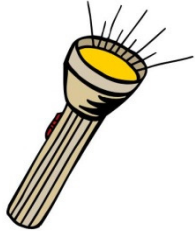


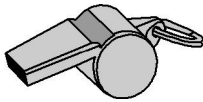
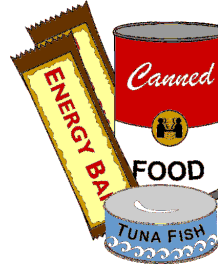
Your Personal Go-Kit Top Eleven!



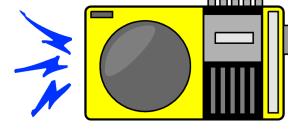
Keep a "Go-Kit" in your home, work and car – if an emergency strikes, you just pick up the kit and GO! Here is a list of the top eleven items that should be in your bag:



- Food
- Water
- Clothes
- Flashlight
- Whistle
- Duct Tape
- Garbage Bags
- Radio
- First Aid Kit



- Identification Papers
- Personal Support Items
(e.g. medication, eyeglasses, hearing aid)



Five Easy Things You Can Do to Be Prepared:



- CARRY** a keychain flashlight and whistle with you everywhere
Remember the code: 1 = Yes, 2 = No, 3 = HELP!
- NOTE** important information – contacts and resources – and keep it safe
- ASK** about preparedness – at your children's school, your work, or your neighborhood group
- TELL** people what they need to know – how to contact you, how to evacuate, how to prepare
- PACK** a go-kit that you can carry with you to leave safely in a hurry



Go to ...



CARD (Collaborating Agencies Responding to Disasters)
(510) 451-3140 | www.CARDCanHelp.org | info@cardcanhelp.org

CARD is a 501(c)3 nonprofit organization. To make a donation, call (510) 451-3140



For earthquakes and other threats:

- ❑ **Drop - Cover - Hold** (Step 1)
 - **DROP** to the ground.
 - Have a strong table **COVER** you.
 - **HOLD** on till shaking stops.
- ❑ **Shake - Look - Listen** (Step 2)
 - **SHAKE** yourself gently to make sure no glass is on you - do not rub.
 - While under the table, **LOOK** at what has happened. Is there any danger?
 - **LISTEN** carefully for instructions.

Calling 9-1-1

Dial 911. Answer their questions. Tell them your name. Tell them where you are. Tell them what has happened. Follow their instructions.

Calling your Emergency Contact

Tell them what has happened. Follow instructions. Have back-up numbers!

- ❑ **Know your trusted friends.**
Who are the people in your life who can help you?
- ❑ **Know when to yell for help.**
Emergencies can be loud and confusing. Lots of yelling may not help, but you should do so if you or someone is in danger of getting hurt.

*You can use **ANYTHING** you have to help you in an emergency.*

*Ziptop baggies garbage bags handkerchiefs
duct tape **graffiti!***

Whistle Skills

1 Blow = Yes. 2 Blows = No. 3 Blows = Help!



Flashlight Skills

1 Flash = Yes. 2 Flashes = No. 3 Flashes = Help!

