

Your Family's Emergency Plan



BE PREPARED

Emergency preparedness is critical to ensure the safety of you and your family. Second Harvest and PG&E play a key role in disaster response in Santa Cruz County and want you to be prepared.

Plan ahead for emergencies.

Please take a few minutes to fill out the forms below, print them out and review them with your family, so that when the unthinkable happens you are prepared.

Talk to your family and practice what you will do in the case of an earthquake, fire, flood or other disaster.

Follow these three steps:

1. Make an emergency plan.
2. Prepare an emergency kit.
3. Stay informed about current conditions.

1. Fill in the blanks so you know who to contact in an emergency:

YOUR EMERGENCY CONTACTS			
Local		Out of Town	
NAME		NAME	
Address		Address	
Home Phone		Home Phone	
Work Phone		Work Phone	
Cell Phone		Cell Phone	
Email		Email	
Additional Contact		Additional Contact	
NAME		NAME	
Address		Address	
Home Phone		Home Phone	
Work Phone		Work Phone	
Cell Phone		Cell Phone	
Email		Email	

YOUR NEAREST HOSPITAL/CLINIC	
NAME	
Address	
Phone	
NAME	
Address	
Phone	

YOUR FAMILY MEMBERS' INFO

NAME	
Social Security #	
Blood Type	
Allergies	
Medicines and Doses	
NAME	
Social Security #	
Blood Type	
Allergies	
Medicines and Doses	
NAME	
Social Security #	
Blood Type	
Allergies	
Medicines and Doses	
NAME	
Social Security #	
Blood Type	
Allergies	
Medicines and Doses	
NAME	
Social Security #	
Blood Type	
Allergies	
Medicines and Doses	

YOUR DOCTORS	
FAMILY MEMBER'S NAME	
DOCTOR'S NAME	
Address	
Phone	
FAMILY MEMBER'S NAME	
DOCTOR'S NAME	
Address	
Phone	
FAMILY MEMBER'S NAME	
DOCTOR'S NAME	
Address	
Phone	
FAMILY MEMBER'S NAME	
DOCTOR'S NAME	
Address	
Phone	
YOUR PETS' VETERINARY HOSPITAL/CLINIC	
PET'S NAME	
VET'S NAME	
Medicines and Doses	
Address	
Phone	
PET'S NAME	
VET'S NAME	
Medicines and Doses	
Address	
Phone	

CHILDCARE CENTER	
NAME	
Address	
Phone	
ELDERCARE CENTER	
NAME	
Address	
Phone	
PHARMACY	
NAME	
Address	
Phone	

MEDICAL INSURANCE	
NAME	
Policy Number	
Address	
Phone	
HOME INSURANCE	
NAME	
Policy Number	
Address	
Phone	
LIFE INSURANCE	
NAME	
Policy Number	
Address	
Phone	
AUTO INSURANCE	
NAME	
Policy Number	
Address	
Phone	

EARTHQUAKES



- Find a few safe places to go in and near your house where nothing can fall on you.
- Decide on a safe place to meet outside the house and an alternative after the earthquake.
- Make your house more 'earthquake-safe:' make sure that cupboards can close tightly, bolt heavy furniture and water heaters to wall studs, secure items that might fall.
- Remember (and practice) how to 'Drop, Cover, and Hold On.'



FIRES

- Install smoke alarms on each level of your home and check to make sure they work at least once every 6 months. Replace batteries when needed.
- Make at least two escape routes from your house and practice them with your whole family at least twice every year.
- All adults in the house should know how to use a fire extinguisher. Make sure the extinguisher is regularly serviced by your fire department.
- Pick a safe place to meet outside the house in the event of a fire.
- Make sure everyone in the house knows that they must get out immediately after an alarm.



FLOODS

- If it has been raining steadily for several days, pay attention to TV and radio for the possibility of a flood.
- If there is a flood WATCH, there is the possibility of a flood.
- If there is a flood WARNING, the flood is already happening or will soon.
- In the case of a flood watch, make sure that you have an emergency kit prepared and a full gas tank in the event of an evacuation.
- Keep instructions on how to turn off your utilities in case you are evacuated.

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- **For all disasters, keep instructions handy on how to turn off your gas and water lines if necessary.**

MAKING YOUR EMERGENCY KIT

Plan to be self-sufficient for at least three days in the absence of electricity, running water or transportation. Rotate your items out every 6 months to maintain freshness. Try to keep most emergency kit items in one portable container.

Some items for your emergency kit:

- 3 gallons of water/person or pet in clean, sealed plastic containers
- Non-perishable canned foods
- Manual Can Opener
- Knife
- Protein and fruit bars
- Dry cereal, nuts and crackers
- Canned juices
- Powdered milk or cans of evaporated milk
- Baby food/formula
- Pet food
- Flashlight
- Batteries
- Battery-powered radio
- Copies of birth certificates, health information, identification, passports, insurance information for each family member in a waterproof container and/or on a USB drive
- Adhesive bandages, gauze pads, and sterile rolled bandages
- Soap/alcohol-based sanitizer
- Moist towelettes
- Antibiotic ointment
- Sewing kit
- Over-the-counter treatments for fever, pain, diarrhea, coughs and colds
- Change of clothes and shoes for each family member
- Pre-paid calling cards for each family member
- Extra keys for house and car
- Extra pairs of prescription glasses for each wearer
- Copy of emergency plan for each family member
- Whistle
- Sleeping bags or blankets
- Baby supplies-diapers, bottles, etc.
- Paper towels
- Disinfectant
- Tissues and toilet paper
- Feminine hygiene supplies
- Disposable plates and silverware
- Sterno
- Matches in waterproof container
- Plastic bags
- Prescription medicines and vitamins
- Road maps
- Syrup of Ipecac, activated charcoal
- Iodine or bleach tablets
- Dust mask for each family member
- Rain gear, hats, gloves
- Plastic sheeting
- Tent
- Toiletries
- Sun block
- Cash and a credit card

EMERGENCY RESOURCES IN THE SANTA CRUZ COUNTY AREA

IN AN EMERGENCY, CALL 911

American Red Cross, Santa Cruz Co. Chapter	(831) 462-2881
Police-City of Capitola (non-emergency)	(831) 475-4242
Police-City of Scotts Valley (non-emergency)	(831) 438-2323
Police-City of Watsonville (non-emergency)	(831) 471-1151
Fire Department: Santa Cruz	(831) 420-5280
Fire Department: Watsonville	(831) 768-3200
Dominican Hospital, Santa Cruz	(831) 462-7700
Watsonville Community Hospital	(831) 724-4741
Poison Control	(800) 222-1222
Pacific Gas and Electric	(800) 743-5002
AT&T	(800) 288-2020
COMCAST	(800) 266-2278
VERIZON	(800) 483-0722
Santa Cruz County Public Health Department	(831) 454-4000
Santa Cruz County Human Services Benefits Hotline	(888) 421-8080
Second Harvest Food Bank Community Food Hotline	(831) 662-0991