

GETTING READY

Planning is your best protection in any emergency. Help may not reach you right away. Water and power may not be restored for days. Plan to be on your own for one week.

PREPARE FOR AN EMERGENCY

Keep copies of important papers outside your home. Include your passport, copies of your driver's license, social security card, health insurance cards, prescriptions, a list of your valuables, wills, deeds, and financial records.

Have an emergency contact outside California. Make sure all family members know who this person is and how to contact him/her.

Develop emergency plans for home school, and work. Pick exit routes and a meeting point. Know how and when to turn off gas, electricity, and water in your home. Practice your plan!

Make emergency kits for home, work, and your car. Include: water, food, medicines, first aid kit, extra clothing, shoes, flashlight, batteries, and cash in small bills. See more suggestions under "Resources".

Put smoke detectors in your home. Change the batteries twice a year (at the change of daylight savings time is a good reminder).

WHEN TO CALL 9-1-1

Call 9-1-1 for emergency help only. Clearly describe the situation. Give the address and telephone number of your location. Do not hang up until the dispatcher tells you to.

During a disaster the phone lines will be busy - expect a wait. **Use your regular telephone to call 9-1-1 if possible, not a cell phone.**

RESOURCES

SAFETY SIREN SYSTEM

The cities of Oakland, Alameda, San Leandro, and the UC Berkeley Campus test their EMERGENCY SAFETY SIRENS at 12 pm the first Wednesday of each month.

- ⇒ The test siren will activate for 1 minute only.
- ⇒ For an actual emergency the siren will activate for 3 minutes, a break, then 3 minutes.
- ⇒ The all-clear signal is a 1 minute wavering tone.

For information tune your AM radio to KCBS 740. See "Shelter-In-Place" information on the other side.

EMERGENCY NUMBERS

American Red Cross - Oakland www.bayarea-redcross.org	510-594-5100
Governor's Office of Emergency Service http://www.oes.ca.gov	800-550-5234
California Poison Control Center http://wellness.ucdavis.edu/safety_info	800-876-4766
Alameda Power and Telecom www.ci.alameda.ca.us/home/index.html	510-748-3902
Pacific Gas & Electric (PG&E)	888-743-4743

EMERGENCY SUPPLIES

- Radio - battery powered or wind-up (extra batteries)
- Flashlight with fresh batteries
- First-aid kit, including a supply of your medications.
- Extra Clothing, blankets or sleeping bags, shoes
- Hygiene items, eye glasses, diapers, toilet paper
- Water - sealed in unbreakable containers. One gallon per person per day for one week. Water should be replaced every 6 months
- Water purification tablets in case you can not boil water for drinking
- Food - One week supply, non-perishable, for each person. Don't forget a can opener and utensils
- Trash bags, duct tape, plastic sheeting, dust masks, eye protection and gloves
- Fire extinguisher

ALAMEDA COUNTY BOARD OF SUPERVISORS

District 1 Scott Haggerty district1@acgov.org	510-272-6691
District 2 Gail Steele dist2@acgov.org	510-272-6692
District 3 Alice Lai-Baker bosdist3@acgov.org	510-272-6693
District 4 Nate Miley bosdist4@acgov.org	510-272-6694
District 5 Keith Carson dist5@acgov.org	510-272-6695

SHERIFF'S DEPARTMENT

Main Offices 510-272-6878

PUBLIC HEALTH DEPARTMENT

Main Offices	510-267-8000
Bioterrorism Coordinator www.acphd.org	510-267-8000
Emergency Medical Services Agency www.acgov.org/ems	510-618-2050

YOUR IMPORTANT NUMBERS

Write down numbers important to you. Use pencil so you can make changes when needed.



(510) 618-2050
(510) 618-2099 - fax

Alameda County EMS
1000 San Leandro Blvd, Suite 200
San Leandro, CA 94577

Until Help Comes...



EMERGENCIES

In an emergency, call 9-1-1, stay calm, and make sure everyone is safe until help arrives

FIRE

- Get out of the building if you can safely
- Set off the fire alarms
- Close doors and windows to slow down the fire
- If you are trapped inside, stay near the floor
- Go to a window and call for help

To use a fire extinguisher, think P-A-S-S

- P**ull the pin
- A**im the nozzle at the base of the fire
- S**queeze the handle
- S**weep from side-to-side

IF SOMEONE IS INJURED

Do not move the victim unless there is immediate danger

- Call 9-1-1. If the victim is bleeding or unconscious, tell the dispatcher
 - Remain calm. Stay with the victim
- #### If the victim is bleeding:
- Apply direct pressure to the wound
 - Raise the injured area (if possible)
 - Keep the victim warm
 - Do not let the victim's blood touch your skin

POISONING

- Call 9-1-1 immediately
- If you know what poison was taken, tell the dispatcher. Keep the container to show arriving emergency personnel
- Keep the victim safe and warm until help arrives

DISASTERS

EARTHQUAKE

During the Quake:

- **Duck** under a table or large piece of furniture
- **Cover** your head and neck with your arms
- **Hold** on until the shaking stops

Wheelchair users: set your brake, **cover** your head and neck with your arms.

Drivers: Pull over - do not block the street. Stay in your car.

After the Quake:

- Expect aftershocks
- Watch for falling objects
- Check your home utilities. If you smell gas, shut it off and leave the building.

BUILDING COLLAPSE

- Stay away from broken windows, overhead fixtures and furniture that may move.
- Exit only if you are in danger.
- If you smell gas leave the building immediately
- Stay out of elevators
- Think before you try to move someone. You may cause another collapse or further injure the victim
- Follow the instructions of safety workers

AIR CONTAMINATION

Three steps to take when you hear the **SAFETY SIREN** or if you are told to **SHELTER-IN-PLACE**:

- 1. SHELTER** - Go inside your home, a nearby building, or your car and shelter inside to avoid exposure. If you are driving, pull over, roll up windows and turn off the engine.
- 2. SHUT** - Shut all doors and windows. Turn off ventilation systems including air conditioning and close fireplace vents. Lock doors and windows to create the best airtight seal.
- 3. LISTEN** - Tune to KCBS 740 AM or go to your City's website for updated information.

See "Safety Siren System" on the other side.

BIOTERRORISM

RADIATION EMERGENCY

Exposure to radiation from a nuclear explosion, an accident at a nuclear power plant or a terrorist attack with a bomb packed with radioactive material (a "dirty" bomb) can be harmful. In all cases:

1. Decrease the amount of time you spend near the source of the radiation.
2. Increase your distance from the source.
3. Increase the shielding between you and the source. Depending on the level of radioactive material used this may be as little as a plate glass window or as much as several feet of concrete. It will be important to listen to emergency information broadcasts for evacuation vs. shelter-in-place information.

BIOLOGICAL EMERGENCY

Biological agents are bacteria and other toxins that can cause disease in people. Protection depends on the biological agent used. For example:

- Anthrax only affects the people who come in direct contact with it. It is not spread from person to person
- Smallpox is very contagious and would require isolating individuals exposed to the virus.

For more information check the Public Health Department website: www.acgov.org/publichealth

CHEMICAL EMERGENCY

Chemical agents are poisonous gases, liquids or solids that can cause illness, injury, or death.

- A chemical release may be the result of an industrial accident or an intentional release of harmful chemicals.
- Protection varies; listen for SHELTER-IN-PLACE vs. EVACUATION orders.
- Protective equipment and gas masks may be useful in some situations - **LEARN BEFORE YOU BUY.**

OTHER EVENTS

POWER OUTAGE

- Turn off all appliances and computers
- Leave one light on to show you when the power is back on
- Do not use candles - use flashlights
- When power is on again, make sure that appliances work properly
- If you are cold, bring everyone into one room and close all doors to keep the heat in

Drivers: If traffic signals are not working, treat them as a stop sign.

WHEN YOUR CHILD IS AT SCHOOL

- Every school has an Emergency Plan that includes an evacuation plan. Call the school ahead of time and find out the evacuation location. Write it here:

- Keep the emergency information card at your child's school up-to-date.
- Make sure your child has identification and contact phone numbers for you and family members in their backpack.

WHAT NOT TO DO...

Do not go to the hospital except in the case of a true medical emergency.

Do not call 9-1-1 except in the case of a life-threatening situation.

Do not light matches, use the phone or turn electrical switches on or off if you smell gas. Cell phones are OK.

Do not turn off utilities unless told to do so by authorities or if damaged.

Do not drive unless you have been order to evacuate or for some other emergency.