



DISASTER READY CARD

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 who might be able to help you or 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.

DISASTER READY CARD



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EMERGENCY RESOURCE INFORMATION

Evacuation
& Shelter:

Visit your county website

Medi-Cal:

benefitscal.com

CalFresh:

1-877-847-3663

WIC:

1-888-942-9675

CalWORKs:

benefitscal.com

Additional information:

listoscalifornia.org

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