



# KNOW PLAN PREPARE

## September is National Emergency Preparedness Month

Emergency Preparedness Month provides an opportunity to raise awareness for the important work being done to ensure our communities are safe, healthy and ready for emergencies. The Massachusetts Department of Public Health (DPH) Office of Preparedness and Emergency Management is sponsoring a statewide campaign to encourage Massachusetts residents, families and communities to make plans and prepare for public health and medical emergencies, threats, and disasters.

Sign up for Sudbury's Emergency Notification. It is a free service that allows individuals to sign up for notifications sent from local authorities. These alerts keep residents informed on potentially hazardous situations involving weather, traffic and other emergencies.

Sudbury residents can sign up at <https://sudbury.ma.us/r911> to receive timely and actionable emergency alerts via email, text or voice message. Residents can also identify when and how they are alerted and communicated with before, during, and after emergencies.

Sudbury residents can also download the **Smart911** app to sign up for emergency notifications and receive key information needed in an emergency. The Smart911 app provides enhanced functionality by sending targeted alerts based on the user's location. Smart911 app users will receive the highest priority National Weather Service alerts including tornado warnings, flash flood warnings, and severe thunderstorm warnings based on their real-time location. Download the Smart911 App on the Apple Store or Google Play or by texting "Smart911" to 67283.

The Sudbury Health Department will be distributing **Emergency Preparedness bags** that you can fill with supplies and an **Emergency Preparedness Plan** to customize for your own use <https://www.mass.gov/files/documents/2016/07/nl/know-plan-prepare-checklist-fillable.pdf>

### Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days for drinking and sanitation
- Food, at least a three-day supply of non-perishable food

- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

The Sudbury Health Department will be distributing Preparedness Bags at the following Community Events:

Doing Good Fair at The Goodnow Library Saturday, September 21<sup>st</sup> 11am-2pm

Meadow Walk Fall Fest, 534 Boston Post rd., Saturday, September 28<sup>th</sup> 12pm-4pm

Fire Prevention Day Sudbury Fire Department 77 Hudson rd. October 5<sup>th</sup> 11am-2pm

For more information: <https://www.mass.gov/be-prepared-for-emergencies>,  
<https://www.mass.gov/orgs/massachusetts-emergency-management-agency>