



# Emergency Medical Care



## HOSPITALS:

(  denotes trauma center)

**Alameda Health Systems  
Highland Hospital**   
1411 E. 31 Street  
Oakland, CA 94602  
(510) 437-4800

**San Leandro Hospital**  
13855 East 14th Street  
San Leandro, CA 94578  
(510) 357-6500


**Alameda Hospital**  
2070 Clinton Ave.  
Alameda, CA 94501  
(510) 522-3700

**St. Rose Hospital**  
27200 Calaroga Ave  
Hayward, CA 94538  
(510) 264-4000


**Alta Bates  
Summit Medical Center**  
350 Hawthorne Street  
Oakland, CA 94609  
(510) 655-4000

**Stanford Health Care  
Valley Care Medical Center**  
5555 W. Los Positas Blvd.  
Pleasanton, CA 94588  
(925) 847-3000

**Alta Bates  
Summit Medical Center**  
2540 Ashby Ave  
Berkeley, CA 94705  
(510) 204-4444

**Sutter Health  
Eden Medical Center**   
20103 Lake Chabot Road  
Castro Valley, CA 94546  
(510) 537-1234

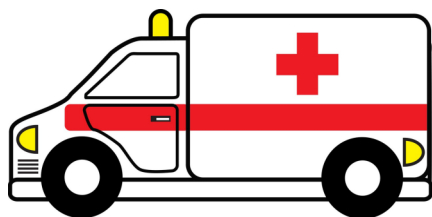
**Kaiser Permanente  
Fremont**  
39400 Paseo Padre Pkwy.  
Fremont, CA 94538  
(510) 248-3000

**UCSF Benioff  
Children's Hospital  
Oakland**   
747 52nd Street  
Oakland, CA 94609  
(510) 428-3000

**Kaiser Permanente  
Oakland**  
3600 Broadway  
Oakland, CA 94611  
(510) 752-1000

**Washington Hospital**  
2000 Mowry Ave.  
Fremont, CA 94538  
(510) 797-1111

**Kaiser Permanente  
San Leandro**  
2500 Merced Street  
San Leandro, CA 94577  
(510) 454-1000



## Emergency Kits

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





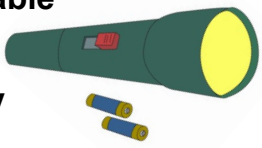
- 1) **HOME KIT:** This kit can be in any size container because it will be used at your own home.
- 2) **READY-TO-GO KIT:** This is a small kit you can keep in your car or at work and should be mobile. The kit should be in an easy-to-carry container with strong straps like a backpack. Keep a three-day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

### 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



### 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
- ☐ Two-week supply of prescription medicines and treatment information
- ☐ 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



## Important Resources



**KCBS 740 AM / 106.9 FM  
KGO 810 AM**

**KPFA 94.1 FM  
KALW 91.7 FM**

### Local Radio Stations:

### Get Prepared!

- ☐ Sign up for **AC Alert** at [acgov.org/emergencysite](http://acgov.org/emergencysite)



You can choose to receive emergency notifications on your home or cell phone number by call or text.



- ☐ Download **AC Prepared App**

The app will help you prepare and plan for how to respond to a disaster.

- ☐ 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**

[edenir.org](http://edenir.org).....2-1-1  
or text 898211 Monday to Friday 9am to 4pm

**Alameda County Public Health Department: Heat and Health**  
[acphd.org/phep/heat-and-health.aspx](http://acphd.org/phep/heat-and-health.aspx)

**Alameda County Sheriff, Emergency Preparedness**  
[acgov.org/emergencysite](http://acgov.org/emergencysite)

**American Red Cross** [redcross.org](http://redcross.org).....(800) 733-2767

**California Poison Control Center** [calpoison.org](http://calpoison.org).....(800) 876-4766

**Center for Disease Control and Prevention (CDC) Extreme Heat**  
[cdc.gov/disasters/extremeheat](http://cdc.gov/disasters/extremeheat)

**Cooling Our Communities Project in Ashland and Cherryland:**  
[coolingourcommunities.com/heat](http://coolingourcommunities.com/heat)

**Department of Homeland Security, Emergency Preparedness**  
[ready.gov](http://ready.gov)

**PG&E Public Safety Power Shutoff (PSPS) Resources**....(800) 743-5000  
For real-time PSPS Updates, [pge.com/pspsupdates](http://pge.com/pspsupdates)  
Reduce your energy bill through the medical baseline program for certain qualifying medical conditions, [pge.com/medicalbaseline](http://pge.com/medicalbaseline)

Alameda County  
Public Health  
Department



Emergency  
Preparedness &  
Heat Events

The Pocket Guide to

Sponsored by  
The Public Health  
Systems  
Preparedness and  
Response

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

This pocket guide can  
help you prepare for an  
emergency or during an  
extreme heat event.

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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.

Include this Pocket Guide and Emergency Plan in your **KIT**

### 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: \_\_\_\_\_

If I have an Emergency, I would call:  
Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

My Out-of-town Contact  
Name: \_\_\_\_\_

Phone: \_\_\_\_\_

My Out-of-state Contact:  
Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Other Information/ Medications / Phone Numbers

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Cooling Strategies — Preventing Heat-Related Illness

### In the event of a heat wave:



**Stay hydrated, don't wait until you're thirsty.** Avoid drinking alcohol, caffeine and sugary drinks.

**Stay cool indoors** or find a **Cooling Center** in your community.

A cooling center is a public location that is air-conditioned. It is a temporary space that will be open during heat waves. For a list of Cooling Centers in Alameda County, call 2-1-1 or go to [acphd.org/phep/heat-and-health.aspx](http://acphd.org/phep/heat-and-health.aspx)



**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)

## 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