



EMERGENCY PREPAREDNESS FOR ALL

Preparedness is everyone's job. Everyone should plan ahead for disasters. In Alameda County, we can have earthquakes, floods, wildfires, and power outages. Any of these disasters can leave families, individuals, and facilities without power, water, food, or transportation for many days. It is important that you know how to prepare for disasters.

This document will guide you on 4 steps to prepare for disasters or emergencies, the actions you need to take now, and how you can use what you prepare.





Step 1: Find Your Five Trusted Allies and Share Your Plan

Identify five people who will become your trusted allies. Your five trusted allies are people that will check on you and that you can communicate with before, during, and after a disaster or emergency so that they know you are safe or if you need help. Your list of five people should have complete contact information with phone numbers, email, and street addresses. In some events, phones may not be working. In that case, try to make contact through e-mail, text, social media, or in-person.

Do not depend on only one person. People work different shifts, take vacations, and are not always available. Make sure some of the people on your list live close to you and have at least one person who lives out of the area.

When you are creating your contact list of trusted allies, ask each person the best way to contact them. Explain what you are asking them to do for you during a disaster or emergency. Make sure they understand and agree.

ACTIONS:

Create your list of five trusted allies:

- Include as many different ways to contact each person as possible: phone numbers, emails, and addresses.
- Contact each person in your group of allies and get their agreement.
- Keep your list updated.

USE IT

- Make several copies of your list. Keep them where they will be easy to find. For example - on your refrigerator, inside the front door, in your purse or wallet, in your car glove box, saved in your mobile phone or on another electronic device, etc.
- Share a copy with each member of your group of allies.
- Put a copy in a sealed plastic bag in each of your emergency supply kits (go bag, car kit, keep it with you kit, etc.)
- Check in with your trusted allies often, especially on Red Flag Warning days.



When selecting your five trusted allies who know your plan, consider coaches, childcare providers, relatives outside the area, and neighbors on shared evacuation routes. Ask one out-of-state friend or relative to be your trusted ally.

CONTACT NAME*	CONTACT DETAILS (phone, email, etc.)
1.	
2.	
3.	
4.	
5.	

*Include 1 out of area contact



Step 2: Prioritize Your Health Needs and Create Lists

These are lists of your medication, disability-related supplies or equipment, and anything else you need daily. Decide what medication and equipment you need every day to be independent. Write down where you keep them and any information about them you may need during a disaster or emergency. This information can be useful to your trusted allies, first responders, or shelter staff. There may be phone apps that you can use to help develop these lists as well as having a written or printed list.

ACTIONS:

Create your Medical and Independent Living Needs List

- Make a list of all your medications and their use or dosage.
- Make a list of equipment you need. For example, list equipment to help you hear (like hearing aids), see (like glasses), or get around (like a walker or wheelchair). Also list oxygen equipment and other devices that you need.

USE IT

Make several copies. Keep them with your contact lists where it will be easy to find. Put them on apps in your phone, if possible.



IMPORTANT MEDICAL AND HEALTH RELATED INFORMATION

Doctor's name:

Phone number:

Type of Health Insurance:

Policy Number:

Blood Type:

Allergies and sensitivities:

MEDICAL AND HEALTH RELATED EQUIPMENT

- 1.
- 2.
- 3.
- 4.
- 5.

MEDICATION NAME

DOSAGE AND TIME TAKEN

- 1.
- 2.
- 3.
- 4.
- 5.



Step 3: Create Your Emergency Supplies Kits

Have you planned for your important needs during a disaster or emergency no matter where you are? These events can occur at anytime and anywhere. You may be at home, at work, on vacation, or just out and about. Keeping important items with you is key to successful disaster planning.

You can use the checklist on the opposite page to assemble your kit.

ACTIONS:

Pack emergency kits to have in different places:

- Carry with you
- In your home
- In your car
- In your office

Suggested items to include in your emergency kit:

- 3-day supply of non-perishable food and three gallons of water per person
- Credit cards and cash
- Important documents (birth certificates, passports, etc.), contact list, and evacuation routes
- Prescriptions, special medications, first aid kit
- Battery-powered radio and flashlight
- Extra batteries and battery backup for equipment
- Pet & service animal supplies (food, water, carrier, leashes)
- Change of clothing and sturdy shoes for walking
- Grooming utensils and dressing devices
- Hearing devices and extra eyeglasses or contact lenses
- Extra set of car and house keys
- Cell phone charging cord and extra battery
- Breathing equipment and N95 mask
- Walker/crutches/cane/wheelchair and repair kit
- Sanitation and urinary supplies



EMERGENCY KIT CHECKLIST

Three-day supply of non-perishable food and 3 gallons of water per person

- Map marked with evacuation routes
- List of important numbers in case your cell phone is lost
- Prescriptions, special medications (at least 1-week supply)
- Battery-powered radio
- Extra batteries and backup power
- Pet & service animal supplies (food, water, carrier, leashes)
- Change of clothing, sturdy shoes
- Eating utensils Grooming utensils
- Hearing devices Extra eyeglasses or contact lenses
- Sanitation and urinary supplies Wheelchair and repair kit
- N95 mask An extra set of car keys
- Credit cards, cash, or checks Flashlight
- Copies of important documents (birth certificates, passports, etc.)
- Cell phone charging cord and extra battery
- Diaper bag First aid kit
- Breathing equipment Walker/crutches/cane
- Dentures
- Other: _____
- _____
- _____
- _____



Step 4: Plan How and When to Evacuate

You do not need to evacuate in all disasters. Make sure you know when to evacuate. Usually a city, county, or first responder will let you know. If it looks dangerous though, use your best judgement. Be familiar with all possible routes out of your home or office and to get out of your neighborhood.

It is important that you plan your evacuation strategy ahead of disasters. Develop a plan for yourself and your animal(s) on what to do: know when to evacuate, where to go, and what to take with you.

Think about how you want to exit your home or your office and make a detailed map about where to go to meet friends, family, or your trusted allies (for home, work, or where you usually are).

Evacuation routes out of your neighborhood will depend on the type of disaster and where it is located. Know all the main routes out of your neighborhood, drive them ahead of time so that you are familiar with them.

ACTIONS:

Register for Alerts and Stay Informed

It is important to be informed – sign up for local alerts and warnings for your area so you know if and when you need to evacuate. There are also many emergency services apps and trusted news outlets available.

Create an evacuation plan

Write down your exit plans and evacuation routes in detail and where to meet for home, work, or wherever you usually are, including how you will evacuate and where you will go. If you have animals, include them in your evacuation plan.

Make sure you, your family, and trusted allies have a meet-up location away from your neighborhood in case you are separated in a disaster or emergency.

Practice your plan

- Practice your evacuation plan. Get familiar with it and see if anything should be changed, added, or removed.
- Make sure everybody in your plan knows the plan.



EVACUATION ROUTES: KNOW WHERE TO GO

Evacuation Route 1:

Evacuation Route 2:

EMERGENCY MEETING PLACE

Make sure you and your family have a predetermined meet-up location away from your neighborhood in case you are separated in an emergency.

Emergency Meeting Place Location & Phone Number:



The County of Alameda and our partner cities strongly encourage all who live, work in, or frequently visit Alameda County, to opt-in to the AC Alert system. When you register with AC Alert you can provide multiple methods of contact, including your cell, home & work phones, and email addresses. You can designate multiple locations in Alameda County where you want to receive emergency alerts. Additionally, you can sign up for community subscription topics offered by participating jurisdictions.

To make sure we can reach you in an emergency, when you need to take protective actions, register with AC Alert at www.acalert.org

- Download the AC alert app on your phone
- Register with AC Alert at www.acalert.org.
- Dial 211 – This number gives you information and referrals to social services for everyday needs, and for times of crisis, about shelters, pets & service dogs, traffic, etc.
- Visit PG&E PSPS – <https://psps.ss.pge.com/> – to check address specific service issues. To sign up for PG&E alerts text ENROLL to 97633 and follow the prompts.

What is AC Alert?

AC Alert is the Mass Notification System used by city and county agencies throughout Alameda County to rapidly disseminate emergency alerts to people who live, work in, or visit our county. AC Alert is capable of sending alerts by voice, text and email, as well as messaging Nixle subscribers, posting to social media pages, and sending FEMA Wireless Alerts (WEA).

When an emergency threatens life, it's critical that we can reach you!

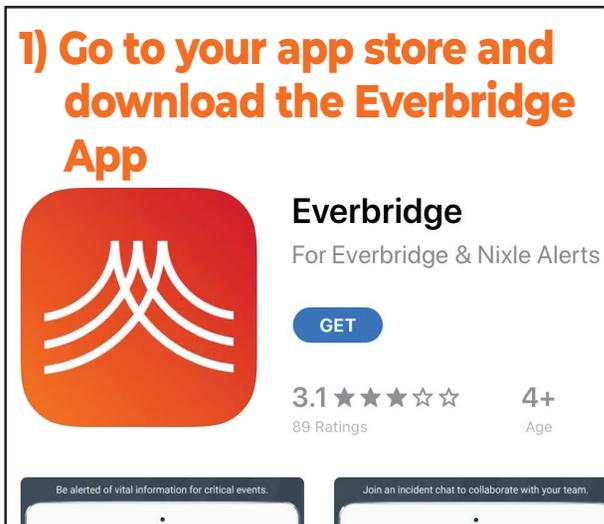
AC Alert sends you Emergency Messages in Alameda County



The New Everbridge App

Installation Instructions

1) Go to your app store and download the Everbridge App



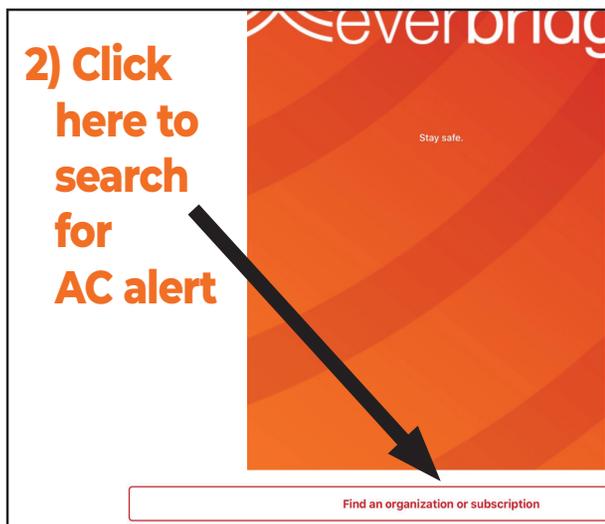
Everbridge
For Everbridge & Nixle Alerts

GET

3.1 ★★★★★
89 Ratings

4+
Age

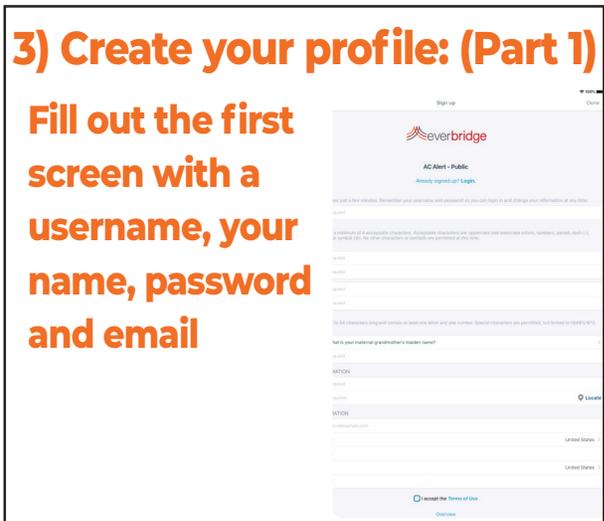
2) Click here to search for AC alert



Find an organization or subscription

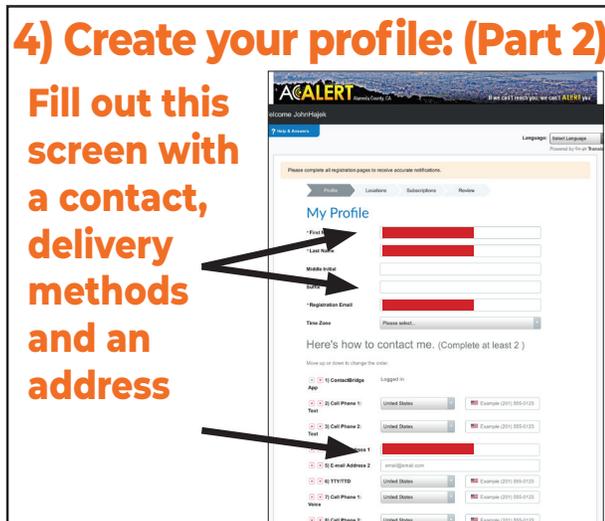
3) Create your profile: (Part 1)

Fill out the first screen with a username, your name, password and email



4) Create your profile: (Part 2)

Fill out this screen with a contact, delivery methods and an address



You will now receive alerts from Alameda County



Alameda County/Bay Area Emergency Alert Radio Stations

Alameda County and its jurisdictions have access to the Emergency Alert System (EAS), a partnership with local media in which emergency messages and instructions are broadcast to the public.

Official EAS radio stations are:

KCBS – 740 AM – News

KQED – 88.5 FM – News & Information

Major Bay Area Television Stations

KAXT TV 1

KGO TV 7

DTV TV 14 (Univision)

KTVU TV 2

KQED TV 9

KFTL TV 28

KRON TV 4

KNTV TV 11

KSTS TV 48 (Telemundo)

KPIX TV 5

KBCW TV 12

KKPX TV 65

Shelter-In-Place

Shelter-in-place means to take immediate shelter wherever you are to avoid harm. In the event of a chemical spill or release, you may be instructed to remain indoors and shut off outside air intake to avoid harmful fumes that may have been dispersed into the air. Listen to local radio and TV for emergency instructions. Have your emergency supplies ready.

Evacuation

If evacuation becomes necessary due to an emergency situation, you will be instructed to leave your home and neighborhood and to seek a safe location. Shelter sites and evacuation routes will be designated. Listen to local radio and TV for emergency instructions. Take your emergency supply “go kit” with you.



Haywired Earthquake Scenario

Go to <https://outsmartdisaster.com/> for a scenario on the Hayward Earthquake Fault. Find out how to prepare and become an earthquake survivor.

**For more information or trainings,
please contact any of the following organizations:**

A Safe Place

Phone: (510) 986 8600
crussell@asafeplace.org

**Berkeley Disaster
Preparedness
Neighborhood Network**

info@bdpnnetwork.org

**Center for Elders'
Independence (CEI)**

Lenore McDonald
Director of Fund Development
& Government Relations
Phone: (510) 452-8835
Main: (510) 433-1150
lmcdonald@cei.elders.org

**Community Resources for
Independent Living (CRIL)**

Phone: (510) 881-5743
Michael.Galvan@
crilhayward.org

Comfort Homesake

Phone: (510) 303-1099;
(510) 686-1898
ababiom@yahoo.com;
info@comforthomesake.com

**Day Break Adult Care
Centers (DBACC)**

Phone: (510) 834-4423
ofra@daybreakcenters.org;
Disaster Prep. Coordinator
laura@daybreakcenters.org

Deaf Plus Adult Community

Phone: (510) 556-2755
(510) 556-2750
lgonzales@deafplus.us

Eden I&R, Inc.

Development Manager
Phone: (510) 537-2710 x511
Email: cstahl@edenir.org
Disaster Prep. Coordinator
Email: leholm@edenir.org
(510) 537-2710 ext. 516

**Eglise Franco-Americaine
De La Nouvelle Alliance**

Phone: (510) 917-0696
pastorjacquesefana@yahoo.com
AFANA Project manager
ndaddrel@gmail.com

**Fremont Family Resource
Center (FFRC)**

Phone: (510) 574-2062
KGrimsich@fremont.gov

Futures Explored Inc.

Phone: (925) 332-7183

diennekelly

@futures-explored.org

kelsnyhansen

@futures-explored.org

**Friends of Children with
Special Needs (FCSN)**

Phone: (510) 739-6900 x 3300

sylviayeh@fcsn1996.org

**Meals on Wheels of
Alameda County**

Phone: (510) 777-9560

marisa@feedingseniors.org

Oakland Rising

Phone: (510) 261-2600 (office)

Email: beth@oaklandrising.org

liz@oaklandrising.org

**Senior Support Program
of the Tri-Valley**

Phone: (510) 410-1741

Email: rtaylor@ssptv.org

Sudo Mesh

Email: jenny@sudomesh.org

**Vietnamese American
Community Center of the
East Bay (VACCEB)**

Phone: (510) 891-9999

Email: smeredith@vacceb.org

**World Institute on Disability
(WID)**

Phone: (510) 225-6400

Email: marsax@wid.org

ALAMEDA COUNTY RESOURCES FOR EMERGENCY PREPAREDNESS

For more information on Emergency Preparedness for seniors and people with disabilities in Alameda County contact:

The Center on Disability/Pacific ADA Center

555 12th Street, Suite 215, Oakland, CA 94607

Phone: 510-285-5600 Hotline: 800-949-4232

emerg1@adapacific.org

<https://www.adapacific.org/emergency-preparedness-publications-resources>

The Alameda County Sheriff's Office of Emergency Services:

4985 Broder Boulevard, Dublin, CA 94568

Phone: 925-803-7996 (925) 803-7800

Email: phess@acgov.org

<https://www.acgov.org/ready/>

<https://www.acgov.org/emergencysite/>

https://www.alamedacountysheriff.org/cws_oes.php

FEMA's Ready Campaign

<https://www.ready.gov/>

California's Office of Emergency Services

<https://www.caloes.ca.gov/individuals-families>

California's Health & Human Services Agency

<https://www.chhs.ca.gov/blog/2019/10/25/public-safety-power-shutoffs-resource-guide/>

American Red Cross

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/disaster-safety-for-people-with-disabilities.html>

California Department of Public Health

<https://www.cdph.ca.gov/Programs/EPO/Pages/PrepareanEmergencySupplyKit.aspx>

California Department of Developmental Services'

Feeling Safe, Being Safe

<https://www3.dds.ca.gov/ConsumerCorner/EmergencyPreparedness.cfm>

<https://www.dds.ca.gov/consumers/emergency-preparedness/>