



OCTOBER *Get Emergency Alerts*

Register to receive voice, text, and email alerts free of charge from several agencies. Bookmark reliable websites for timely and accurate local information. Many apps are available free of charge that will provide emergency alerts.

ACTION ITEMS for October. See the links at right for more information.

- ✓ Sign up for emergency alerts at Contra Costa's **Community Warning System (CWS)** CWSALERTS.com .
- ✓ Sign up for **Smart 911** alerts at Smart911.com.
- ✓ Check your emergency portable radio. Set the tuner to KCBS 740 AM.
- ✓ Sign up for local alerts such as fire, flooding and utility emergencies at pulsepoint.org
- ✓ Participate in the **Great Shake Out** on October 19



Below are links for credible information.


- protect.genasys.com - know your evacuation zones for home, work and school
- [Watch Duty](http://WatchDuty) - wildfire info with maps
- [CA Fire](http://CAFire) - fire preparedness, and road info
- myshake.berkeley.edu - earthquake warning
- [Listos California](http://ListosCalifornia) - preparedness information
- [NOAA weather](http://NOAAweather) - weather safety and alerts
- [211 CA](http://211CA) - evac routes and shelters
- CalOES - guides, alerts and preparedness
- Ready.gov - preparedness information
- [PG&E Safety Action Center](http://PG&ESafetyActionCenter) - resources for alerts and safety information

Stay Kit **GROCERY LIST** (9 of 11)

- 8 gallons of water *plastic containers should be replaced every 6 months*
- 4 16-oz cans fruit
- 4 13-oz cans ready to eat meat
- 4 14.5-oz cans vegetables
- paper plates
- quick energy snacks
- eating utensils
- paper cups
- 4 large (32oz) sport drinks
- 4 20-oz cans ready to eat soup
- 4 8-packs of 12-fl oz cans flavored water

Preparedness Calendar is for a family of 4 & 1 pet - adjust to your needs.

Stay Kit **HARDWARE List** (4 of 4)

- extra batteries
- whistle
- masking tape
- ABC fire extinguisher 
- hammer
- pliers
- vice grips
- assorted nails, wood screws and the correct tools to use them

The **Great Shake Out** is
October 17, 2023



The Contra Costa County CWS is a partnership of the office of the Sheriff, the Health Services Department, and other government agencies offering a comprehensive, integrated system for alerting people in Contra Costa County to imminent threats to their life or health. CWS can alert residents and businesses within Contra Costa that are impacted by or are in danger of being impacted by an emergency. Sign up [here](#)



For more information visit your Martinez Area Community Emergency Response Team, (CERT) www.martinezcert.org

This calendar is designed to break down large tasks into monthly steps to be less overwhelming. The calendar lists many items to be purchased early in the year, before the distractions of the holiday season. While perishables must be replenished, hardware purchases should be mostly one-time expenses. Time purchases to work best for you!