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:

- 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.

**EMERGENCY RESOURCE INFORMATION**

Evacuation & Shelter: Call 2-1-1

No-insurance COVID-19 advice: 1-877-409-9052

Medi-Cal: benefitscal.com

CalFresh: 1-877-847-3663

WIC: 1-888-942-9675

CalWORKs: benefitscal.com

Wildfire info: incidents.readyforwildfire.org
Full Name: 

Medical conditions: (Examples: Medical issues such as diabetes, heart condition, etc.) 

Medications: 

Allergies: 

Doctor’s Name: 

Contact Name: 

Out-of-town Contact Name: 

Phone Number: 

Phone Number: 

Phone Number: 

Phone Number: 

Phone Number: 

IN AN EMERGENCY, PLEASE CONTACT:  

TIPS TO PROTECT YOURSELF DURING COVID-19

Wear a mask.

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

Wash your hands with soap and water as often as possible.

Try to not touch your face.

For further tips and assistance go to: COVID19.CA.GOV