EMERGENCY GUIDE

My emergency plan

Who to call, my important info, my go-bag and easy steps for emergencies.

Acomodash
your coordinated dashboard

911
Danger, fire or a medical emergency

988
Crisis: call or text, any time

1-800-222-1222
Poison Control

1-800-451-5155
Adult Protective Services (OC)

My emergency contacts

Name: _____ **Phone:** _____

Name: _____ **Phone:** _____

Name: _____ **Phone:** _____

My meeting places

Near home: _____

Outside my neighborhood: _____

My address: _____

My important info

Allergies: _____

Medicines: _____

My doctor: _____

Health conditions: _____

How I communicate: _____

Insurance: _____

My go-bag

- [ ] Water
- [ ] Snacks
- [ ] Medicines and medicine list
- [ ] Phone and charger
- [ ] Flashlight
- [ ] ID and insurance cards
- [ ] A copy of this plan
- [ ] Some cash
- [ ] Glasses or hearing aids
- [ ] A comfort item
- [ ] First aid kit
- [ ] A change of clothes

What helps me stay calm

If the power goes out, I need

What to do

Easy steps for emergencies. Read them together with your team, and practice.

Earthquake

1. Drop down to your hands and knees.
2. Cover your head and neck. Get under a sturdy table if you can.
3. Hold on until the shaking stops.
4. Stay away from windows. Go outside only when it's safe.

Fire

1. Get out fast. Don't stop to take things.
2. If there is smoke, stay low and crawl.
3. Go to your meeting place near home.
4. Call 911 from outside. Never go back in.

Power outage

1. Use a flashlight, not candles.
2. Keep the fridge and freezer closed.
3. Unplug things like the TV and computer.
4. If you use medical equipment that needs power, call your emergency contact.

Very hot weather

1. Drink water often, even if you're not thirsty.
2. Stay where it's cool, or go to a cooling center. Call 211 to find one.
3. Wear light clothes and rest in the shade.
4. Call 911 if someone is confused, very hot, or stops sweating.

Wildfire smoke

1. Stay inside and close the windows and doors.
2. Use an air purifier or the AC on recirculate if you have one.
3. Wear an N95 mask if you have to go outside.
4. Be ready to leave if you're told to go. Grab your go-bag.

If you get lost

1. Stop and stay somewhere safe.
2. Call one of your emergency contacts.
3. Show your ID card or this plan to a worker, like a bus driver.
4. If you feel unsafe, call 911.

Medical emergency

1. Call 911.
2. Say your name, where you are and what happened.
3. Show them your important info.
4. Then call your emergency contact.

Feeling unsafe or in crisis

1. Go somewhere that feels safe.
2. Call or text 988, any time.
3. Use something from your calm plan.
4. Tell someone you trust how you feel.

Sign up for **AlertOC** at alertoc.com to get emergency alerts for Orange County on your phone. Call **211** to find cooling centers and other help.

Make your plan in your dashboard to fill this in for you. Acomodash · www.acomodash.com