

Norfolk County 7

Public Health Coalition

Dedicated to preparing the communities of Canton, Dedham, Milton, Needham, Norwood, Wellesley and Westwood, Massachusetts

Plan



You can do this!

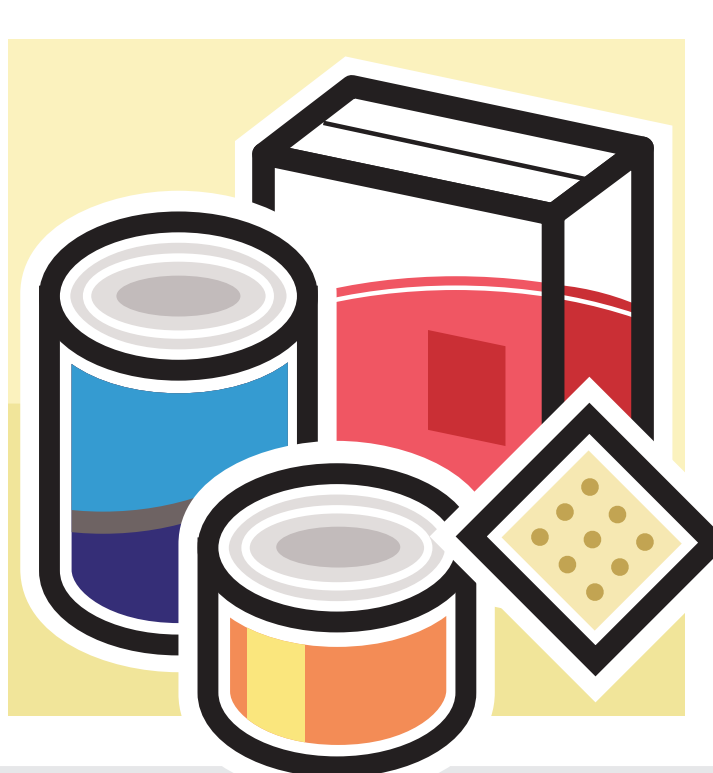
Collect these nine essential items to help you shelter-in-place in the event of an emergency.

1 Water



One gallon per person, per day for three days.

2 Food



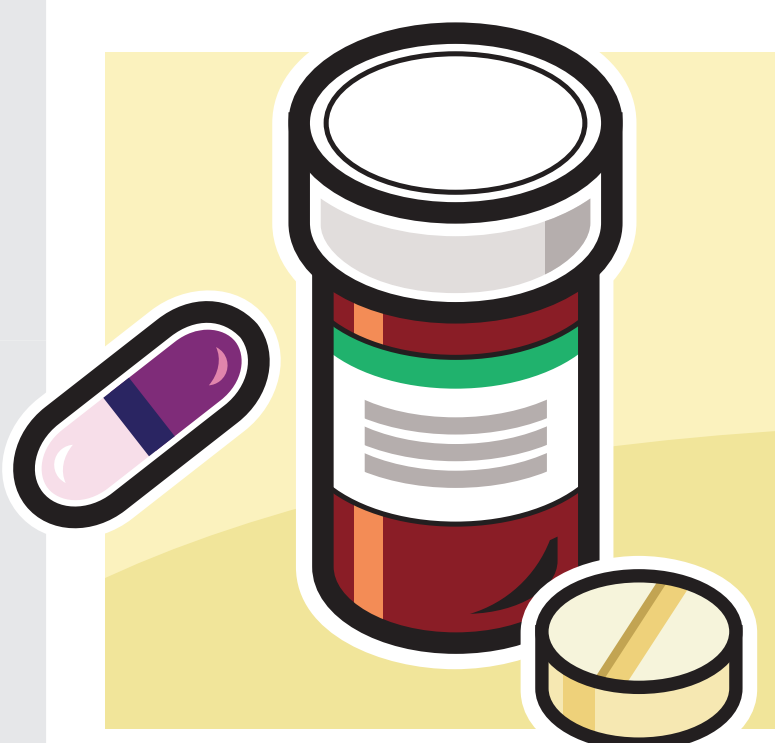
Non-perishables such as canned or packaged food.

3 Clothes



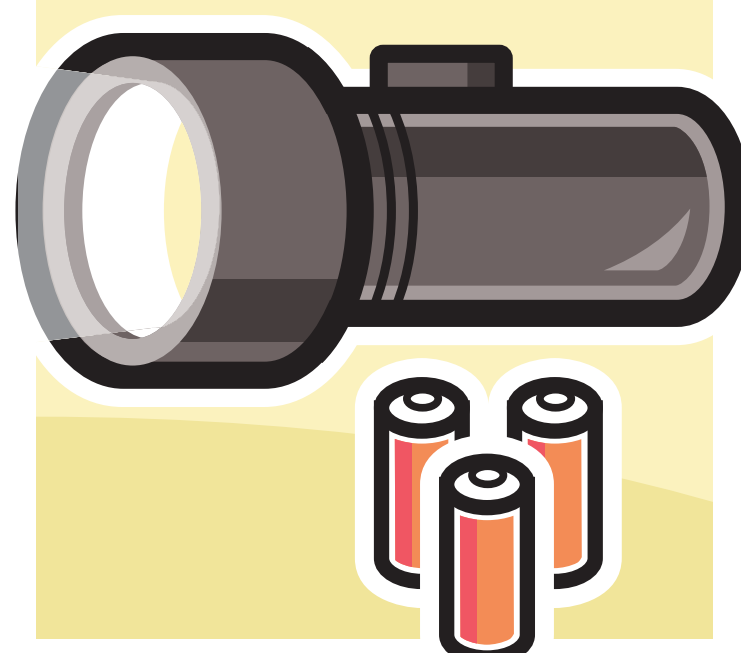
One change of clothes and footwear per person.

4 Medications



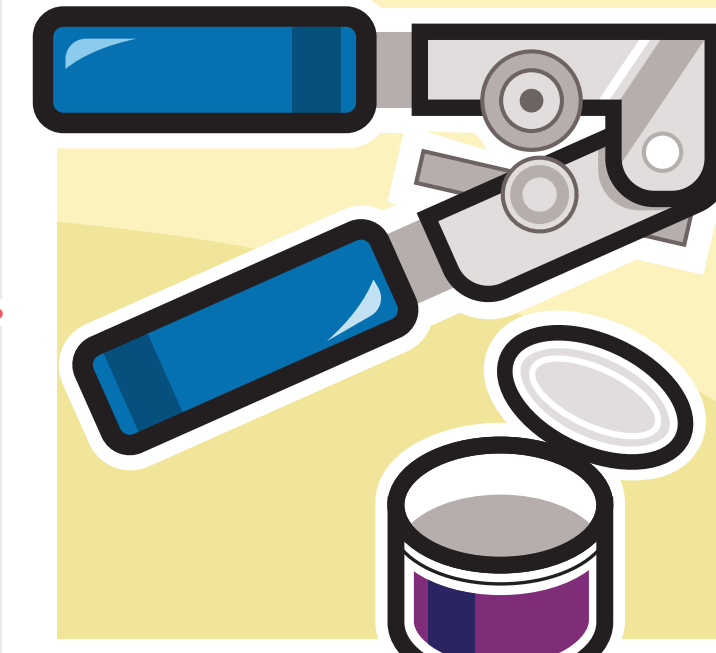
Three days' worth of prescription medications.

5 Flashlight



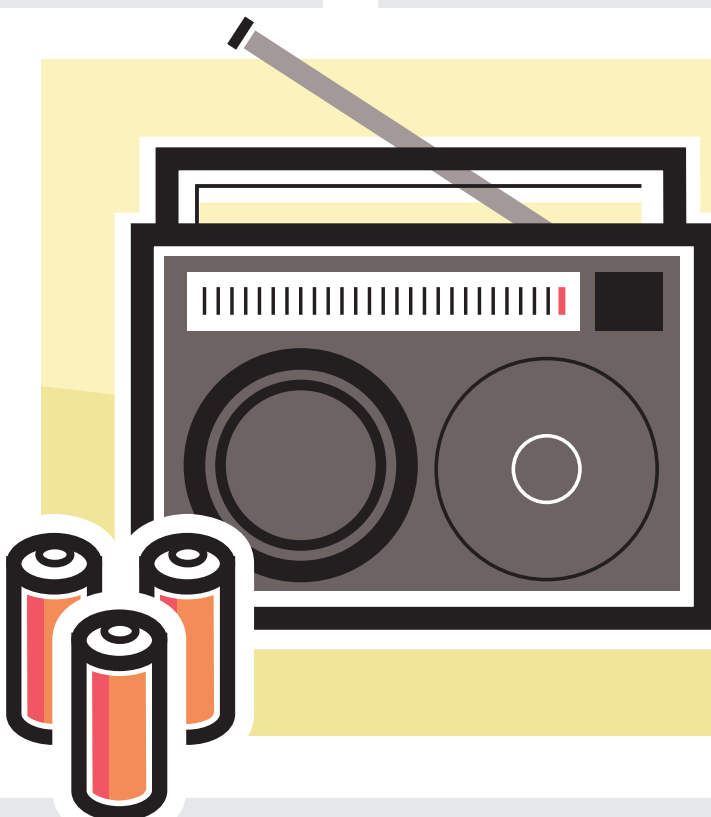
A bright flashlight and extra batteries.

6 Can Opener



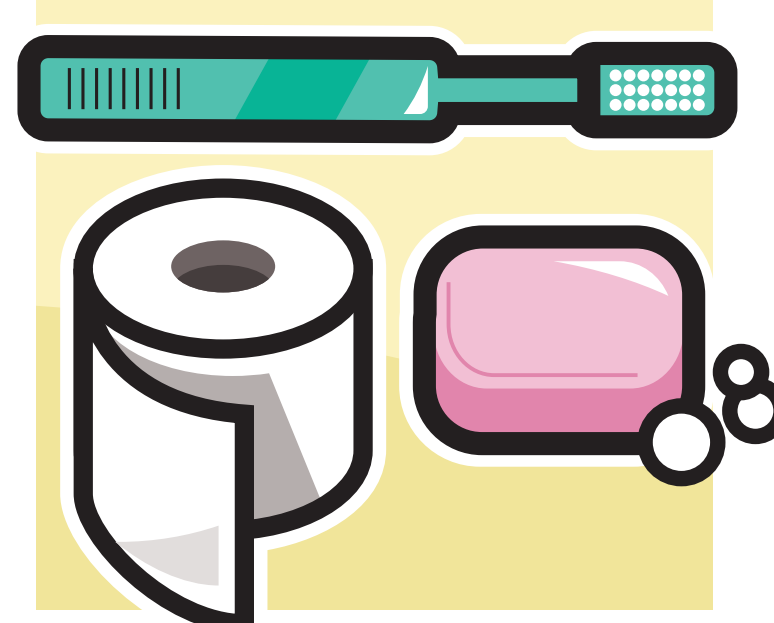
Manual can opener in case there's no electric power.

7 Radio



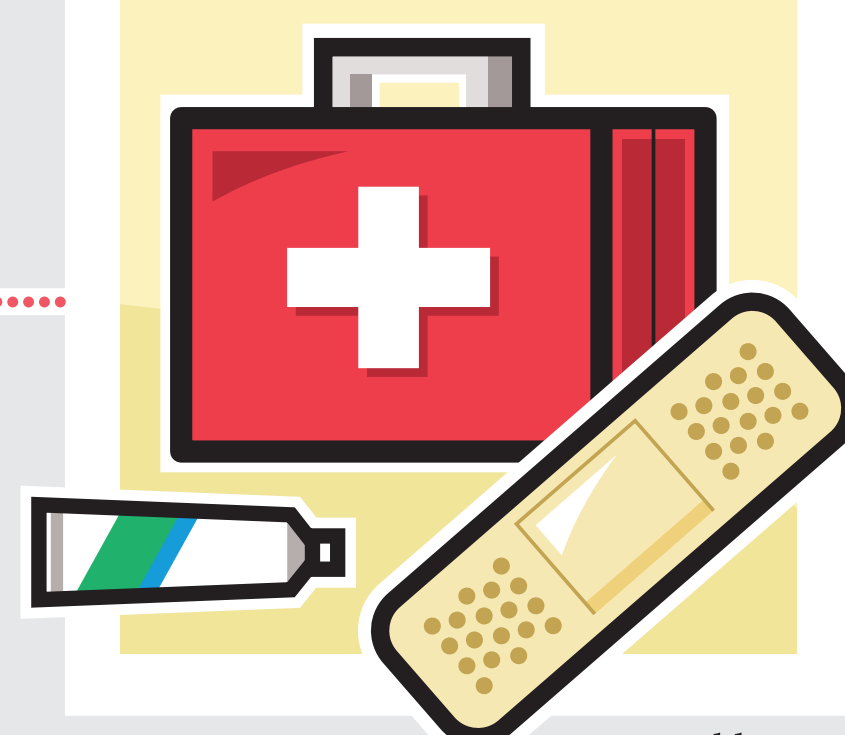
Battery-powered radio and extra batteries.

8 Hygiene Items



Basics like soap, toilet paper and a toothbrush.

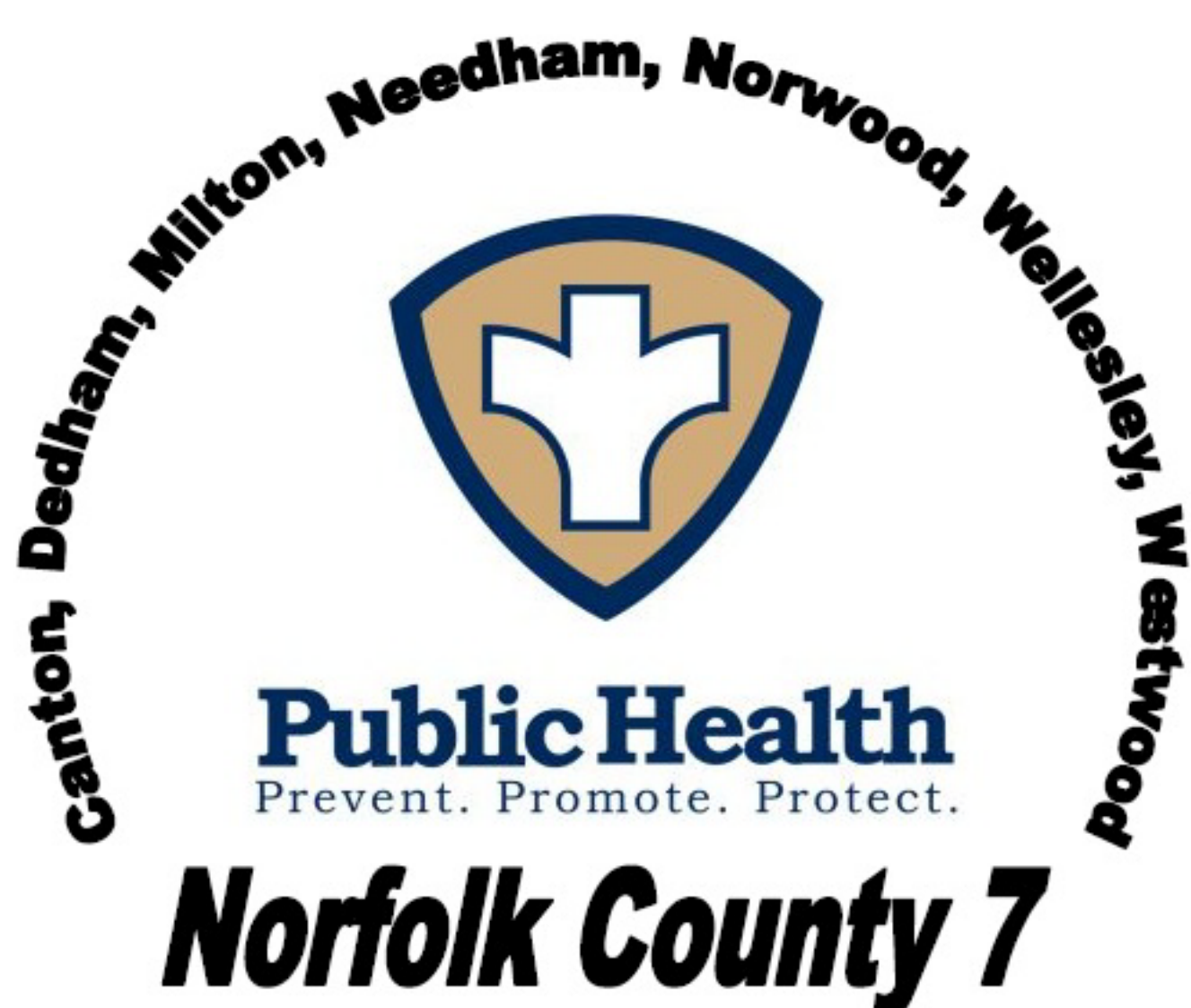
9 First Aid



Basics like antiseptic, bandages, and non-prescription medicines.

Start here

Done!



For more information about emergency preparedness and how you can be ready, contact your local health department or visit the sites below:

American Red Cross	redcross.org
Centers for Disease Control	cdc.gov
Disaster Help	disasterhelp.gov
Federal Emergency Management Agency	fema.gov
U.S. Department of Homeland Security	ready.gov

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