## **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:

- $\checkmark$  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.

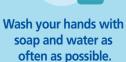
## **TIPS TO PROTECT YOURSELF DURING COVID-19**



Wear a mask.



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





Try to not touch

your face.



For further tips and assistance go to: COVID19.ca.gov

**DISASTER READY CARD** Full Name: **Phone Number: Contact Name: Phone Number:** Medical conditions: (Examples: Medical issues such as diabetes, **Out-of-town Contact Name: Phone Number:** heart condition, etc.) IN AN EMERGENCY, PLEASE CONTACT: **Phone Number: Medications: EMERGENCY RESOURCE INFORMATION Evacuation & Shelter:** Call 2-1-1 No-insurance COVID-19 advice: 1-877-409-9052 Allergies: Medi-Cal: benefitscal.com CalFresh: 1-877-847-3663 1-888-942-9675 WIC: CalWORKs: benefitscal.com **Doctor's Name: Phone Number:** 🖉 Wildfire info: incidents.readyforwildfire.org

