A basic emergency plan, when developed and shared before a crisis, can make a huge difference after an emergency or disaster when people are scattered and stress is high.

**Pocket Preparedness Plan**

During a disaster, call 1-800-RED CROSS (1-800-733-2767) and select the prompt for “Disaster” to register yourself as safe and well.

![Facebook](https://www.facebook.com/RedCrossBayArea)

![Twitter](https://twitter.com/RedCrossBayArea)

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### Local Emergency Contacts

- Primary Contact Name and Number
- Roommate Name and Number
- Other Local Contact Name and Number
- Landlord/RA Name and Number

### Emergency Meeting Places

- Near Apartment or Residence
- Off Campus
- Job Evacuation Site
- Other:

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Make a Kit
Store enough supplies for everyone in your room, apartment, or home for at least three days. Make sure everyone knows where the kit is located. Use items you have at home in your kit.

- Non-perishable food and one gallon of water per person per day
- Flashlight with batteries; Battery-operated or crank radio
- Duct tape
- Maps (campus and City of Berkeley)
- First aid kit and extra prescription medications
- Picture ID (Copy of Driver’s License, Passport, or Cal1 Card)
- Copy of important records (Lease, Car Title and Registration, birth certificate, etc.)
- A change of clothes and sturdy shoes
- Personal items and sanitary supplies (extra eyeglasses, keys, toothbrush, hand sanitizer, etc.)
- Cash in small denominations (bank cards may not be usable after a disaster)
- Written list of emergency point-of-contact phone numbers

Make a Plan
Planning ahead is the first step to ensure you are prepared for an emergency or disaster.

- Designate an out-of-area contact: It is often easier to text or call long distance after a disaster, so identify an out-of-area friend or relative who will serve as a central connection point. For a smaller event, keep local emergency contacts on hand.
- Decide where to meet after an emergency or disaster: Choose a place near your apartment or residence and one away from campus in case you can’t return where you can meet up with friends or roommates.
- Review and practice your plan: What good is your plan if you never practice?

Be Informed
Learn how to protect yourself before, during, and after an emergency or disaster.

- Earthquake: If indoors, DROP, take COVER under a heavy piece of furniture or against an interior wall and protect your head, and HOLD ON until the shaking stops. If outdoors, move away from buildings and trees, DROP, COVER, and HOLD ON.
- Fire: Get out. Check doors for heat before opening. If you must move through a smoke-filled area, drop to the floor and crawl. If you’re trapped, signal for help from a window. Once out, stay out.
- Get First Aid & CPR Training: Classes are taught on campus (more info at redcross.berkeley.edu).
- Obtain Accurate Information: Tune into the campus radio station (KALX, 90.7FM) or local stations (KCBS 740AM, KGO 810AM) for more information. Follow instructions from local officials.
- Emergency Alerts: Sign up for text or email emergency alerts with WarnMe, UC Berkeley’s alerting service. Register at warnme.berkeley.edu.