EMERGENCY CONTACT AND MEDICINE RECORD INFORMATION—KEEP WITH YOUR MEDICINE

Name:_____

Address:_____

Phone:_____

Emergency contacts

Name_____

Relationship_____

Contact #:_____

Name_____

Relationship_____

Contact #:_____

Doctor:_____

Preferred hospital:_____

Kaiser #:_____

Poison Control: 800-222-1222

Police Department: 371-4900 (Livermore)
931-5100 (Pleasanton)

Fire Department: 454-2361

Call 9-1-1 if you are in a life-threatening situation.

Medicine Record

Med name: _____
Dosage:_____
Strength:_____
Other directions:_____

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Dosage:_____
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Special Medical Needs/Allergies:

For more information please call:
800-CDC-INFO (800-232-4636)
or visit pandemicflu.gov
or redcross.org

LIVERMORE CALIFORNIA

THE CITY OF PLEASANTON

Pandemic Flu Emergency Preparedness for Senior Citizens

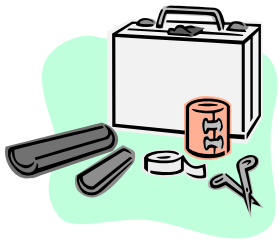
LPFD

LIVERMORE-PLEASANTON FIRE DEPARTMENT

www.lpfire.org

Be Prepared in Case of Personal Sickness or Pandemic Flu

If you get sick, or if there is a widespread outbreak of disease (a pandemic), it will be important for you and other members of your community to avoid public places and to stay at home in order to limit the spread of infection. In a pandemic, stores may be closed and you may not be able to buy the supplies you need on a regular basis. That is why it is important for you to have an extra supply of food, water, and other necessities, and to know the actions you should take to protect yourself and your loved ones. With recent concerns about pandemic bird flu, it is especially important to be prepared. This brochure will help you to start preparing today.



How to Protect Yourself

Recommendations from
American Red Cross (www.redcross.org)

Store at least two weeks worth of nonperishable food, and sealed, clean water
(at least one gallon of water per person per day)

Keep an emergency kit
This should include:

- Backup batteries/power source, and directions for use of medical devices
- Disinfectants and chlorine bleach
- Flashlight and extra batteries
- Ibuprofen or acetaminophen, cough medicine, first aid supplies

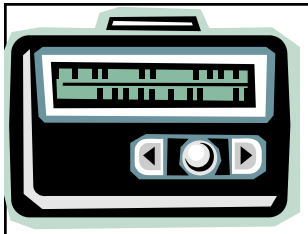
Keep two weeks worth of your current prescription medications if possible

Have a list of emergency contacts
Have emergency contacts that you can call, as well as people who agree to call and check in with you in an emergency (see foldout and back of pamphlet)

Wash hands frequently
Especially before eating and after using the bathroom, coughing or sneezing

If you are sick, stay at home
This will help you to avoid spreading germs and to recover more quickly

Eat a variety of healthy foods and stay physically active to maintain health



Communication Tip:

If there is an outbreak of pandemic flu, it will be important for you to stay informed about the situation and be aware of directions given for your health and safety. In order to access correct information, pay attention to the news and public service announcements. You can find out information from the television, radio, or internet. You may also want to call your caretaker or emergency contacts to see if they are informed about the situation.