The Pocket Guide to

Emergency Preparedness

Your safety. That’s why public health is working.

We’re working around the clock to protect your health and safety. Our work includes health promotion, disease prevention, and serving as one of the front line team of agencies responding in the event of terrorism.

To learn more, visit us at www.acgov.org/publichealth/ or call 510-268-7023.

This guide can help you in the event of a major emergency. It has information on how to plan for and respond to natural and man-made disasters. Helpful web sites and phone numbers are also included. Please read your guide carefully and keep it close at hand.

Alameda County Public Health Department
In the event of an Earthquake

Earthquakes and their potential for loss of life, injury, and extensive property damage are always a concern for most Californians.

The following tips can help keep you safe:

1. **Have a Plan:** Select a safe place in every room. Practice DROP, HOLD, and COVER and teach children how to do it. This means: drop under something sturdy like a table, hold on to it, and cover your eyes by pressing your face against your arm.

2. **Prepare an Emergency Supplies Kit:** Make sure you have the food, water, medical supplies, and other materials you’ll need for at least 3 days after an earthquake.

3. **When the Shaking Starts:** DROP, HOLD, COVER. Stay indoors until the shaking stops. If you’re outside, find a clear spot away from buildings, trees, and power lines and drop to the ground. If you’re in a car, slow down and drive to a clear place.

4. **After the Shaking Stops:** Get to a safe place outdoors if you think the structure you’re in is in danger of collapsing. Provide first aid for anyone slightly injured and seek medical attention for anyone seriously injured. Assume there will be aftershocks. Secure anything heavy that could fall and eliminate fire hazards. Listen to the radio for instructions regarding turning off gas and water. If you smell gas, or think it is leaking, shut it off. BUT REMEMBER: Only a professional should turn it back on.

For more information visit the Office of Emergency Services Web site at [http://www.oes.ca.gov](http://www.oes.ca.gov) or call 925-803-7800.
In all cases:

1. Listen to local updates to find out where the source of the radiation is located. Also listen for the level of the radiation source.
2. Decrease the amount of time you spend near the source of radiation.
3. Increase your distance from the source.
4. Increase the shielding between you and the radiation. Shielding is a protective barrier between a person and the source of radiation. Shielding could range from a plate glass window to several feet of concrete.

**SELF-DECONTAMINATION:** If you have been in contact with radiation, remove your clothes as quickly as possible. Put the clothes in a sealed plastic bag. Take a shower and wash thoroughly with lukewarm water.

**Biological Emergency**

*In the event of a Biological Emergency*

Bacterial and toxins that can cause disease in people.

Protection during a biological event depends on the agent being used.

For example, anthrax can only affect people who come into direct contact with it and cannot be passed on from person to person. But smallpox is highly contagious and would require isolating people who have been exposed. For some biological events immunizations may be recommended.

In response to a biological event, local authorities may give orders for **SHELTER IN PLACE** or **EVACUATION**.

**Chemical Emergency**

Chemical agents are poisonous gases, liquids or solids that can cause injury, illness and death. Chemical emergencies can be caused by industrial accidents, or through the intentional release of harmful chemicals.

Protection from chemical agents varies. Either **SHELTER IN PLACE** or **EVACUATION** orders may be given to provide protection. Local authorities will give these orders only when necessary. Gas masks and protective clothing may help in some instances, but cannot protect you from contaminated food or water. However, not all such gear sold today is suitable for protection. Learn before you buy.
How to Get Information in an Emergency

Local radio and television stations will provide information in the event of a major emergency. In some instances, the Emergency Alert System may be activated. Specific emergency instructions will be broadcast by:

• KCBS-AM 740

Emergency instructions will provide information on whether it is safer to evacuate your home/workplace or whether you will be better protected by Shelter In Place. If you are ordered to evacuate, the radio announcements will also advise you on the safest place to go.

Helpful Web Sites

Alameda County Public Health Dept.................................................................www.acgov.org/publichealth/


Centers for Disease Control and Prevention......................................................www.bt.cdc.gov

What **Not to Do** in an Emergency

**Do NOT** go to the hospital except in the case of a medical emergency.

**Do NOT** light matches or turn electrical switches on or off if you smell gas or think there may be a leak. It is safe to use a flashlight. Also Do NOT use a regular phone. Cell phones are safe to use.

**Do NOT** turn off any utilities unless you have been told to by emergency authorities—or unless you know there has been some damage to gas pipes, water pipes, or electrical lines.

**Do NOT** drive your vehicle unless you have been advised to evacuate or you have a medical emergency. Be sure to check on road conditions or travel restrictions.

**Do NOT** call 9-1-1 except in the case of a life-threatening situation. It is very important to keep these lines open for true emergencies.

www.acgov.org/publichealth/
Your Best Protection is Preparation

There are many types of emergencies. This Guide offers information about those that are large-scale disasters, specifically earthquakes and acts of terrorism involving nuclear (radiological), biological, and chemical agents.

If such a disaster occurs, you may be asked by authorities to take one of two different actions: SHELTER IN PLACE (remain in your home or workplace), or EVACUATE (leave your home or workplace). In either case, it is important that you and your family have an EMERGENCY PREPARATION PLAN.

The American Red Cross provides all the information you need to make your Emergency Preparation plan. You can call the Red Cross at 510-594-5100 or visit their Web site at www.redcross.org. In the meantime, it makes good sense to put together some emergency supplies for your home, workplace, and car.

YOUR EMERGENCY SUPPLIES SHOULD INCLUDE:

- A battery powered or wind-up radio.
- Flashlights with fresh batteries.
- A first aid kit, including emergency medications.
- A cell phone (make sure it’s charged).
- Stored water in sealed unbreakable containers—1 gallon for each person for each day up to one week. Water should be replaced every six months.

- A water purification kit in the event you can’t boil water if a "Boil Water Order" is issued by health and safety officials.
- A one week supply of food that doesn’t need refrigeration, a manual can opener, and eating utensils.
- Trash bags, duct tape, sheets of plastic, and disposable gloves.
- Fire extinguishers.
- Add a shovel, booster cables, fix-a-flat, and flares for your car.

When Your Child is at School

Every school has an emergency plan that includes evacuation destinations. Call your child’s school now to find the location and write it down here:

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Also, find out what you or a designated person will need to provide in order to pick up your child.

In the event of an evacuation, you will be notified by school officials where and when your child can be picked up, so make certain the school has a way of reaching you. Radio or television stations may also carry instructions. Finally, make sure your child has identification and phone numbers to reach family or friends.
In the event of a radiological, chemical, or biological emergency, authorities may direct you to SHELTER IN PLACE or EVACUATE. The term "Shelter In Place" means remaining inside your home or place of work and protecting yourself there.

If emergency officials advise you to Shelter In Place:

1. Stay calm.
2. Bring children and pets indoors immediately.
3. Close and lock all windows and outside doors.
4. Turn off all fans, heating and air conditioning systems, close exterior doors and windows.
5. If you have a fireplace, close the damper.
6. Gather your disaster supplies and battery powered radio.
7. Go to an interior room, ideally without windows. In case of a chemical threat, a room above ground is preferable because some chemicals are heavier than air and may seep into the basement.
8. Use duct tape (wet towels if you are out of duct tape) to seal doors, exhaust fans, vents, and windows.
9. Listen to the radio or TV for emergency instructions and Shelter In Place until you are told all is safe.

Evacuation: Prepare a "Grab and Go"

EMERGENCY KIT

In some emergencies, you may be asked to evacuate. In that case, you’ll want an easy-to-carry container, like a backpack or duffle bag, with adequate emergency supplies in a convenient location. It’s a good idea to keep some cash in your emergency kit. Also, be sure that everyone in the family has a list of important phone numbers and that you’ve decided on two alternative places to meet in case you become separated.
The following are numbers for disaster and emergency related help and information.

- Alameda County Public Health Department: 510-267-8000
- Alameda County Public Health Department Bioterrorism Program: 510-268-7023
- Emergency Medical Services Agency: 510-618-2050
- Alameda County Office of Emergency Services: 925-803-7800
- Alameda County Office of the Sheriff Main: 510-272-6878
- American Red Cross Oakland: 510-594-5100
- California Poison Control Center: 800-876-4766
- CalTrans (Highway conditions): 800-427-7623
- Alameda Power and Telecom: 510-748-3902
- Pacific Gas & Electric: 888-743-4743

Your Own Important Numbers

- Write down important numbers and keep them close. These include friends and family home and cellular numbers, your doctor or clinic, and your child’s school.

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www.acgov.org/publichealth/
Where to Find Emergency Medical Care

**HOSPITALS**  
(\(\wedge\) denotes trauma center)

**Alameda County Medical Center Highland General Hospital**  
1411 E. 31st  
Oakland, CA 94602  
510-437-4800

**Alameda Hospital**  
2070 Clinton Ave.  
Alameda, CA 94501  
510-522-3700

**Alta Bates Medical Center**  
2450 Ashby Ave.  
Berkeley, CA 94705  
510-542-3700

**Children’s Hospital Oakland \(\wedge\)**  
747 52nd Street  
Oakland, CA 94609  
510-428-3000

**Eden Medical Center \(\wedge\)**  
20103 Lake Chabot Rd.  
Castro Valley, CA 94546  
510-537-1234

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

**Kaiser Permanente Hayward**  
27400 Hesperian Blvd.  
Hayward, CA 94545  
510-784-4000

**Kaiser Permanente Oakland**  
280 W. Mac Arthur Blvd.  
Oakland, CA 94611  
510-752-1000

**San Leandro Hospital**  
13855 East 14th St.  
San Leandro, CA 94578  
510-337-6500

**St. Rose Hospital**  
27200 Calaroga Ave.  
Hayward, CA 94538  
510-264-4000

**Summit Medical Center**  
350 Hawthorne St.  
Oakland, CA 94609  
510-655-4000

**Valley Care Health Systems**  
5555 W. Los Positas Blvd.  
Pleasanton, CA 94588  
925-847-3000

**Washington Hospital**  
2000 Mowry Ave.  
Fremont, CA 94538  
510-797-1111

Call 9-1-1 in the event of a serious, life-threatening emergency.