

# 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 who might be able to help you or 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.

## SAFETY STEPS FOR ANY DISASTER



Get alerts to know what to do.



Make a plan to protect your people.



Pack a Go Bag with things you need.



Build a Stay Box for when you can't leave.



Help friends neighbors get ready.



# 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:	Visit your county website
Medi-Cal:	benefitscal.com
CalFresh:	1-877-847-3663
WIC:	1-888-942-9675
CalWORKs:	benefitscal.com
Additional information:	listoscalifornia.org