Emergency Kits

Consider making two kits to have available in easy-to-get-to spots. Each kit should contain items for your personal and household 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 or 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:

- Two-week supply of water in sealed unbreakable containers, for drinking and sanitation
- Two-week supply of food that doesn’t need refrigeration
- Manual can opener, and basic eating utensils
- Two-week supply of prescription medicines and treatment information
- First-aid kit
- Change of clothes including long sleeved shirt, long pants and sturdy shoes.
- Toiletries and hand sanitizer
- Trash bags, duct tape, sheets of plastic, disposable gloves, and face masks
- Flashlights with extra batteries stored separately
- Family photos

Consider special kit needs for:

- Infants: Powdered formula and baby food, diapers
- Children: Toys and books
- Seniors: Spare glasses, hearing aids and hearing aid batteries, medication
- Pets: Medication, muzzle, collars and leash, pet waste bags, food

Important Resources

Get Prepared!

- Sign up for AC Alert at acgov.org/emergencysite
- Download AC Prepared App
- Download OSHA Heat Safety App
- AC Prepared App
- AC Prepared App

Local Radio Stations:

- KCBS 740 AM / 106.9 FM
- KPFA 94.1 FM
- KGO 810 AM
- KALW 91.7 FM

Call 9-1-1 if you have a life-threatening emergency.

This pocket guide can help you prepare for an emergency or during an extreme heat event.

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Recognize The Signs Of Heat Illness — What To Look For

<table>
<thead>
<tr>
<th>HEAT EXHAUSTION</th>
<th>HEAT STROKE</th>
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<tbody>
<tr>
<td>Heat exhaustion is less intense than heat stroke, but is still a serious health threat.</td>
<td>Heat stroke is a serious and potentially life threatening condition.</td>
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- Headache
- Dizziness
- Confusion

- No sweating
  - High body temperature
  - Red, hot, dry or damp skin

- Cool, pale, clammy skin
- Nausea or vomiting
- Fast, weak pulse

- Loss of consciousness

Pay Extra Attention To Vulnerable Groups

- Infants and children
- Seniors
- People with disabilities
- Homeless or unsheltered
- People living alone
- Pets

Cooling Strategies – Preventing Heat-Related Illness

In the event of a heat wave:

- Stay hydrated, don't wait until you're thirsty. Avoid drinking alcohol, caffeine and sugary drinks.

- Stay cool indoors or find a Cooling Center in your community.

- Avoid strenuous activities and limit time exposed to the sun. Wear sunscreen if you must go outdoors.

- Never leave infants, children or pets in the car.

- Use the Buddy system, check on the health of your family or friends especially, if they are children, elderly, physically or mentally challenged.

- Wear light colored, lightweight, loose fitting clothing and open shoes.

- Shower or bathe in cold water frequently and cool off with a fan.

- Keep your home cool. Close your curtains and avoid cooking especially during the hottest part of the day. Sleep cool at night.

- For more tips on Preventing Heat-Related Illness, please go to cdc.gov/disasters/extremeheat

Heat Waves And Health

The changing climate will make extreme heat waves more common in Alameda County. High temperatures can feel even hotter when living in an urban environment.

Heat waves can be dangerous. A very high body temperature can affect the brain and other vital organs. Some health conditions (like dehydration, obesity and heart disease) can make it harder for the body to stay cool in hot weather.

In the event of a heat wave:

- Stay hydrated, don't wait until you're thirsty.
- Avoid drinking alcohol, caffeine and sugary drinks.
- Stay cool indoors or find a Cooling Center in your community.
- Avoid strenuous activities and limit time exposed to the sun. Wear sunscreen if you must go outdoors.
- Never leave infants, children or pets in the car.
- Use the Buddy system, check on the health of your family or friends especially, if they are children, elderly, physically or mentally challenged.
- Wear light colored, lightweight, loose fitting clothing and open shoes.
- Shower or bathe in cold water frequently and cool off with a fan.
- Keep your home cool. Close your curtains and avoid cooking especially during the hottest part of the day. Sleep cool at night.
- For more tips on Preventing Heat-Related Illness, please go to cdc.gov/disasters/extremeheat

Include this Pocket Guide and Emergency Plan in your KIT

Family Emergency Plan

My Local Cooling Center:____________________

My Emergency Meeting Place:

- Neighborhood:____________________
- Out-of-Neighborhood:____________________

If there is a heat wave, I would call to check on:

Name:____________________
Phone:____________________

If I have an Emergency, I would call:

Name:____________________
Phone:____________________

My Out-of-town contact

Name:____________________
Phone:____________________

My Out-of-state Contact:

Name:____________________
Phone:____________________

Other Information/ Medications / Phone Numbers

- Infants and children
- Seniors
- People with disabilities
- Homeless or unsheltered
- Pets

Other Vulnerable Groups

- Infants and children
- Seniors
- People with disabilities
- Homeless or unsheltered
- People living alone
- Pets

Treatment — What To Do

HEAT EXHAUSTION

- Move to a cooler place
- Hydrate, sip water
- Rest and cool down
- Consider calling 911 if symptoms worsen or last longer than 1 hour

HEAT STROKE

- Call 911 immediately
- Do not drink anything
- Move to a cooler place