**ARE YOU PREPARED?**

Preparation is key to your recovery after a disaster/emergency.

**KNOW YOUR RISK**
Prepare for environmental risks in your area

- **Know** how to prepare for disasters/emergencies, visit the [Office of Disaster Preparedness & Emergency Management](#) web page for more information.

- **Register** for [AC Alert](#) to receive Alameda County emergency alerts, and [ListosCA/Alerts](#) to find available California alerts.

**MAKE A PLAN**
Prepare your household before a disaster/emergency strikes

- **Create** a Family Emergency Plan at [ready.gov/plan](#) that you can share with loved ones.

- **Consider** the specific needs of your household such as:
  - Medical Equipment
  - Transportation
  - Pets

- **Practice** the plan with your household.

- **Get Involved** in your community.

**BUILD an emergency kit that fits your family’s needs (see reverse for sample kit).**

**SECURE** important documents (visit [CalOES](#) for suggested list of documents).

**UNDERSTAND** your insurance coverage.

**SAVE** your Local Radio Stations: 1610AM, KPFB 89.3, KQED 88.5, KCBS 740AM, KSOL 98.9FM (Spanish)

**TAKE ACTION**
Be ready to respond and recover from a disaster/emergency

- **Prepared by** Government & Community Relations (GCR) Office of Disaster Preparedness and Emergency Management (DPEM)

Contact Us: SSADPEM@acgov.org
Everyone Has a Role

Remember: Depending on your family needs, your plans & emergency kits may look different.

**BUILD A KIT**

Get emergency supplies together before a disaster happens. During a disaster, you and your family will need specific items, including cash and supplies. **Your emergency kit will be unique to you.** Consider items your family may need such as medications and infant supplies, and remember to pack for your pet!

- Water
- Non-perishable food
- Cash
- Battery-powered or hand crank radio
- Flashlight and extra batteries
- Non-electric can opener
- First aid kit
- Whistle
- Prescription Medications
- Pet needs

* Make sure you have enough items to last several days

**LEARN MORE**

**RESOURCES:**
- Office of Disaster Preparedness and Emergency Management
- Alameda County | Emergencies
- ListosCA
- Ready.gov

**TRAININGS:**
- Alameda County Community Emergency Response Team (CERT)
- Alameda County Stop the Bleed Trainings
- Alameda Public Health Department | Personal Emergency Preparedness Training - Over the Phone for Vulnerable Populations

Prepared by Office of Disaster Preparedness and Emergency Management (DPEM)

Contact Us: SSADPEM@acgov.org