input type="checkbox"/> Bandages, gauze, rubbing alcohol                        | <input type="checkbox"/> Flashlight with extra batteries   |
| <input type="checkbox"/> Medical gloves and tape, scissors                       | <input type="checkbox"/> Battery-powered radio with extra batteries                                    |
| <input type="checkbox"/> Pain reliever   | <input type="checkbox"/> Cash, Important documents such as birth certificates and bank account numbers |
| <input type="checkbox"/> Health Products, contact lens solution                  | <input type="checkbox"/> Matches, Lighters   |
| <input type="checkbox"/> Soap, toilet paper, toiletries, toothpaste              | <input type="checkbox"/> Duct tape   |
| <input type="checkbox"/> Hand Sanitizer  | <input type="checkbox"/> Whistle   |
| <input type="checkbox"/> Bleach  |  |
| <input type="checkbox"/> Portable camping stove or outdoor grill with extra fuel |  |
- ✓ **Evacuation Kit** - Have supplies ready in your car or in a backpack in case you must leave home immediately. Pack lightly and include basic supplies for 24 to 48 hours.

<input type="checkbox"/> A change of clothing	<input type="checkbox"/> Bottled water and cereal bars
<input type="checkbox"/> First aid supplies	<input type="checkbox"/> Prescription medicine ( <i>Two week supply</i> )
  - ✓ **Review** - Every 6 months review your plans and supplies with everyone in your home. Replace expired food, water, and medicine. Update your communication plan. ♦

# Do you need additional help in an emergency?

In order for the City of Methuen to plan for an emergency we need to know about residents who may require more help during or after an emergency such as a flood, evacuation or flu pandemic. Please take a moment to read through the questions below and see if any of them apply to you or a member of your household.

- Do you or a member of your household have physical handicaps or mobility problems that would interfere with evacuating your home or going to an Emergency Services Facility?
- Do you or a member of your household take medication for diabetes?
- Do you or a member of your household depend on dialysis?
- Do you or a member of your household have a chronic medical condition that requires medication?
- If you or a member of your household ran out of that medication, would the results be terminal?
- Do you or a member of your household have compromised immune systems?
- Do you or a member of your household require supplemental oxygen?
- Do you or a member of your household have severe hearing or vision problems?

**If you answered yes to any of these questions we would like to hear from you.** Please call the Methuen Health Department at 978-983-8655 and leave a clear message with your name and phone number and a member of the staff will call you back for more information. You may also log on to the City of Methuen website, [www.ci.methuen.ma.us](http://www.ci.methuen.ma.us) and click on the link "Special Assistance Registration Form" and fill out the form or go to the Methuen Senior Center where forms will be available for residents to fill out. All information will be kept confidential and will only be used by City officials and emergency personnel in an emergency to better assist you in any way necessary.

For additional emergency planning information you should go to the City of Methuen Health Department and the Department of Emergency Management web sites or any of the following websites:

[www.cdc.gov](http://www.cdc.gov) \* [www.fema.gov](http://www.fema.gov) \* [www.mass.gov/dph](http://www.mass.gov/dph) \* [www.mass.gov/mema](http://www.mass.gov/mema) \* [www.redcross.org](http://www.redcross.org)