

Marblehead Police Department

Chief Dennis King

11 Gerry St.

Marblehead, MA 01945



FOR IMMEDIATE RELEASE

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Media Contact: Jordan Mayblum

Phone: 617-993-0003

Email: jordan@jgpr.net

Marblehead Police Department Shares Tips for Residents During Emergency Preparedness Month

MARBLEHEAD — In recognition of National Preparedness Month -- observed each September to raise awareness of the importance of preparing for disasters

and emergencies -- Chief Dennis King and the Marblehead Police Department would like to share guidance and tips to protect yourself and your family.

The theme of National Preparedness Month in 2021 is "Prepare to Protect. Preparing for disasters is protecting everyone you love."

Disasters disrupt thousands of lives every year, and during some disasters first responders may not be able to reach everyone immediately. How far you go to prepare is largely up to you, with quick and easy steps described below, and detailed guides available for those who want to take their preparations farther.

Gov. Charlie Baker declared September Emergency Preparedness Month, and residents are urged to utilize [resources from the Massachusetts Emergency Management Agency](#) to ensure they are ready.

Make a Plan:

Disasters are often unexpected, so prepare a plan in advance.

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Gather phone numbers, emails and any other contact information for each family member, and distribute a hard copy to everyone

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Plan in advance to have two meeting locations, one close to home and one out town in case meeting close to home is impossible

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Establish a centralized, out-of-town contact in case contacting someone local is difficult

FEMA provides information on signing up for basic alerts at:

<https://www.ready.gov/alerts>, and state-level information can be found here:

<https://www.mass.gov/info-details/be-informed-and-receive-emergency-alerts>.

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Learn evacuation procedures and routes for your area. FEMA provides basic advice on evacuation here, <https://www.ready.gov/evacuation>

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[Download the FEMA app](#) for info on shelter locations and other information during emergencies. (<https://www.fema.gov/about/news-multimedia/mobile-app-text-messages>)

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Familiarize yourself with emergency plans at work and/or school, and ensure your children are familiar with plans at their schools.

For more detailed information on how to prepare a plan, visit:

<https://www.ready.gov/plan>.

Build a Kit:

An emergency kit should contain food, water and supplies to get your family through several days. A typical emergency kit should include:

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Water: One gallon per person per day for at least three days, plus water purification tablets

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Food: At least a three-day supply of non-perishable foods that do not need cooking (ready-to-eat canned meats, fruits, vegetables, or juices, protein or granola bars, cereal, peanut butter, dried fruit, nuts, crackers, baby food, comfort foods)

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Tools and Supplies: Manual can opener, Radio (battery-powered or hand crank), flashlight or lantern, extra batteries, cell phone with charger, wrench, pliers, and other basic tools, first aid kit

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Personal Items: Prescription medications (two-week supply), personal hygiene items, eyeglasses, contact lenses, dentures, extra batteries or supplies for medical equipment, change of clothes, sturdy shoes,

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Pets: Collar, leash, harness, crate, food, bowls, current photo, license and med information

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Documents: Insurance policies, bank account records, identification cards (IDs), medical information, and other copies of important documents. For more information on what documents you may need, visit:

https://www.fema.gov/sites/default/files/documents/fema_effak-toolkit.pdf

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Money: Extra cash and traveler's checks (ATMs may not work during a power outage)

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Other Items: First-aid kit, emergency whistle, waterproof matches/lighter, local area maps, diapers, wipes, formula, and baby food and supplies (if needed), dust masks, whistle, plastic sheeting and duct tape, paper and pencil, sleeping bag, warm blanket for each person, plates, towels and utensils

For detailed suggestions on what to include, visit: <https://www.ready.gov/kit>.

For suggestions on making an emergency kit for your vehicle, visit:

<https://www.nsc.org/home-safety/safety-topics/emergency-preparedness/car-kit>

Go Over Your Plan:

Disasters can be chaotic, so it is important to check your emergency kit in advance and ensure your family knows and practices emergency procedures at home, work and school.

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Know your risks; Study common hazards in your area and prepare for how you may respond to them. For detailed recommendations on how to prepare for specific threats such as river flooding, coastal storms, or blizzards, visit:

<https://www.ready.gov/be-informed#>.

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Assign at least one family member to learn first aid and CPR

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Know how to shut off utilities at your home

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Go over your plans, review documents, and practice applicable parts of the plan with your children

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Plan for special needs of those who are part of a vulnerable population, such as those with disabilities, people who live in institutionalized settings, the elderly, children, those from other cultures or those with limited English proficiency/non-English speakers, people who are transportation-disadvantaged

For more information on preparing for emergencies, visit [FEMA's website](#) designed to guide your process, or [MEMA's website](#). The [National Safety Council](#) and [Consumer Finance Protection Bureau](#) also provide guides.

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John Guilfoil Public Relations LLC
8 Prospect St.
Georgetown, MA 01833
617-993-0003