

FOR IMMEDIATE RELEASE

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SAN JOAQUIN COUNTY PUBLIC HEALTH SERVICES PROMOTES EMERGENCY PREPAREDNESS *TOGETHER WE'RE READY!*

STOCKTON, CA (September 1, 2015) — **September is National Preparedness Month!** Disaster preparedness can prevent an unexpected emergency situation from becoming worse. Public Health officials urge you to know about risks, be informed, make a plan, build a kit and get prepared for disasters that may occur in your area. Plan for and use the all-hazards approach to be **READY** for any event.

Residents should know the community's warning system and emergency alerts and how to get accurate information and updates whether it is through traditional or social media. When preparing for your family's needs, consider everyone's needs, the young, elderly, those with special needs and pets. You should have a plan in place that identifies where you will reunite if separated from each other and how you will contact each other if power is lost.

You should be **READY** to be self-sufficient for at least 3 days. Create a 72-hour "Shelter-in-Place" kit with the following supplies: water, one gallon per day per person for three days – that would be 12 gallons of water stored for a family of four; non-perishable food; flashlights, radio and extra batteries; a manual can opener, blankets, and clothing, cash and first aid supplies. Our pets are like family members. Have a pet kit **READY** to go with your pet's name and picture, a pet carrier/kennel, food, water dish, leash and medical records. Consider having a "Go-kit" if you need to evacuate and if you have a vehicle, practice keeping your gas tank near full and your mobile phones charged.

Lastly, once you have plans in place, review them regularly so you'll know what to do if a disaster should strike. No matter what type of disaster, it's important to be prepared. With the right knowledge and supplies you will be **READY** to help yourself and your family to be prepared. According to Tammy Evans, Ph.D., Director of San Joaquin County Public Health Services, "each of us needs to take actionable steps to help ourselves and our community to be prepared for all-hazards emergencies or disasters through planning and making daily healthy choices."

For more information visit: www.sjcphs.org, www.ready.gov and www.sigov.org/oes.

Attachment: Be Prepared; Take the First Step Checklist (English)

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SPECIAL NEEDS KIT



Special Needs - In addition to the items of a standard preparedness kit - Water, Food, Radio, Flashlight, First Aid Kit - consider special needs like...



Babies/Young Children

- Infant Formula and Bottles
- Diapers and Diaper Rash Ointment
- Powdered Milk
- Medications
- Books, Games, Puzzles or other Activities for Children



Special Needs Adults

- Prescription Medications
- Medication List
- Glasses
- Special Medical Supplies or Equipment



Other Items to Consider

- Medical Insurance ID Cards
- Doctor's Name, Address, Phone Number
- Cell Charger
- Family Records: Wills, Deeds, Tax Records, Insurance Policies
- Recent Photographs of Family Members
- Cash or Traveler's Checks
- Comfortable Walking shoes
- Pet Food, Extra Water, Pet Supplies, Pet Carrier



**San Joaquin County
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For more information:

U.S. Department of Homeland Security	ready.gov
Federal Emergency Management Agency	fema.gov
Centers for Disease Control & Prevention	cdc.gov
California Department of Public Health	cdph.ca.gov
San Joaquin County Public Health Services	sjcphs.org



**BE PREPARED,
TAKE THE
FIRST STEP!**



**PREPAREDNESS
AND
PUBLIC HEALTH
THREATS**

DON'T WAIT – PRIOR TO AN EMERGENCY COLLECT THESE ESSENTIAL ITEMS TO HELP YOU SHELTER-IN-PLACE

www.sjcphs.org



Emergency Preparedness Program

MAKE A PLAN

-  **Create a Personal Support Network** - Make a list of family and friends who may help during a disaster and let them know the plan.
-  **Make a Family Communication Plan** - Consider a plan for each family member to call or e-mail the same friend or relative to check in (out of the area).
-  **Decide Whether to Stay or Go** - Depending on the emergency, make plans to stay at home or leave the area. Consider both possibilities and share the plan with family members, relatives and friends.
-  **Consider your Pets** - Make plans in advance for your animals. If you must evacuate, take your pets with you, if possible. However, know only service animals will be allowed inside public shelters.
-  **Staying Put** - Consider what you can safely do to shelter-in-place alone or with family and friends. When contamination is an issue, learn about “sealing the room”.
-  **Evacuation** - There may be conditions in which you may evacuate. Plan on how you will get away and where you will go. Follow evacuation instructions.
-  **Fire Safety** - Plan two ways out of every room in case of fire. Remove objects that block exit paths. Know how to turn off utilities.

GET A KIT

-  **Water** - One gallon of water per person for at least three days, for drinking and sanitation.
-  **Food** - At least a three-day supply of non-perishable food and a manual can opener.
Don't forget the pets!
-  **Radio** - A battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries.
-  **Flashlight** - Don't forget the extra batteries.
-  **First Aid Kit** - With basics like antiseptic, bandages, and non-prescription medicines.
-  **Whistle** - To signal for help.
-  **Dust Masks** - To help filter tainted air. Plastic sheeting & duct tape to shelter-in-place.
-  **Moist Towelettes** - For personal sanitation.
-  **Wrench** - To turn off utilities.

FAMILY COMMUNICATIONS

-  **Emergency Contact Information Card** - Complete an Emergency Contact Information Card for each family member to carry.
-  **Emergency Contact Information** - Make a complete list for all your family members and include key contact information for each member.
-  **List Information** - Include the following information for each person:
 - Out of area contact names, email and telephone numbers
 - Name, birth date, social security number and important medical information
 - Information on where each family member spends the most time: work, school, etc.
 - Schools, daycare providers, workplaces, and apartment buildings should have site-specific emergency plans
-  **Family Communications Plan Form** - You can use a pre-printed form to list key information from Homeland Security at www.ready.gov or American Red Cross at www.redcross.org.