

# 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](https://www.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.



## TAKE ACTION

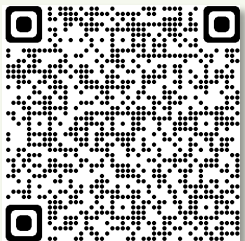
Be ready to respond and recover from a disaster/emergency

**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)



Prepared by  
[Government & Community Relations \(GCR\)](#)  
[Office of Disaster Preparedness and Emergency Management \(DPEM\)](#)

Contact Us: [SSADPEM@acgov.org](mailto: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
- Personal hygiene items
- Dust mask to help filter contaminated air
- Moist wipes, garbage bags and plastic ties
- Wrench or pliers to turn off utilities
- Pet needs
- \_\_\_\_\_
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\* 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](#)



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