When the Shaking Starts:
- **INDOORS** - DROP, COVER, and HOLD ON. Stay indoors until the shaking stops.
- **OUTDOORS** - Stay clear of buildings, trees, power lines or anything else that could fall on you and drop to the ground.
- **IN A CAR** - Slow down, drive to a clear space and stop. Avoid parking under bridges or overpasses; stay clear of trees, light posts, and power lines.

**DROP, COVER, AND HOLD ON**
- DROP under something strong and stable like a desk, table, or other furniture
- COVER your head and neck
- HOLD ON to your shelter with one hand, if possible, so it does not fall over and leave you unprotected.

**IF YOU CANNOT DROP, COVER YOUR HEAD AND NECK.**

After the Shaking Stops:
- Get to a safe place outdoors if the place you’re in is in danger of collapsing.
- Provide first aid for anyone 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 additional instructions.
- If you smell gas or think gas is leaking, AND if you are familiar with how to turn off your gas, AND if you are instructed to do so by the radio, shut off your gas - but know that ONLY a professional can turn it back on.

**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.

1) **HOME KIT**
- This kit can be in any size container because it will be used at your own home.

2) **READY-TO-GO KIT**
- This is a small kit you can keep in your car, 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.

**YOUR BASIC EMERGENCY KIT SHOULD INCLUDE:**
- A two-week supply of water in sealed unbreakable containers
- A two-week supply of food that doesn’t need refrigeration
- A manual can opener, and basic eating utensils
- A first-aid kit
- Toiletries and hand sanitizer
- A two-week supply of prescription medicines and treatment information
- Extra cash, small bills
- A change of clothes
- Emergency blanket
- Copies of important documents (medical records, insurance information, birth certificate etc.)
- Trash bags, duct tape, sheets of plastic, disposable gloves, and face masks

**Consider special kit needs for:**
- **Infants:** Powdered formula and baby food; diapers
- **Children:** Favorite toy; photo of family and pets;
- **Seniors:** Spare glasses, hearing aids and hearing aid batteries
- **Pets:** Medications for your pets; muzzle, collars and leash; pet waste bags; food

**How to Get Information in an Emergency**
Get alerted about emergencies by signing up for AC Alert. You can select to receive notifications for your home city, work location, and other sites of your choice on your home, mobile or business phone numbers, text messages and more.

Local radio stations:
- KCBS 740 AM / 106.9 FM
- KGO 810 AM
- KPFA 94.1 FM
- KALW 91.7 FM

Subscribe at www.acgov.org/emergencysite

**Public Health is working for your safety.**
Public Health System Preparedness and Response is 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 an emergency.

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

**The Pocket Guide to Preparedness and Response**
Preparedness and Response is 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 an emergency.

This guide can help you in an emergency or large-scale disaster.
It has information on how to plan for and respond to disasters. Helpful contact information is also included. Please read your guide carefully and keep it close at hand.
Shelter In Place: Protecting Yourself at Home or Work

In the event of a radiological, chemical, or biological emergency, authorities may instruct 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 authorities advise you to Shelter in Place:

1. Stay calm
2. Bring children and pets indoors immediately.
3. Close and lock all outside (exterior) doors and windows.
4. Gather your disaster supplies and battery powered radio.

Some situations may need additional actions:

5. Turn off all fans, heating and air conditioning systems.
6. If you have a fireplace, close the damper.
7. Go to an inside (interior) room, ideally without windows.
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 it is safe.

Evacuation

A wide variety of emergencies may cause an evacuation. In some instances you may have a day or two to prepare, while other situations might call for an immediate evacuation. To “evacuate” means to remove yourself or other persons from a place-of-danger to a safer place. Don’t forget your READY-TO-GO KIT.

Have an evacuation plan and identify several places you could go, but when evacuating, listen to authorities for recommendations and consider nearby safe locations within walking distance.

Download the AC Prepared App on your phone!

The Alameda County preparedness app will allow you to:

- Share your status with your selected contacts.
- Receive critical emergency alerts via push notification.
- Locate Alameda County's emergency shelters.
- View up-to-date evacuation route maps.
- Get the latest news and weather for the Alameda County area.

Important Public Safety Information

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

211BayArea.org____________________________________________2-1-1

Alameda County Public Health Department
www.acphd.org________________________________________(510) 267-8000

Alameda County Public Health Systems Preparedness and Response (PHSPR)
www.acgov.org/phspr________________________________________(510) 268-7023

Alameda County Emergency Medical Services Agency (non-emergency line)……………………………………(510) 618-2050

Alameda County Office of the Sheriff-Administrative Office…………………………………….(510) 272-6876

Emergency Preparedness……………www.acgov.org/emergencysite

American Red Cross
www.redcross.org………………………………………………..(800) 733-2767

California Poison Control Center…………………..………………………………(800) 876-4766

CalTrans (Highway Conditions)……………………………………..(800) 427-7623

Alameda Municipal Power………………………………………..(510) 748-3902

Pacific Gas & Electric………………………………………..(800) 743-5000

East Bay Municipal Utility District (EBMUD)…………………..(866) 403-2853

Centers for Disease Control and Prevention
Emergency Preparedness and Response…www.emergency.cdc.gov

Federal Emergency Management Agency (FEMA)
Ready Campaign……………………………………………….www.ready.gov

Where to Find Emergency Medical Care

HOSPITALS:

Alameda Health Systems Highland Hospital 43
1411 E. 31 Street
Oakland, CA 94602
(510) 437-4800

Alameda County Public Health Department
www.acphd.org________________________________________(510) 267-8000

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