

## Resources

More information on disaster planning at home and at college, as well as other related topics can be found online at:

Center for Health & Hygiene in the Home and Community

[www.simmons.edu/hygieneandhealth](http://www.simmons.edu/hygieneandhealth)

Look for our brochures on:

- Disaster Planning for Households
- Plan B Disaster Brochure

Centers for Disease Control

[www.bt.cdc.gov/](http://www.bt.cdc.gov/)

[www.bt.cdc.gov/disasters/](http://www.bt.cdc.gov/disasters/)

United States Department of Labor:  
Occupational Safety & Health  
Administration

[www.osha.gov/SLTC/](http://www.osha.gov/SLTC/)

[emergencypreparedness/index.html](http://www.osha.gov/SLTC/emergencypreparedness/index.html)

Federal Emergency Management  
Agency

[www.ready.gov/basic-disaster-supplies-kit](http://www.ready.gov/basic-disaster-supplies-kit)

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### *Center for Health & Hygiene in Home & Community*

The Center for Health and Hygiene in Home and Community serves as a national and international resource for information and education, applied research, professional training and conferences. The Center focuses on issues relating to hygiene and infection control in areas such as:

- consumer food safety
- home hygiene
- daycare
- preschool
- homecare
- sports and leisure activity
- travel and hospitality

Simmons College  
300 The Fenway  
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[www.simmons.edu/hygieneandhealth](http://www.simmons.edu/hygieneandhealth)

### *Center for Health & Hygiene in Home & Community*

#### **Simmons College Emergency Planning Guide:**

Emergency Contacts &  
Preparedness Steps

**Medical Emergencies**  
911

**Simmons Police**  
Emergencies: 617 521 1111

Non-Emergencies: 617  
521 1112

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## Ways to Find Out About Emergencies at Simmons College

- emergency.simmons.edu
- www.wbz.com
- Local radio stations
- www.redcross.gov
- 72hours.org
- www.fema.gov

## Emergency Notification System



**SIMMONS**

Simmons College will also update its students and staff via voicemails, e-mails, and text messages in the event of an emergency or

campus-wide event. Plan ahead! Keep your contact information up to date on AARC with these simple steps:

1. Log in to Simmons Connection (<https://connection.simmons.edu>).
2. Click on AARC on menu bar to display AARC main menu.
3. Click either student/employee and then manage contact/emergency information.
4. Click confirm/update Simmons Alert Emergency Contact Information.
5. Update your emergency phone numbers and e-mail information.
6. Click “check to confirm that your emergency information is correct.”
7. Click “submit” to confirm your update.

## Disaster Supplies Kit

The following is a general list of suggested items to have in case of an emergency. Specific supply needs will depend on your emergency and the severity of the event.



- ⇒ Bottled Water
- ⇒ Canned or Packaged Foods
- ⇒ Extra Clothing, including a hat & sturdy shoes
- ⇒ Blanket
- ⇒ First Aid Kit
- ⇒ Your Medications
- ⇒ Sanitation & Hygiene Items
- ⇒ Flashlight with Extra Batteries
- ⇒ Radio—battery-powered or hand-crank
- ⇒ Multi-purpose Tool
- ⇒ Cell Phone, Cell Phone Chargers
- ⇒ Extra Cash
- ⇒ Maps of the Area
- ⇒ Car & Home Keys
- ⇒ Personal Documents and Identification (passport, ID, etc.)



## In Case of Fire

- Do NOT fight the fire.
- Evacuate the building.
- Activate the fire alarm system by using an emergency pull station.
- Do NOT use elevators.
- Help others to evacuate.

## In Case of Dangerous Weather

**WATCH:** Conditions conducive for dangerous weather; watch sky and be prepared if dangerous weather does occur (i.e. tornado watch, flash flood watch).

**WARNING:** Dangerous weather is threatening the area and may already be occurring (i.e. winter storm warning).



**EVACUATE:** Removal of self from a dangerous location (dorm room, office building, area of campus) that can pose a life-threatening hazard.

**SHELTER IN PLACE:** Stay or go indoors due to life-threatening hazards outdoors. Lock doors, windows, and shut off ventilation systems (ex: air conditioners, fans).

## Making Your Own Plan

- Know two ways to exit all rooms.
- Know evacuation routes.
- Have a pre-determined meeting place for family & friends.
- Have an emergency communication plan established with family & friends.
- If you have pets, develop an emergency supply kit with pets needs and locate a pet emergency shelter. Only service animals are allowed in human emergency shelters.