



Be
Red Cross
Ready
EMERGENCY
CONTACT CARD

1 (888) 4-HELP-BAY
www.redcrossbayarea.org
American Red Cross
Bay Area Chapter

Be Red Cross Ready

Make a Plan | Get a Kit | Be Informed

1 (888) 4-HELP-BAY
1 (888) 443-5722
www.redcrossbayarea.org

School/Day Care Evacuation Site

Workplace Evacuation Site

Out of the Neighborhood

Near Home

Emergency Meeting Places

Primary Contact Number(s)

Primary Contact Name

Emergency Contacts (LOCAL)

Primary Contact Number(s)

Primary Contact Name

Emergency Contacts (OUT-OF-AREA)

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Be Red Cross Ready

MAKE A PLAN
GET A KIT
BE INFORMED

Are You Ready?

How will you reconnect with your family and friends following a major disaster? Do you have the right items in your disaster kit? Do you know what to do in an earthquake? A few basic preparations can go a long way to ensuring the safety of you and your loved ones in the event of a disaster.

Make a Plan

Planning ahead is the first step to ensure your household is prepared for a disaster.

- **Develop a Communication Plan:** It's often easier to make a long-distance call after disaster, so identify an out-of area contact who will serve as a central connection point. Have everyone report his or her status to this contact. For a smaller event, keep local emergency contacts on hand.
- **Decide Where to Meet After a Disaster:** Choose a place near home and one outside the neighborhood in case you can't return home. Also know the evacuation sites at work and school or day care.
- **Review and Practice Your Plan**

Get a Kit

Store enough supplies for everyone in your household for at least three days. Prepare kits for your home, workplace and car.

- Non-perishable Food and One Gallon of Water Per Person Per Day
- Flashlight, Battery-operated or Crank Radio, Essential Tools and Maps
- First Aid Kit and Medications
- Clothing and Sturdy Shoes
- Personal Items and Sanitary Supplies
- Cash in Small Denominations
- Emergency Contact Information

Be Informed

Learn how to protect yourself before, during and after a disaster.

- **Earthquake:** If indoors, DROP, take COVER under a heavy piece of furniture or against an interior wall and protect your head, and HOLD ON until the shaking stops. If outdoors, move away from buildings and trees, DROP, COVER and HOLD ON.
- **Fire:** Get out. Check doors for heat before opening. Through smoke, drop to the floor and crawl. If you're trapped, signal for help from a window. Once out, stay out.
- **Get First Aid & CPR Training:** Sign up for classes at www.redcrossbayarea.org.
- **Obtain Accurate Information:** Tune into 740 AM, 810 AM and 88.5 FM in the Bay Area. Follow instructions from local officials.