

Emergency Kit Checklist

"It is a good idea to assemble the following items in case of an emergency. These items should be placed into a duffel bag or backpack to create a portable kit or should be in a safe place that can be accessed during an emergency."

— Ken Calvert

This list was adopted from www.Ready.gov.

- Water, one gallon of water per person per day, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered radio and extra batteries
- Flashlight and extra batteries
- First Aid kit
- Whistle to signal for help
- Dust mask or cotton t-shirt, to help filter the air
- Moist towelettes for sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (*if kit contains canned food*)
- Plastic sheeting and duct tape to shelter-in-place (*learn more about a "shelter-in-place" at www.ready.gov*)
- Unique family needs, such as daily prescription medications, pet food and supplies, infant formula, or diapers
- Important family documents, such as a copy of your identification, bank accounts, passport and birth certificates (*learn more at www.ready.gov*)
- List of emergency phone numbers
- Garbage bags and plastic ties
- Cash

Emergency Cards

Below are some emergency cards for you and your family. Fill out, cut out and give one of these cards to each member of your family. They are sized to fit conveniently into a wallet or business card case. The back of the emergency cards has blanks for all of your personal emergency numbers.

—Ken Calvert



Emergency Card

For more blank cards go to www.house.gov/calvert

All Emergencies: **911**
Riverside County Sheriff: **(951) 955-2400**
Orange County Sheriff: **(714) 647-7000**
Riverside County Fire Department: **(951) 955-4700**
Orange County Fire Authority: **(714) 538-3501**
California Highway Patrol, Riverside: **(951) 637-8000**
California Highway Patrol, Orange: **(949) 559-7888**
FEMA, Region IX: **(510) 627-7100**
Poison Control Center: **(800) 222-1222**

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ECP/WSS

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POSTAL CUSTOMER-LOCAL
Forty-Fourth Congressional District
California

Guide to Emergency Services



44TH DISTRICT OF CALIFORNIA
CONGRESSMAN
KEN CALVERT

*Vital Information in the
Event of an Emergency*



Dear Neighbor,

I encourage you to take this opportunity to prepare for an emergency, whether it is a natural disaster, pandemic, or a terrorist attack. Federal, State, and local government agencies are working to better prepare for emergencies, but each of us needs to take responsibility for our own family and well-being. In the immediate aftermath of an emergency, your family should have supplies on hand and a plan to meet at a pre-arranged location, especially if the communication systems are down or overloaded.

We all have a tendency to put off emergency preparedness until it is too late. The information inside can help you be prepared for an emergency in our area.

Sincerely,

Ken Calvert

Contact Info:

Website and email: www.house.gov/calvert

WASHINGTON OFFICE
2201 Rayburn Building
Washington, DC 20515
Phone: (202) 225-1986
Fax: (202) 225-2004

RIVERSIDE OFFICE
3400 Central Avenue, Suite 200
Riverside, CA 92506
Phone: (951) 784-4300
Fax: (951) 784-5255

LAS FLORES OFFICE
26111 Antonio Parkway, Suite 300
Las Flores, CA 92688
Phone: (949) 888-8498
Fax: (949) 888-8524
Las Flores Office Hours: Open every Friday from 9:00am to 5:00pm or by appointment

About the Bird Flu

Every year, flu viruses infect people around the world. In the United States, the flu season begins in late December and ends in March, killing about 36,000 Americans (250,000-500,000 people worldwide). Typically, the seasonal flu is most dangerous for the very young, the very sick, and the very old.

Occasionally, a new virus appears that does not follow the normal seasonal cycle. Pandemic flu will affect people worldwide and can appear during any season. There were three pandemic flus during the 20th Century. Currently, a flu virus in birds, called H5N1, is of extreme concern to health officials worldwide. Domestic birds usually die from the flu, but infected wild birds often carry the virus without showing symptoms, causing the flu to spread. This has already occurred in Asia and Europe. The virus has mutated to spread from birds to humans. If the virus mutates again to spread easily from human to human, the H5N1 virus will likely cause a pandemic flu. A vaccine for this flu is difficult to make until the exact strain of the flu is identified. This mutation may or may not occur, but it is certainly a major concern.

President Bush has asked Congress for \$7.1 billion in emergency appropriations to implement a nationwide plan in case a pandemic flu develops. There are simple steps you and your family can take to reduce your risk to all flus, including a potential pandemic flu.

- Cover your cough and sneeze
- Wash your hands frequently
- Keep living and work areas clean
- Keep your distance by avoiding crowds
- Get vaccinated against the flu virus annually

This information is adopted from the "Bird Flu and You" poster from the National Defense University's Center for Technology and National Security Policy, by Robert Armstrong and Stephen Prior. Additional copies can be found at www.ndu.edu/ctnsp/home.html

Learn more:

www.ready.gov
www.pandemicflu.gov
www.fema.gov
www.oes.ca.gov
www.redcross.org

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—Ken Calvert



Emergency Card My name/number

Contact Name: _____

Contact Number: _____

Out of Town Contact: _____

Contact Number: _____

Neighborhood Meeting Place: _____

Meeting Place Number: _____

Other: _____

Emergency Card My name/number

Contact Name: _____

Contact Number: _____

Out of Town Contact: _____

Contact Number: _____

Neighborhood Meeting Place: _____

Meeting Place Number: _____

Other: _____

Emergency Card My name/number

Contact Name: _____

Contact Number: _____

Out of Town Contact: _____

Contact Number: _____

Neighborhood Meeting Place: _____

Meeting Place Number: _____

Other: _____

Emergency Plan

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.

- Be sure every member of your family knows emergency phone numbers and has a prepaid phone card.
- The telephone system may be down altogether, so determine where to meet with your family if you cannot get in touch during the emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with each other in advance.
- It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members.
- Inquire about emergency plans at places where your family spends time: work, day care and school.
- Talk to your neighbors about how you can work together in the event of an emergency.
- Include an emergency kit in your vehicle.
- Practice your plan.