


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

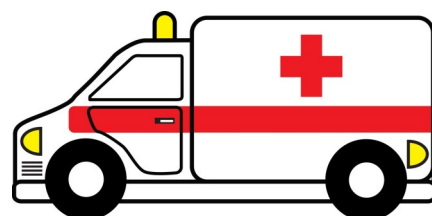
Kaiser Permanente
Fremont
 39400 Paseo Padre Pkwy.
 Fremont, CA 94538
 (510) 248-3000

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.





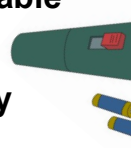
- HOME KIT:** This kit can be in any size container because it will be used at your own home.
- READY-TO-GO KIT:** This is a small kit you can keep in your car or at work and should be mobile. The kit should be in an easy-to-carry container with strong straps like a backpack. Keep a three-day supply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



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&R
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

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/extremeheat

Cooling Our Communities Project in Ashland and Cherryland:
coolingourcommunities.com/heatpreparedness

Department of Homeland Security, Emergency Preparedness
ready.gov

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



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 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

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

