

Don't Be Scared, Be Prepared!



Information for Contra Costa County residents to prepare for emergencies

We know emergencies happen every day. Preparing for a disaster – before it happens - can help you to maintain independence and be better able to care for yourself and those important to you.

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How to Use this Booklet

This Booklet provides you with:

- Information about leaving your home during an evacuation, staying or sheltering at home, and putting together emergency preparedness kits.
- Tips on how to prepare and what you can do now to help create your personal emergency plan.
- Resources, templates and planning tools from helpful organizations.

Make notes in it, highlight information, or tear out pages and make copies. Use the booklet in ways that will best meet your needs!



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Preparing to Leave Home (Evacuate)



Preparing to Leave Home

Know your risks:

Floods and wildfires are among the most frequent and costly natural disasters in Contra Costa County. And there might be other emergency reasons to evacuate your home. Know which disaster risks or hazards are common in your community.

How to prepare:

- Learn the community warning signals for your area and how to respond to different alerts.
- Find 3 people you can count on, who live nearby and can help you if needed. Talk about your emergency plans with them.
- Think about your transportation needs. Do you have your own vehicle? Do you need medical or non-medical transportation? Will you be able to ride with family or friends?
- Plan evacuation routes from your home and in your neighborhood, city or town. Talk about and practice it with your support network.
- Identify places you can evacuate to for a few hours and also for a few days. Are pets allowed?
- Will you need extra time to leave? Be prepared to leave during an Evacuation Warning to give yourself time.
- Make notes of the must-have items you would need to take with you.

Preparing to Leave Home

What to do now:

- ☐ Find out about the different types of hazards that could affect where you live, work or go to school. Type in your address in the [CalOES MyHazards webpage](https://myhazards.caloes.ca.gov) at myhazards.caloes.ca.gov.
- ☐ Sign up for local alerts with the Community Warning System. Go to cwsalerts.com or call (925) 655-0111.
- ☐ Fill out the **Disaster Ready Card** and **Local Disaster Resource Directory** in the Resources tab to document important information (like emergency contacts, medications you take, and allergies). Print and put it in an easy to find place like a refrigerator door.
- ☐ Put emergency phone numbers in your mobile device contacts.
- ☐ Add important safety information to your address in the 9-1-1 system. See **Voluntary Emergency Information** under Resources to learn how.
- ☐ Give copies of your safety and emergency information to your support network.
- ☐ Pack ahead! See the next page for ideas on putting together a **Go Bag**.

Emergency Go Bag

A Go Bag can be a tote bag, backpack, box or any portable container that will fit three days worth of your most essential items. Each person in your household should have one – including pets. Put the kits in a place where you can easily get to if you have to leave home in a hurry.

You are unique and your emergency kit should be too! Personalize your kit with the supplies you need and regularly use – like backup batteries for a scooter or communication tools. And remember to pack face masks and hand sanitizer.

Tip -> Leave room for one or two things for comfort or entertainment. A craft, headphones, deck of cards, or a mini photo album are small enough to fit inside a Go Bag.

Check out the Resources tab for helpful documents: **Go Bag: Pack Ahead, Grab and Go** and **Pet Preparedness Checklists**.



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Preparing to Stay Home (Shelter)



Preparing to Stay or Shelter at Home

Events such as earthquakes, power outages, toxic releases from a local refinery or a virus outbreak could result in you having to stay indoors for a few hours, a few days or maybe longer. We know these can and do happen unexpectedly! You will be better able to care for yourself and maintain your independence by being ready before it happens.

How to prepare:

Many of the steps you can take to shelter at home safely are the same as preparing to evacuate. Register for community alerts and think about the supplies you would need. Look into backup locations where you can go if you are unable to stay in your home.

During excessive hot weather, your community may open up cooling centers that offer air conditioning, water, and power to charge up your devices. Think about how you will get there if you rely on others for transportation.

If you are dependent on electricity – to refrigerate medication or power a medical device as examples – look into PG&E's Medical Baseline Program. You may be eligible.

Preparing to Stay or Shelter at Home

What to do now:

- ☐ Download the free [MyShake app](#) on your iPhone or Android device to get early earthquake warnings.
- ☐ Have a cooler and several ice packs ready in the event of a power outage.
- ☐ Apply to the [PG&E Medical Baseline Program](#) by going to [pge.com](#) or calling (800) 743-5000. If you are eligible, PG&E can send you extra notifications before a planned Public Safety Shutoff.
- ☐ Purchase a battery-powered fan if you are heat sensitive.
- ☐ Stock up on at least 3 days of supplies and up to 14 days if you have the space for it (like water, non-perishable food, diapers, disinfecting wipes).
- ☐ Prepare a **Stay Box** complete with all the basic items you would need if you cannot leave home. Each person in your household should have one. And don't forget pets! See **Stay Box: Basics** under the Resources tab.
- ☐ Have your **Go Bag** ready to go in case you need to leave home.

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My Plan



My Plan

Key ingredients to making your personal emergency plan include:

1. Knowing the **types of disasters** or hazards that are likely to happen where you live, work or go to school
2. Establishing a **support network** of people who live close-by and can help you if needed
3. Documenting **emergency phone numbers and safety information** about yourself including health needs
4. Having **backup locations** you can go to if you have to evacuate
5. Preparing the must-have items you need to care for yourself in a **Go Bag and Stay Box**

By now, you may have all these ingredients and are ready to put it together and create your plan!

Many free templates and forms are available on the internet – check out the Resources tab for an example and a listing of helpful websites. Or, write it down on paper. The most important aspects are to document your plan, talk about it with people who can help you and give copies to your support network.

Making a plan now is not a guarantee you won't be scared during a disaster...but you will be prepared!

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Resources



DISASTER READY CARD



Fill out this **DISASTER READY CARD** and keep it with you where first responders can find it. In an emergency, having this card with you can let healthcare providers know important things about your health, such as:

- ☒ Medicines you take
- ☒ Allergies
- ☒ Medical Issues

Make a contact list with phone numbers of people you want to connect with during a disaster or who could provide information about you and your health in an emergency:

- ☒ A relative or friend
- ☒ Doctor or other health care provider
- ☒ Social worker

You should also include a contact from outside the area where you live, that you and your family might be able to call and check in as safe during a disaster.

TIPS TO PROTECT YOURSELF DURING COVID-19



Wear a mask.



Stay 6 feet apart from others (about two arms' length).



Wash your hands with soap and water as often as possible.



Try to not touch your face.



For further tips and assistance go to: COVID19.ca.gov



DISASTER READY CARD

Full Name:

Phone Number:

Contact Name:

Phone Number:

Medical conditions: (Examples: Medical issues such as diabetes, heart condition, etc.)

Out-of-town Contact Name:

Phone Number:

IN AN EMERGENCY, PLEASE CONTACT:

Phone Number:

Medications:

Allergies:

Doctor's Name:

Phone Number:

EMERGENCY RESOURCE INFORMATION

Evacuation & Shelter: **Call 2-1-1**
No-insurance COVID-19 advice: 1-877-409-9052
Medi-Cal: benefitscal.com
CalFresh: 1-877-847-3663
WIC: 1-888-942-9675
CalWORKs: benefitscal.com
Wildfire info: incidents.readyforwildfire.org

Print and fill out. To complete and print the form online go to listoscalifornia.org

LOCAL DISASTER RESOURCE DIRECTORY



FOR:

EMERGENCY CONTACTS

FIRE DEPARTMENT/CALFIRE	
PHONE	WEBSITE
SHERIFF/POLICE DEPARTMENT	
PHONE	WEBSITE
PUBLIC TRANSIT AGENCY	
PHONE	WEBSITE
POWER COMPANY	
PHONE	WEBSITE
GAS COMPANY	
PHONE	WEBSITE
WATER COMPANY	
PHONE	WEBSITE

☐ Dial **2-1-1** for information on safe evacuation routes and shelters.

STAY INFORMED

LOCAL ALERT SYSTEM	
SIGN UP AT CALALERTS.ORG FOR:	
OTHER ALERT SYSTEM	
SIGN UP AT	FOR

HELPFUL ORGANIZATIONS

TRAINING HOST
PHONE
EMAIL
WEBSITE
SUPPORT ORGANIZATION
PHONE
WEBSITE
SUPPORT ORGANIZATION
PHONE
WEBSITE
COUNTY EMERGENCY AGENCY
NAME
WEBSITE

RADIO STATIONS

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.....
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.....

Print and fill out. To complete and print the form online go to listoscalifornia.org

Voluntary Emergency Information



Contra Costa County Residents! The following information can help first responders know how to best assist you or a member of your household during an emergency. And, you may be able to add important information to your address in the 9-1-1 system. **FIRST** check off and list any information you would want law enforcement, fire, and emergency medical responders to know.



Communication:

☐ Languages(s) I speak: _____

☐ Communication preferences: _____

☐ Sign language (ASL) ☐ I use a device (tablet, smart phone, pictures, other)



Where I live:

☐ Floor level (Apartment 1st floor, 2nd floor, etc.) _____ ☐ Stairs ☐ Elevator

☐ Gate or entry door code ☐ I have a fear of heights ☐ Poor depth perception



Equipment and aids:

☐ Wheelchair ☐ Scooter ☐ Chairlift ☐ Hoyer lift ☐ Walker ☐ Cane

☐ Medical bed ☐ Breathing device ☐ I am electricity dependent

☐ I need help with mobility ☐ Other _____



I receive services and/or supports for:

☐ Dementia ☐ Mental health ☐ Other _____



Pets (and number of animals):

☐ Dog ☐ Cat ☐ Other _____ ☐ Service animal



Other important safety information I want first responders to know:

☐ Sensory sensitivity (examples: loud sounds, being touched) _____

☐ Other _____



NOW call your local Emergency Communications Center and ask if they can add safety information to your address. See the next page to find your city/town and the phone number to call (do NOT call 9-1-1). **Keep** the checklist in an easy-to-find place in case of an actual emergency.

Emergency Communications Centers



In Contra Costa County, to ask about adding safety information to your address find your city or town and call (do NOT call 9-1-1) :

Public Safety Answering Point	Non-Emergency Line (24/7)
Antioch Police Department	925-778-2441
Brentwood Police Department  Smart911™	www.smart911.com
Concord and Clayton Police Departments	Unable to take information at this time
Contra Costa County Office of the Sheriff *	925-646-2441
Contra Costa County Fire Protection District (Everywhere in the County except Richmond and San Ramon/Danville/Alamo areas)	925-941-3330
El Cerrito Police Department	510-233-1214
Martinez Police Department	925-228-4141
Pinole Police Department Hercules Police Department San Pablo Police Department	510-724-8950
Pleasant Hill Police Department	925-288-4600
Richmond Police Department Richmond Fire Department	510-233-1214 510-620-6933
San Ramon Valley 9-1-1  Smart911™ (Police and Fire - all areas up to Rudgear Road)	www.smart911.com
Walnut Creek Police Department (Rossmoor)	925-943-5844

***Contra Costa County Office of the Sheriff dispatches for the following areas:**

Alamo, Bay Point, Blackhawk, Clyde, Crockett, Danville, Diablo, Discovery Bay, El Sobrante, Knightsen, Lafayette, Los Medanos College District, Moraga, North Richmond, Oakley, Orinda, Pacheco, Pittsburg, Port Costa, Rodeo, Roundhill, Unincorporated areas of the County.



If you live in Brentwood or San Ramon, you can provide your safety information using Smart911. It's Free! To sign up, go to www.smart911.com or download the app on your Android, iPhone, or iPad device.

GO BAG: PACK AHEAD

Most disasters are unexpected and happen fast. You might not have time to shop, or even to pack. Pack up important items now, so you and your family will have what you need later.

Pack a Go Bag for when you have to leave home in a hurry. Pack things for each member of your household. Think about what you would take if you had 15 minutes of notice to leave your home. Now, think if you had just two minutes.



TO PACK NOW

Documents

Copies of Identification and Insurance.

Other papers important to you.

Photos of family and pets.



Cash

Small bills \$1s & \$5s.

Save up a little at a time.



Map

Mark different routes out of your neighborhood.



Medications List

List all prescriptions.

Other important medical information.



This Guide

Your contacts list.

Your supplies checklist.



Go to listocalifornia.org for more information

PACK AS YOU LEAVE



- ✔ Wallet or purse and keys
- ✔ Phone and charger
- ✔ Medicine



GOOD TO GRAB IF YOU ALREADY OWN

- Portable radio
- Flashlight
- First aid supplies
- Portable computer



Write down here what else you should bring for everyone in your household. Clothes? Toothbrush? Think about needs of babies, older adults, people with medical conditions or disabilities, and pets.

[illegible]

STAY BOX: BASICS

In some disasters, you may be safer staying at home. Damage from the disaster might make that uncomfortable. You might not have water to drink, to bathe or to flush the toilet. You might have no electricity to keep your food cold, turn on a light or charge your phone.

Add items to a Stay Box, for when you can't leave home. Prepare for at least 3 days without water or electricity. Save up a little at a time, until you have enough for everyone in your household to get by. Remember any pets. If you already own a flashlight or a portable radio, keep it someplace easy to find.



STAY BOX

TO PACK NOW

Water

Save up to 3 gallons per person, for drinking and washing.



Food

Set aside foods that won't spoil and require no cooking.

You know best what you and your family like to eat.



Trash Bags

Set aside extra plastic bags, with ties, to use in a bucket for a toilet.



Go to listocalifornia.org for more information



Disaster Preparedness Checklist for Pet Safety

First responder capabilities may be more limited as agencies practice COVID-19 safety protocols, so it's more important than ever to keep your pet with you or an emergency caregiver if you are forced to evacuate. We've put together a simple checklist you can follow to make sure you'll be ready should disaster strike.



Action Plan

Agree with family or roommates where to meet if you're not together when disaster strikes, and make sure everyone knows where emergency supplies are located. If you own a horse, team up with other horse owners to pool your resources, including sharing trailer space and hay.



Shelter

List of local pet-boarding facilities, lodgings or nearby friends or family who will allow you to stay with your pet or will take care of your pet. This list should include evacuation circumstances that would take you out of your hometown or city.



Sanitation

Plastic bags to clean up after pets, plus litter or newspapers as well as a litter box for cats. Pet owners should have masks, gloves and hand sanitizer.



Carrier

Lightweight crate or carrier to ease transportation and keep your pet from bolting. Include battery-operated fans to keep pets cool.



Comfort Items

Familiar toy or bedding to comfort your pet. If you own a horse and lose power in your barn while temperatures are high, familiarize yourself with ways to keep your horses cool.



Medications

At least 7-10 days' worth in a childproof container, clearly labeled with name, dose and strength.



Food & Water

At least 7-10 days' worth for each pet in airtight containers, plus bowls and a manual can opener.



Photo

Have a photo of you and your animals as evidence of ownership, in case you become separated.



Pet First Aid Kit

Kits are easy to assemble, and most items can be purchased from a drugstore.



Leash

Leash and collar or harness with current ID tag: address, phone, email address, microchip number.

Crucial Information:

Veterinarian's name, office name and phone.

Phone and address of local animal control, boarding facilities, veterinary emergency clinics and the ASPCA Animal Poison Control Center (888) 426-4435.

Copy of pet's medical records, rabies registration and a current photo.

Copy of pet's microchip number and name/ phone number of registration company.

For horses, include a copy of their current Coggins test.

Keep a paper copy of this information in a waterproof bag, as well as on your phone or portable computer. Consider having a portable charger for electronic devices in case power is out.

Go to [ASPCA.org](https://www.aspcanet.org) for more information

Pet Emergency Kit

Gather everything you will need in one place so you will have it in case of disaster.

- ☐ **Food** Enough for at least five days.
- ☐ **Water** Enough for at least five days.
- ☐ **Bowls**
- ☐ **Carrier or crate**
- ☐ **Pet first aid kit** With instructions if you aren't familiar with first aid.
- ☐ **Litterbox** With litter, scoop, and trash bags. Consider disposable litter boxes or baking tins.
- ☐ **Medications** Enough for two weeks, with written instructions on how you give them, especially if your routine varies at all from the prescription label.
- ☐ **Proof of Recent Vaccines** Necessary if you have to board your cat during evacuation. Full copy of medical records is even better!
- ☐ **Written info about feeding schedules and medical conditions** Useful for a boarding facility during evacuation.
- ☐ **Current photos & descriptions of cat(s)**
In case you are separated in a disaster, photos will help others identify your cat. Photos of you with your cat are also quick proof of ownership.



Go to [Cats Herd You](https://CatsHerdYou.com) for more information



Family Disaster Plan

Family Last Name(s) or Household Address:

Date:

Family Member/Household Contact Info (If needed, additional space is provided in #10 below):

Name

Home Phone

Cell Phone

Email:

Pet(s) Info:

Name:

Type:

Color:

Registration #:

Plan of Action

1. The disasters most likely to affect our household are:

2. What are the escape routes from our home?

3. If separated during an emergency, what is our meeting place near our home?

Print and fill out. To complete and print the form online go to redcross.org

4. If we cannot return home or are asked to evacuate, what is our meeting place outside of our neighborhood?

What is our route to get there and an alternate route, if the first route is impossible?

5. In the event our household is separated or unable to communicate with each other, our emergency contact outside of our immediate area is:

Name

Home Phone

Cell Phone

Email:

After a disaster, let your friends and family know you are okay by registering at "Safe and Well" at <https://safeandwell.communityos.org/cms/> or by calling 1-800-733-2767. You can also give them a call, send a quick text or update your status on social networking sites.

6. If at school/daycare, our child(ren) will be evacuated to:

Child's Name:

Evacuation Site (address and contact info):

7. Our plan for people in our household with a disability or special need is:

Person's Name:

Plan:

8. During certain emergencies local authorities may direct us to "shelter in place" in our home. An accessible, safe room where we can go, seal windows, vents and doors and listen to emergency broadcasts for instructions, is:

Print and fill out. To complete and print the form online go to redcross.org

9. Family Member Responsibilities in the Event of a Disaster

Task	Description	Family Member Responsible
Disaster Kit*	Stock the disaster kit and take it if evacuation is necessary. Include items you might want to take to an evacuation shelter. Remember to include medications and eye glasses.	
Be informed	Maintain access to NOAA or local radio, TV, email or text alerts for important and current information about disasters.	
Family Medical Information	Make sure the household medical information is taken with us if evacuation is necessary.	
Financial Information	Obtain copies of bank statements and cash in the event ATMs and credit cards do not work due to power outages. Bring copies of utility bills as proof of residence in applying for assistance.	
Pet Information	Evacuate our pet(s), keep a phone list of pet-friendly motels and animal shelters, and assemble and take the pet disaster kit.	
Sharing and Maintaining the Plan	Share the completed plan with those who need to know. Meet with household members every 6 months or as needs change to update household plan.	

*What supplies and records should go in your disaster kit? Visit www.redcross.org

10. Other information, if not able to be included above.

Congratulations on completing your family disaster plan! Please tell others: "We've made a family disaster plan and you can, too, with help from the American Red Cross."

Get the facts about what you should do if an emergency or disaster occurs at www.redcross.org

Print and fill out. To complete and print the form online go to redcross.org

A Listing of Helpful Organizations and Websites

American Red Cross [redcross.org](https://www.redcross.org)

CalFire (for active fires of interest) [fire.ca.gov/incidents/](https://www.fire.ca.gov/incidents/)

Centers for Disease Control [cdc.gov/prepyourhealth/planahead](https://www.cdc.gov/prepyourhealth/planahead)

Community Warning System of Contra Costa County [cwsalerts.com](https://www.cwsalerts.com)

Contra Costa Crisis Center [crisis-center.org/211-database](https://www.crisis-center.org/211-database)

Call 211 or 800-833-2900

Contra Costa Health Services

[cchealth.org/emergencies/preparedness.php](https://www.cchealth.org/emergencies/preparedness.php)

Independent Living Resources (for backup portable batteries)
www.ilrsc.org/

Listos California [listocalifornia.org](https://www.listocalifornia.org) (preparedness information)

National Weather Service (to sign up for weather warnings)
[weather.gov/wrn/wea/](https://www.weather.gov/wrn/wea/)

PG&E outages (for electric outage information or to sign up for alerts)
<https://m.pge.com/#outages>

Ready.Gov [ready.gov/plan](https://www.ready.gov/plan) (for help on making an emergency plan)

RxOpen (to find nearby open pharmacies during a disaster)
[rxopen.org](https://www.rxopen.org)