

GET READY!



YOUR **EMERGENCY PLANNING GUIDE** FROM PARTNERSHIP HEALTHPLAN OF CALIFORNIA

Emergencies can happen at any time, and now is the best time to get ready. An emergency kit has items you need in an emergency. Now is a good time to get your emergency kit ready, or refresh your current one. Your kit should be ready to grab and go at any time. Getting ready for emergencies is very important for households with members who have disabilities, use medical equipment that needs power, or take medicine that needs to be kept cold.



Action Plan

Where will we meet?

You may need to leave your home during an emergency, when your family members might not be with you. Find at least 2 places you and your family could meet:

- Think about safe places near your home, and places outside of your city or town.
- If you have pets or service animals, think about animal-friendly places.
- If you have family members with medical needs, think about places that are close to medical services.

Keep your kit ready to go

Check your kit at least 2 times each year.

- Make sure your supplies are still good and not out of date.
- Update your kit as your family's needs change, like having a baby or getting a pet. Make sure everyone knows where the kit is.
- Store your kit in a cool, dry place.
- Put packaged food in a plastic box with a tight lid.

This will help you and your family leave quickly in an emergency.

Our meeting places are: _____

Basic Emergency Kit

Food

- Bottled water
- Tools and utensils
- Canned Foods
- Baby/pet food

Equipment

- Flashlights
- Radio
- Extra batteries
- Mobile phone/charger

Health & personal supplies

- Basic first aid kit
- Medicines
- Blankets and extra clothing
- Toiletries (soap, toothbrush, etc.)
- Glasses or contacts
- Hearing Aids
- Important documents
- Cash and credit cards
- Paper and pencil



Other things to add to your Emergency Kit

Medical supplies

- Medical alert tags
- Medical equipment/devices/inhalers
- Wheelchairs/walkers/canes
- KN95 masks
- Written list of medicines

Nice to have

- Sleeping bags
- Books, games, and toys
- Sturdy shoes

Foods that can last a while

- Protein or granola bars
- Dried fruit
- Boxed juices
- Powdered milk

Items to remember

- Local map(s)
- Insurance papers
- Written list of phone numbers
(Doctors, pharmacy, family, friends)

Emergency Resources

- **Public Safety Power Shutoff (PSPS)**
<https://prepareforpowerdown.com/>
Call 211 or text “PSPS” to 211211
- **InciWeb – Incident Information System**
inciweb.nwcg.gov/
- **CAL Fire**
fire.ca.gov
CAL FIRE Main Line: (916) 653-5123
- **California Evacuation centers**
response.ca.gov/resources.html#shelter
- **Red Rover – Bringing Animals from Crisis to Care**
<https://redrover.org/2020/10/22/westernfires/#northern-california>
(916) 429-2457 ext. 305
- **Sign-up for your local Alert System (such as: CodeRED or Nixle)**
<http://calalerts.org/signup.html>
For more about getting ready for wild fires visit:
<https://www.readyforwildfire.org/>
- **PHC Community Resources webpage**
<http://www.partnershiphp.org/Community/Pages/Community-Resources.aspx>



Scan for Community Resources



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