

Basic Emergency Supply Kit

- Bottled Water
- Canned or Packaged Food
- Manual Can Opener
- Battery-Powered Radio
- Flashlight
- Emergency Light Sticks
- Extra Batteries for Radio and Flashlight
- First Aid Kit
- Toiletries
 - Toothbrush and Toothpaste
 - Shampoo
 - Soap
 - Comb/Brush
- Emergency Blanket
- Safety Whistle (to attract attention)
- Dust Mask and Surgical Gloves
- Hand Sanitizer

Don't Forget:

- Prescription Medications
- Eyeglasses/Contacts
- Keys
- Photo Identification
- Wallet/Purse
- Money/Credit Cards
- Cell-phone and Charger

For more information on emergency preparedness:

Boston College Resources:

BC Office of Emergency Management:
www.bc.edu/emergency

BC Office of Residential Life
www.bc.edu/reslife

BC Office of the Dean of Students
www.bc.edu/dos

BC Police Department
www.bc.edu/bcpd

BC Office of Community Affairs
www.bc.edu/comaf

Other Preparedness Resources:

Federal Emergency Management Agency
www.ready.gov

Massachusetts Emergency Management Agency
www.mass.gov/mema

City of Boston Office of Emergency Management
www.cityofboston.gov/OEM/

City of Newton Emergency Preparedness
www.newtonma.gov/gov/health/emerg/default.asp

Town of Brookline Emergency Management
www.brooklinema.gov/emergencymanagement

Massachusetts 2-1-1
www.mass211.org

American Red Cross
www.redcross.org

Boston College Office of Emergency Management

www.bc.edu/emergency



Emergency Preparedness for Students Living Off-Campus

Emergencies of all types can affect the services that are available in the community. Proper preparation will assist in keeping you safe and comfortable in the event that an emergency results in the disturbance of everyday conveniences such as electricity and running water. Living off-campus requires extra effort on the student's part to be prepared in case of an emergency that affects the local area.

Personal preparedness is a crucial piece of keeping the community and all of its members safe. Each person should:

- Be aware of the types of emergencies that can impact our area and know how to get more information in case of emergency.
- Have a personal plan for evacuation, shelter in place, and communication with family and friends.
- Have a basic kit of supplies to help you manage during the early stages of an emergency.

Emergency Preparedness for Students Living Off-Campus

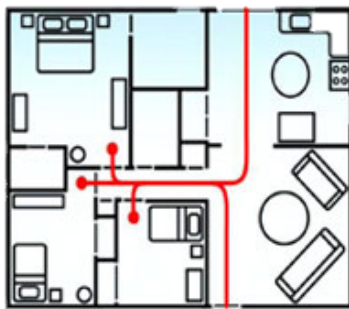
Emergency Supplies

It is important to keep a kit of basic supplies at your home/residence, workplace, and even in your car in order to keep yourself safe and comfortable during the early stages of an emergency. Consult the list of basic emergency supplies in this pamphlet.

Your emergency supply kit should be tailored to your unique situation. You should consider how different types of emergencies may impact you and prepare appropriately. You should store your emergency supplies together so that you can take them with you if you need to evacuate your residence. Consult the list in this document for a more complete list of suggested emergency supplies.

The Federal Emergency Management Agency (FEMA) recommends preparing to go without electricity and running water for at least three days. This means that you should store food that does not require refrigeration or heat to cook, and at least three gallons of bottled water per person.

Keep in mind that you should not use grills, gas stoves, or generators in your home during a power outage due to the risk of carbon monoxide poisoning.



Emergency Plan

It is important that you consider what your actions will be in case of emergency. You must be prepared to evacuate your residence or shelter in place if necessary, and you must know how to contact your family and friends in case of emergency.

Evacuation

Make sure that you know at least two ways out of rooms and buildings that you frequently occupy. Arrange two locations to meet with your family, friends, or roommates after evacuating, one close to the building, and one far away in case the first location is not safe.

Shelter in Place

There are certain types of emergencies where people should remain indoors to protect themselves from a hazard outside. If directed to do so, remain indoors. Close and lock doors and windows, and move as far away from exterior doors and windows as possible. Remain indoors until an official tells you that it is safe to leave.

Family Communication Plan

Designate a single family contact outside of your area. Be sure that family, friends and/or roommates know who this person is and how to contact them. Notify family and friends if you are affected by an emergency. If you can't reach them, notify your family emergency contact. If your phone calls will not go through, consider sending text messages because they can sometimes be sent even when phone calls cannot go through. Social media can be a valuable tool for communication during an emergency.

Emergency Information

Some emergencies, like hurricanes, can come with forewarning, and others, like earthquakes can come without warning. An emergency may be regional and have effects across the area, or they can be local, affecting only your residence or neighborhood. For these reasons, it is important to monitor different sources so that you can get timely and accurate information in an emergency.

Boston College Alerts

Boston College uses several different methods of providing emergency notification to students and staff. These methods include:

- Emails to bc.edu email accounts
- Text message alerts to cell-phones (be sure to log on to the BC Portal at <https://portal.bc.edu> now to update your contact information)
- Postings on the BC Emergency Website at www.bc.edu/emergency
- Postings on the BC Emergency Facebook Page at www.facebook.com/bcemergency and Twitter Page at www.twitter.com/BC_OEM

Local Government Alerts

Some cities and towns have their own emergency alerting systems and sources of official information.

- Alert Boston sends emergency alerts via text message, email, and phone. Sign up at www.cityofboston.gov/oem/alertboston.asp
- Emergency information is posted and updated on the Massachusetts Emergency Management Agency (MEMA) website at www.mass.gov/mema
- Consider downloading the Ping4alerts free mobile app for your smartphone. MEMA uses this app to send out location-specific alerts during an emergency.

**BE SURE TO NOTIFY OTHERS IF YOU RECEIVE
AN EMERGENCY ALERT**