

San Diego Fire Department

Heroes On Call is *America's Ring Leader* for reaching emergency aid. Place this label visibly close to your phone such as on your refrigerator door, a phone book cover or a bulletin board – it's your call! Just as important, this label can also provide emergency personnel with crucial information needed when responding to your need for aid at home.

SAN DIEGO ARE YOU READY?

Keep these items on hand in the event of an emergency:

- A 3 day water supply
- Store one gallon of water per person per day
- Ready to eat canned meats, fruits and vegetables
- Canned juices, milk, soup, sugar, salt, pepper
- High energy foods, peanut butter, trail mix, granola bars
- Vitamins, medications
- First-aid kit with non prescription drugs such as, aspirin, anti-diarrhea medication, antacid, laxatives
- Paper plates with plastic utensils and cups
- Emergency preparedness manual (go to: www.fema.gov/areyouready)
- Battery operated radio
- Flashlight, extra batteries
- Non-electric can opener, utility knife
- Tool kit, fire extinguisher - ABC type
- Matches in a waterproof container, plastic storage containers
- Needles, thread
- Map of the area for finding local shelters
- Soap, liquid detergent, household bleach, disinfectant, plastic garbage bags
- Plastic bucket with tight lid
- Personal hygiene supplies, toilet paper, towelettes
- Sturdy shoes or work boots
- Rain gear, hat and gloves, thermal underwear, sunglasses
- Blankets or sleeping bags
- Whistle
- Baby items, formula, diapers, bottles, powdered milk
- Adult items, prescribed medication, denture needs
- Contact lenses, extra eye glasses
- Important family documents - keep these records in a waterproof container:
 - ✓ Will, insurance policies, contracts, deeds, stocks and bonds
 - ✓ Passports, social security cards, immunization records
 - ✓ Bank account numbers, credit card account numbers
 - ✓ Inventory of valuable household goods, important telephone numbers, cash, travellers' checks
 - ✓ Family records including birth, marriage and death certificates

FREE! To download a larger version of Heroes On Call for easier reading and to learn more about keeping your family safe go to: www.safeamerica.org/hero. Then also send us an email to share your comments with us about Heroes On Call!



SAFEamerica™
THE SAFE AMERICA FOUNDATION™



San Diego Fire - Rescue

Presents Heroes On Call



★ **911**



Work @ Work



1-800-222-1222
Poison



Work @ Work



Doctor



Parent's Cell Phone



Pharmacy



Out of State
Emergency Contact



Relative's Name



Relative's Name

Phone Number

Phone Number



Class Friend's Name



Neighbor's Name

Phone Number

Phone Number



Child's School



1-800-344-6000
Child Abuse Hotline



1-800-611-7343
Power Outage



619-221-8899
Lifeguard Business



619-236-6876
Disaster Information



1-800-784-2433
Suicide Hotline



619-533-4300
Fire Dept. Business



1-800-THE-LOST
www.missingkids.com



619-531-2000
Police Dept. Business



1-800-BE-READY
www.READY.GOV



619-236-5555
San Diego City Info



211
Non-emergency Aid



My Phone Number



My Internet Address
City, State, Zip



**Our Emergency
Meeting Location**



TTY, TDD Access
Numbers & Notes



SAFEamerica
THE SAFE AMERICA FOUNDATION
www.safeamerica.org/hero