

You are a Survivor!

ACT NOW; HERE'S HOW!

**Regional Center Service Providers,
& All Regional Center Clients**
Are invited to attend this **FREE**
Emergency & Disaster Training!

MAY 15th, 2018

9 am – 1:30 pm

**Temple Adat Shalom
15905 Pomerado Rd, Poway**

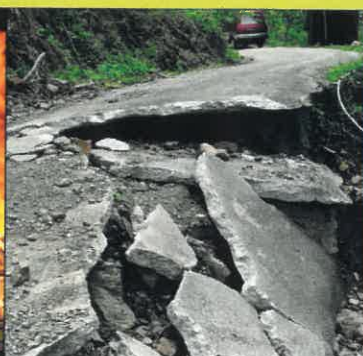
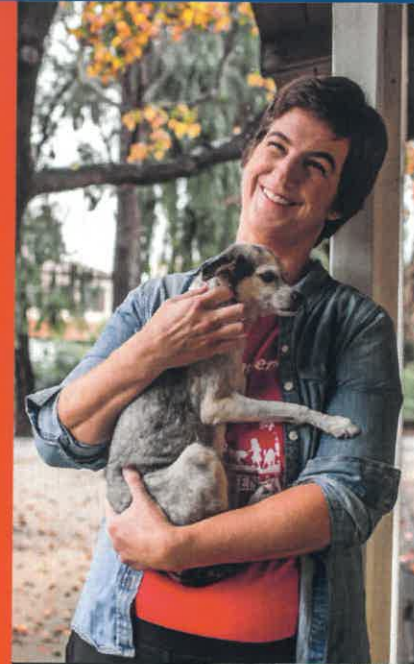
Lunch provided

Raffle Prizes

(3) Win a \$100 Disaster Bag

FREE Call to Register (760) 471-3703

Email: Jacqueline.gritton@communitycatalysts.org



**Bring your own
Disaster Bag to
this event, earn
10 raffle tickets!**



RCFE Disaster Preparedness Task Force "To Go Bags" \$50.00

CREATE YOUR OWN "TO GO BAGS"

Include items like: change of clothes, extra shoes, socks. Food & water for 3 days. Radio (extra batteries). Money & coins. Light sticks, first aid kit, personal hygiene kit: tooth brush/paste. Glasses or medical devices (name on items). Whistle. Flashlight. Blanket. Hand sanitizer. Breathing mask. Duck tape. Marker/paper or journal. Extra plastic zip lock bags. Contact information: Family and Friends; Names & Numbers. Medications log/Physicians information. Your schedule or daily routine. Music or calming device. Ear plugs. A lanyard photo & ID/contact info. Personalize your bag: lip balm, lifesavers... What helps you relax?

TIPS to PREPARE!

1. Register your cell phone with... www.ReadySanDiego.org
2. Have a battery-operated radio, extra batteries.
3. Evacuate in **15 MINUTES or less!** Write where you go & with who on your door (marker).
4. ATM card and some cash (including coins).
5. Have a 3 day kit plus if possible a 3 week kit per person; plan for your pets.
6. Office of Emergency Services encourages 1 gallon of water per day per person.
7. Have a list of all medications & times to take them, plus list the medical conditions. Keep with the medicines in grab-and-go containers.
8. Your insurance carrier's name and after-hours phone # for emergency services.
9. Copies of important papers...registrations, wills, birth certificates, ss card, photo ID.
10. Have current photos and identification. Family records (birth, marriage, & death)
11. Text/email instead of calling loved ones.
12. Program ICE (In Case of Emergency) contacts in your cell phone; 1 out-of-state contact.
13. Have a copy of all insurance/medical information, including home insurance information.
14. Have a Plan A, Plan B and a Plan C. Let other's know what you are doing.

Are You Ready to ShakeOut? October 18, 2018 at 10:18 am!

Join the millions of Californians who will "Drop, Cover, and

Great California ShakeOut

Hold On" in the ...the largest earthquake drill ever!

Everyone can participate.

Register now at www.shakeout.org/california