Emergency Kits
Consider making two kits to have available in easy-to-get-to spots. Each kit should contain items for your personal and household needs.

1) HOME KIT: This kit can be in any size container because it will be used at your own home.

2) READY-TO-GO KIT: This is a small kit you can keep in your car or at work and should be mobile. The kit should be in an easy-to-carry container with strong straps like a backpack. Keep a three-day supply of food, water and medications.

Your Basic Emergency Kit Should Include:
- Two-week supply of water in sealed unbreakable containers, for drinking and sanitation
- Two-week supply of food that doesn’t need refrigeration
- Manual can opener, and basic eating utensils
- First-aid kit
- Change of clothes including long sleeved shirt, long pants and sturdy shoes.
- Toiletries and hand sanitizer
- Cash in small bills
- Emergency blanket
- Charged cell phone that includes In Case of Emergency (I.C.E.) numbers
- Copies of important documents (medical records, insurance information, birth certificate etc.)
- Family emergency plan (see back page)
- Whistle to signal for help
- Radio (battery powered, solar, or hand-crank)
- Trash bags, duct tape, sheets of plastic, disposable gloves, and face masks
- Flashlights with extra batteries stored separately
- Family photos

Consider special kit needs for:
- Infants: Powdered formula and baby food, diapers
- Children: Toys and books
- Seniors: Spare glasses, hearing aids and hearing aid batteries, medication
- Pets: Medication, muzzle, collars and leash, pet waste bags, food

Important Resources

Get Prepared!
- Sign up for AC Alert at acgov.org/emergencysite
- Download AC Prepared App
- Download OSHA Heat Safety App
- The app has real-time heat index and hourly forecasts, specific to your location, as well as occupational safety and health recommendations from OSHA and NIOSH.

More Resources:
- Alameda County Information & Resources Eden i&G edenr.org…………………………………………………………...2-1-1
- Alameda County Sheriff, Emergency Preparedness acgov.org/emergencysite
- American Red Cross redcross.org…………………………..(800) 733-2767
- California Poison Control Center calpoison.org……..(800) 876-4766
- Center for Disease Control and Prevention (CDC) Extreme Heat cdc.gov/disasters/extreme/heat
- Cooling Our Communities Project in Ashland and Cherrylund: coolingourcommunities.com/heat
- PG&E Public Safety Power Shutoff (PSPS) Resources…(800) 743-5000

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This pocket guide can help you prepare for an emergency or if you have a life-threatening emergency.

Call 9-1-1 if you have a life-threatening emergency.

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HOSPITALS:

Alameda County Information & Resources Eden i&G edenr.org…………………………………………………………...2-1-1
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- PG&E Public Safety Power Shutoff (PSPS) Resources…(800) 743-5000

For real-time PSPS Updates, pge.com/spsuupdates
- Reduce your energy bill through the medical baseline program for certain qualifying medical conditions, pge.com/medicalbaseline

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Health Events & Preparedness A-Z

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**Heat Waves And Health**

The changing climate will make extreme heat waves more common in Alameda County. High temperatures can feel even hotter when living in an urban environment.

Heat waves can be dangerous. A very high body temperature can affect the brain and other vital organs. Some health conditions (like dehydration, obesity and heart disease) can make it harder for the body to stay cool in hot weather.

**In the event of a heat wave:**

- **Stay hydrated, don't wait until you're thirsty.** Avoid drinking alcohol, caffeine and sugary drinks.
- **Avoid strenuous activities** and limit time exposed to the sun. Wear sunscreen if you must go outdoors.
- **Never leave infants, children or pets in the car.**
- **Use the Buddy system,** check on the health of your family or friends especially, if they are children, elderly, physically or mentally challenged.
- **Wear light colored, lightweight, loose fitting clothing and open-toed shoes.**
- **Shower or bathe in cold water frequently and cool off with a fan.**
- **Keep your home cool.** Close your curtains and avoid cooking especially during the hottest part of the day. Sleep cool at night.

For more tips on Preventing Heat-Related Illness, please go to [cdc.gov/disasters/extremeheat](http://cdc.gov/disasters/extremeheat)

**Cooling Strategies – Preventing Heat-Related Illness**

**Pay Extra Attention To Vulnerable Groups**

- Infants and children
- Seniors
- People with disabilities
- Homeless or unsheltered
- People living alone
- Pets

**Recognize The Signs Of Heat Illness – What To Look For**

- **HEAT EXHAUSTION**
  - Heat exhaustion is less intense than heat stroke, but is still a serious health threat.
  - Headache
  - Dizziness
  - Heavy sweating
  - Cool, pale, clammy skin
  - Nausea or vomiting
  - Fast, weak pulse
  - Muscle cramps
  - Loss of consciousness
  - Tiredness or weakness

- **HEAT STROKE**
  - Heat stroke is a serious and potentially life threatening condition.
  - Headache
  - Dizziness
  - Confusion
  - No sweating
  - High body temperature
  - Red, hot, dry or damp skin
  - Nausea
  - Fast, strong pulse
  - Loss of consciousness

**Treatment – What To Do**

- **HEAT EXHAUSTION**
  - Move to a cooler place
  - Hydrate, sip water
  - Rest and cool down
  - Consider calling 911 if symptoms worsen or last longer than 1 hour

- **HEAT STROKE**
  - Call 911 immediately
  - Do not drink anything
  - Move to a cooler place

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**Family Emergency Plan**

- **My Local Cooling Center:**
- **My Emergency Meeting Place:**
  - Neighborhood:
  - Out-of-Neighborhood:
- **If there is a heat wave, I would call to check on:**
  - Name:
  - Phone:
  - Name:
  - Phone:
  - Name:
  - Phone:
  - Name:
  - Phone:
- **If I have an Emergency, I would call:**
  - Name:
  - Phone:
  - Name:
  - Phone:
  - Name:
  - Phone:
- **My Out-of-town Contact**
  - Name:
  - Phone:
  - Name:
  - Phone:
- **My Out-of-state Contact**
  - Name:
  - Phone:
- **Other Information/ Medications / Phone Numbers**