



SAFETY TIP

Information from LISTOS and Martinez Area CERT

Get to safety. Pack a GO Bag.

Most disasters are unexpected and happen fast. You might not have time to shop, or even to pack. Pack a Go Bag for when you must leave home in a hurry. Pack one Go Bag for each member of your household. Think about what you would take if you had 15 minutes of notice to leave your home. Now, think if you had just two minutes. Pack up important items now, so you and your family will have what you need later. Use a duffel bag or backpack to hold your items. Keep your Go Bags in an easily accessible place. Take your portable computer with you if you have one. Always know where your keys, wallet, cell phone and charger are located and be ready to grab them on your way out. Download the [Listos Disaster Guide](#) for more information.

To pack now:

- Copies of your identification and insurance documents
 - Other important medical information
 - Papers that are important to you
 - Map marked with routes out of your neighborhood
 - Cash. Small bills – \$1s, \$5s, and \$10s - add to the stash over time
 - Extra medications and a list of all prescriptions
 - Extra charging cord for your phone
 - Flashlight with extra batteries, multi-tool, whistle, and lighter
 - Small first aid kit
 - AM/FM radio with extra batteries
 - Snacks – power bars are a good choice
 - Containers of water. Plastic should be replaced every 6 months.
 - Your contact list - use the one on the back of this flyer
 - Weather resistant jacket, socks, shoes, long pants, long-sleeved shirt, hat and gloves, and emergency blanket
 - Photos of family and you with your pets
- ✓ TIP - You can keep a digital copy of all papers and photos on a [flash drive!](#)

Pet Go Bag. Adjust for your pet's unique needs.

- pet carrier, leash/ halter/ harness
- water, bowls, blanket, toys, waste disposal bags
- medications, vaccine records, contact info of vet
- 3-day supply of food, water, first aid kit
- pet ID chip info, current photos of your pet with you/your family

Contra Costa Animal Response ([CART](#)) offers a [3-step disaster plan](#)



Have Go Bags and Stay Kits ready



Have a Pet Go Bag ready to go.



For more preparedness information and free training opportunities, visit your Martinez Area Community Emergency Response Team (CERT) at martinezcert.org



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Connect & Protect

Think about who you want to connect with during an emergency. These may be family, neighbors, friends or caregivers. Who do you want to protect? Who wants to protect you? Write down their names and contact information. Include home, work, school and other numbers. Share copies with everyone on your list. You should also pick one person, outside the area where you live, who won't be affected by your local disaster. You and your contacts might be able to check-in as safe with that faraway relative or friend and share where you are.



EMERGENCY CONTACTS

CONTACT NAME	CELL PHONE
_____	_____
WORK/SCHOOL	HOME PHONE
_____	_____
ADDRESS	EMAIL
_____	_____

CONTACT NAME	CELL PHONE
_____	_____
WORK/SCHOOL	HOME PHONE
_____	_____
ADDRESS	EMAIL
_____	_____

CONTACT NAME	CELL PHONE
_____	_____
WORK/SCHOOL	HOME PHONE
_____	_____
ADDRESS	EMAIL
_____	_____

OUT OF AREA CONTACT NAME	CELL PHONE
_____	_____
WORK/SCHOOL	HOME PHONE
_____	_____
ADDRESS	EMAIL
_____	_____