



EMERGENCY PREPAREDNESS PLAN AND EVACUATION CHECKLIST

In case of emergency, dial 9-1-1

Guided HealthCARE (925) 407-3123. My Nurse's name: _____

My Emergency Contact Person 1: Name _____ Number: _____

My Emergency Contact Person 2: Name _____ Number: _____

My Name: _____ My Cell Phone Number: _____

EMERGENCY AND EVACUATION CHECKLIST OF PERSONAL ITEMS:

- Backpack, purse, wallet with ID, keys, glasses, hearing aids, walker, wheelchair, oxygen
- Medications; copy of prescriptions and dosage
- Emergency cash, credit card
- Pets; carriers, leashes, meds, food, bowls, bedding, litter
- Clothing for 3 days e.g. underwear, pants, shirts, pajamas, shoes, hats, head covering, scarf
- Non-perishable food and water for 3 days; can opener
- Toilet paper, potent hand wipes, hand sanitizer, soap, wash cloth
- Cell phone, computer, laptop, technology devices; chargers, solar chargers
- Personal hygiene items, face/skin cream and lotion, primary cosmetics
- Other meds, aspirin tablets, ibuprofen tablets, supplements
- Jewelry, most valuable personal possessions
- Address book/phone list of family, friends, doctors
- Your personal emergency plan, prepared by you/your caregiver; include location where you plan to go
- Extra house key

EMERGENCY AND EVACUATION CHECKLIST OF SURVIVAL GEAR:

- First aid kit, medical items, duct tape
- Flashlight, battery powered radio, and multi-tool; extra batteries
- Earthquake bag if available
- Gloves, disposable and warm wear
- Dust mask for smoke
- Pillow, blanket, sleeping bag, personal tent
- Emergency gear; rain poncho, whistle, aluminized blanket, hand warmers
- Firearm(s); take with or secure



Plan Ahead:
Download the
FEMA app to be
informed &
connected during
an emergency

EMERGENCY AND EVACUATION CHECKLIST OF DOCUMENTS:

- Important documents e.g. Medicare/Medicaid cards, medical insurance, birth certificate, passport, licenses, vehicle titles, deeds, insurance declarations, financial data, medical data, Wills, Powers of Attorney
- Personal possessions property list with photos and appraisals
- Albums, photos, home videos
- Military decorations, records
- Safety deposit box key(s)
- Checkbooks, bills
- Genealogy records, journals, diaries, letters,
- Other valuable items, cameras, heirlooms, art, collections