

# *Calaveras County*

## **P R E P A R E D**

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### *Preparing for a Local Emergency*

Take simple steps to prepare for a natural disaster or other emergency.

#### **FAMILY EMERGENCY PLAN**

- Know how to reach family members
- Keep current family medical information handy
- Keep contact numbers for family doctor or clinic

#### **BASIC EMERGENCY SUPPLIES**

- First Aid Kit
- Water – 1 gallon per person for 3 days
- Non-perishable food [canned, packaged] & can opener
- Toilet paper, towelettes, garbage bags & ties
- Infant care supplies – formula, diapers
- Pet care supplies
- Extra clothes, shoes & blankets
- Whistle to signal for help
- Battery powered flashlight, radio & extra batteries
- Wrench or pliers to turn off utilities

#### **INFORMATION DURING AN EMERGENCY**

Local agencies will provide information using:

- Radio, TV, Newspapers, Special Hotlines, Website

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*Visit the Calaveras County Public Health Website*

**[www.co.calaveras.ca.us](http://www.co.calaveras.ca.us)** 209.754.6460 or 1.800.754.8889

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P R E P A R E D

## Pandemic Flu

A worldwide outbreak [pandemic] of flu will affect everyone.  
*You can prepare yourself and your family now.*

### HOME PREPAREDNESS

- Store 2 week supply of nutritious & special need food for family & pets
- Store water & electrolyte drinks like Gatorade/Pedialyte
- Keep a supply of current prescription drugs
- Keep first aid supplies & nonprescription drugs for pain relief, coughs & colds, diarrhea
- Decide who will care for sick family members if primary adults are sick
- Plan for temporary school/day care closings

### LIMIT SPREAD OF GERMS & INFECTION

- Wash hands often
- Teach children how to wash hands
- Cover coughs & sneezes
- Stay home from school and work if sick
- Limit contact with others who are sick

### STAY HEALTHY

- Get a flu shot every year
- Eat healthy, stay active & get enough sleep

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