



When the Shaking Starts:

- **INDOORS** - **DROP, COVER, and HOLD ON.** Stay indoors until the shaking stops
- **OUTDOORS** - Stay clear of buildings, trees, power lines or anything else that could fall on you and drop to the ground
- **IN A CAR** - Slow down, drive to a clear space and stop. Avoid parking under bridges or overpasses; stay clear of trees, light posts, and power lines.

DROP, COVER, AND HOLD ON

- **DROP** under something strong and stable like a desk, table, or other furniture
- **COVER** your head and neck
- **HOLD ON** to your shelter with one hand, if possible, so it does not fall over and leave you unprotected

**IF YOU CANNOT DROP,
COVER YOUR HEAD AND NECK.**

After the Shaking Stops:

- Get to a safe place outdoors if the place you're in is in danger of collapsing
- Provide first aid for anyone injured and seek medical attention for anyone seriously injured
- Assume there will be aftershocks - secure anything heavy that could fall and eliminate fire hazards
- Listen to the radio for additional instructions
- If you smell gas or think gas is leaking, AND if you are familiar with how to turn off your gas, AND if you are instructed to do so by the radio, shut off your gas - **but know that ONLY a professional can turn it back on.**

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, 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:** Favorite toy; photo of family and pets;
- **Seniors:** Spare glasses, hearing aids and hearing aid batteries
- **Pets:** Medications for your pets; muzzle, collars and leash; pet waste bags; food



YOUR BASIC EMERGENCY KIT SHOULD INCLUDE:



- A two-week supply of water in sealed unbreakable containers
- A two-week supply of food that doesn't need refrigeration
- A manual can opener, and basic eating utensils



- A first-aid kit
- Toiletries and hand sanitizer



- A two-week supply of prescription medicines and treatment information



- Extra cash, small bills

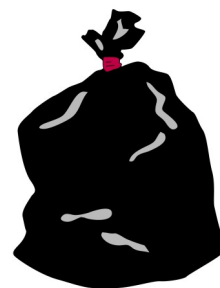
- A change of clothes

- Emergency blanket



- Copies of important documents (medical records, insurance information, birth certificate etc.)

- Trash bags, duct tape, sheets of plastic, disposable gloves, and face masks



How to Get Information in an Emergency



Local radio, television stations, cable television, wireless providers will provide information in the event of an emergency.

In some emergencies, the Emergency Alert System may be activated. It will provide information on whether it is safer to **EVACUATE** your home/workplace or whether you will be better protected to **SHELTER IN PLACE**. If you are ordered to evacuate, the radio announcements will include the safest place to evacuate to.



Local radio stations:

KCBS 740 AM / 106.9 FM
KGO 810 AM
KPFA 94.1 FM
KALW 91.7 FM

Get alerted about emergencies by signing up for **AC Alert**. You can select to receive notifications for your home city, work location, and other sites of your choice on your home, mobile or business phone numbers, text messages and more.



Subscribe at www.acgov.org/emercencysite

- A charged cell phone that includes In Case of Emergency (I.C.E.) numbers

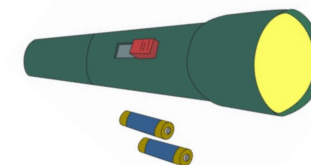


- A whistle

- Radio (battery powered, solar, or hand-crank)

- A family emergency plan (see back page)

- Flashlights with fresh batteries (batteries should be stored separately)



At night or in dark places, a flashlight is great for showing your location to rescuers.

Alameda County
Public Health
Department



Emergency
Preparedness

The Pocket Guide to

Public Health
is working for
your safety.

Public Health System Preparedness and Response is working around the clock to protect your health and safety. Our work includes health promotion, disease prevention, and serving as one of the front-line team of agencies responding in the event of an emergency.

To learn more, visit us at www.acgov.org/phep or call 510-268-7023.

This guide can help you in an emergency or large-scale disaster.

It has information on how to plan for and respond to disasters. Helpful contact information is also included. Please read your guide carefully and keep it close at hand.



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

Family Emergency Plan:

Emergency Meeting Place:

Neighborhood: _____

Out-of-Neighborhood: _____

If I have an emergency these are the family members I would call:

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Out-of-town contact

Name: _____ Phone: _____

Out-of-state contact:

Name: _____ Phone: _____

Other Important Information/ Medications / Phone Numbers



Text, don't talk, unless you are in danger. Texts may have an easier time getting through than phone calls.

When Your Child is at School

Easy as ABC with three steps to protect your child during an emergency at school.



ASK how you would be reunited with your child in an emergency or evacuation

If students had to evacuate, where should parents go for pick up?

BRING extra medications, special food, or supplies your child would need if you were separated overnight

COMPLETE an Emergency Card and put in your child's backpack and your wallet
Information to include: Parent's contact information, parent's employer information, special needs and medical conditions, and out-of-town contact.



Shelter In Place : Protecting Yourself at Home or Work

In the event of a radiological, chemical, or biological emergency, authorities may instruct you to **SHELTER IN PLACE** or **EVACUATE**.

The term "**Shelter in Place**" means remaining inside your home or place of work and protecting yourself there.

If authorities advise you to **Shelter in Place**:

1. Stay calm
2. Bring children and pets indoors immediately.
3. Close and lock all outside (exterior) doors and windows.
4. Gather your disaster supplies and battery powered radio.



Some situations may need additional actions:

5. Turn off all fans, heating and air conditioning systems.
6. If you have a fireplace, close the damper.
7. Go to an inside (interior) room, ideally without windows.
8. Use duct tape (wet towels if you are out of duct tape) to seal doors, exhaust fans, vents, and windows.
9. Listen to the radio or TV for emergency instructions and **Shelter in Place** until you are told all is safe.

Evacuation

A wide variety of emergencies may cause an evacuation. In some instances you may have a day or two to prepare, while other situations might call for an immediate evacuation. To "**evacuate**" means to remove yourself or other persons from a place-of-danger to a safe place.

Don't forget your **READY-TO-GO KIT**.

Have an evacuation plan and identify several places you could go, but when evacuating, listen to authorities for recommendations and consider nearby safe locations within walking distance.



Keep a half tank of gas at all times in case of an unexpected need to evacuate. Gas stations may be closed during emergencies.



Important Public Safety Information

Call 9-1-1 in the event of a serious, life-threatening emergency.

211BayArea.org.....2-1-1

Alameda County Public Health Department
www.acphd.org..... (510) 267-8000

Alameda County Public Health Systems
Preparedness and Response (PHSPR)
www.acgov.org/phspr.....(510) 268-7023

Alameda County Emergency Medical
Services Agency (non-emergency line).....(510) 618-2050

Alameda County
Office of the Sheriff-Administrative Office.....(510) 272-6878
Emergency Preparedness.....www.acgov.org/emergencysite

American Red Cross
www.redcross.org.....(800) 733-2767

California Poison Control Center.....(800) 876-4766

CalTrans (Highway Conditions).....(800) 427-7623

Alameda Municipal Power.....(510) 748-3902

Pacific Gas & Electric.....(800) 743-5000

East Bay Municipal Utility District (EBMUD).....(866) 403-2683

Centers for Disease Control and Prevention
Emergency Preparedness and Response...www.emergency.cdc.gov

Federal Emergency Management Agency (FEMA)
Ready Campaign.....www.ready.gov

Download the AC Prepared App on your phone!


The Alameda County preparedness app will allow you to:

- Share your status with your selected contacts.
- Receive critical emergency alerts via push notification.
- Locate Alameda County's emergency shelters.
- View up-to-date evacuation route maps.
- Get the latest news and weather for the Alameda County area.
- Create a personalized Emergency Preparedness Plan.



Where to Find Emergency Medical Care

HOSPITALS:

( denotes trauma center)

Alameda Health Systems

Highland Hospital

1411 E. 31 Street
Oakland, CA 94602
(510) 437-4800

Alameda Hospital

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

UCSF Benioff

Children's Hospital

Oakland

747 52nd Street
Oakland, CA 94609
(510) 428-3000

Sutter Health

Eden Medical Center

20103 Lake Chabot Road
Castro Valley, CA 94546
(510) 537-1234

San Leandro Hospital

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

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

Alta Bates

Summit Medical Center

2540 Ashby Ave
Berkeley, CA 94705
(510) 204-4444

Stanford Health Care

Valley Care Medical Center

5555 W. Los Positas Blvd.
Pleasanton, CA 94588
(925) 847-3000

Washington Hospital

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

Kaiser Permanente

Fremont

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

Kaiser Permanente

Oakland

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

Kaiser Permanente

San Leandro

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

