

DISASTER READY CARD



Fill out this **DISASTER READY CARD** and keep it with you where first responders can find it. In an emergency, having this card with you can let healthcare providers know important things about your health, such as:

- ✓ Medicines you take
- ✓ Allergies
- ✓ Medical issues

Make a contact list with phone numbers of people you want to connect with during a disaster or who could provide information about you and your health in an emergency:

- ✓ A relative or friend
- ✓ Doctor or other health care provider
- ✓ Social worker

You should also include a contact from outside the area where you live, that you and your family might be able to call and check in as safe during a disaster.

TIPS TO PROTECT YOURSELF DURING COVID-19



Wear a mask.



Stay 6 feet apart from others (about two arms' length).



Wash your hands with soap and water as often as possible.



Try to not touch your face.



For further tips and assistance go to: [COVID19.ca.gov](https://www.covid19.ca.gov)



DISASTER READY CARD

Full Name:

Phone Number:

Contact Name:

Phone Number:

Medical conditions: (Examples: Medical issues such as diabetes, heart condition, etc.)

Out-of-town Contact Name:

Phone Number:

IN AN EMERGENCY, PLEASE CONTACT:

Phone Number:

Medications:

Allergies:

Doctor's Name:

Phone Number:

EMERGENCY RESOURCE INFORMATION

Evacuation & Shelter:

Call 2-1-1

No-insurance COVID-19 advice:

1-877-409-9052

Medi-Cal:

benefitscal.com

CalFresh:

1-877-847-3663

WIC:

1-888-942-9675

CalWORKs:

benefitscal.com



Wildfire info: [incidents.readyforwildfire.org](https://www.incidents.readyforwildfire.org)