

Be Red Cross Ready

Prepare so you can protect.



American Red Cross
Northern California
Coastal Region

Request a **FREE** smoke alarm

Just follow the QR code to request one today and a Red Cross Volunteer will reach out to schedule an appointment.



For more information, visit;
www.RedCross.org

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Northern California
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Hands only CPR

To learn how to perform
Hands Only CPR
Follow the QR code below for the steps
and a how-to video;



For more information, visit;
www.RedCross.org

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American Red Cross

Emergency Contact Card

Directions:

1. Print out a card for every member of your household.
2. Fill in all information.
3. Carry card to reference in the event of a disaster or other emergency.

Side 2 of the Emergency Contact Card is displayed below.

Emergency Contact Card



American Red Cross

Cardholder information:

Phone: _____

Home address: _____

Healthcare provider: _____

Fold here ----- Fold here

In an emergency, call 911 or:

Local Police: _____

Local Fire Department: _____

Poison Control: (800) 222-1222

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Home Fire Escape Plan



Use the graph to draw your home's floor plan, and plot your home fire escape routes.

Tips for creating and practicing your escape plan:

- Everyone in your household should know *two* ways to escape from each room in your home.
 - Decide where to meet once you get outside.
 - If a fire starts, you may have just **two minutes** to get to safety. So time your fire drills and find out: what's your escape time?
-
- Smoke is dangerous. Practice low crawling.
 - Teach household members what to do if their clothes catch fire: stop, drop and roll.



If a fire starts in your home, get out to safety, then dial 911.

Or call your fire department's emergency phone number:

My address is:

A large, empty grid of small squares, intended for drawing a floor plan and plotting escape routes. The grid is 20 squares wide and 30 squares high.

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Emergency Contact Card American Red Cross Emergency Contacts Local Contacts: _____ _____ _____ Fold here Out-of-Area Contacts: _____ _____ Meeting Place in Neighborhood: _____ Meeting Place Outside of Neighborhood: _____ _____ 253901-07 3/20 X Cut along dotted lines. X	Emergency Contact Card American Red Cross Emergency Contacts Local Contacts: _____ _____ _____ Fold here Out-of-Area Contacts: _____ _____ Meeting Place in Neighborhood: _____ Meeting Place Outside of Neighborhood: _____ _____ 253901-07 3/20 X Cut along dotted lines. X
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Cruz Roja Americana

Consejos para crear y practicar el plan de evacuación:

- Cada persona en su hogar debe aprender *dos* vías diferentes de escape desde cada habitación.
- Decida dónde encontrarse con los demás una vez que lleguen afuera.
- Si se inicia un incendio, es posible que tan solo cuente con **dos minutos** para llegar a un lugar seguro. Así que tome el tiempo que tarde en evacuar durante los simulacros de incendio e investigue: ¿cuánto tiempo tarda en salir de su casa?

- El humo es peligroso. Practique cómo gatear al ras del suelo.
- Enséñeles a los demás miembros de su familia que deben hacer si su ropa se prende fuego: detenerse, dejarse caer y rodar.



Si se inicia un incendio en su casa, salga inmediatamente del lugar por su seguridad y llame al 911.

O llame al número de teléfono de emergencias del departamento de bomberos más cercano:

Mi dirección es: