



METRO HEALTH

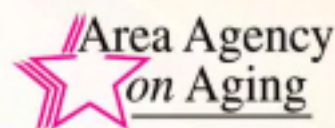
SAN ANTONIO'S PUBLIC HEALTH TEAM



EMERGENCY PREPAREDNESS GUIDE

- **BE INFORMED**
- **BE PREPARED**
- **BE INVOLVED**

★ Gold Pages

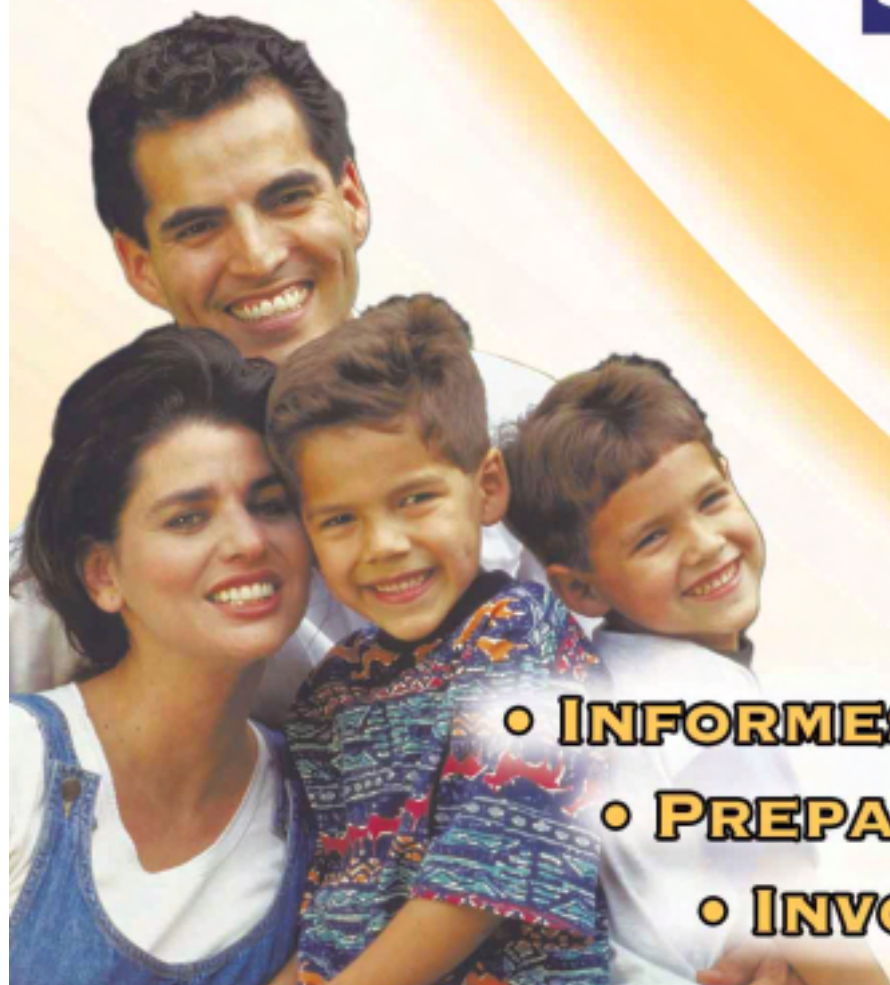


Funded through the Texas Department of Aging and Disability Services
Alamo Area Council of Governments



American Red Cross

Together, we can save a life



- **INFORMESE**
- **PREPARESE**
- **INVOLUCRESE**



METRO HEALTH

SAN ANTONIO'S PUBLIC HEALTH TEAM



Fernando A. Guerra M.D., M.P.H.
Director of Health

Dear Community Member,

One in every five Americans will be 65 years of age or older by the year 2030, according to the Centers for Disease Control and Prevention. That means in just two short decades, this population will have doubled to 71 million.

As increasing members of the senior population make the choice to live independently or find themselves distanced from family, it is important to have a plan if and when a disaster should strike. Disasters come in many forms and include natural ones such as flooding and summer droughts as well as those that could be manmade in the form of terroristic activity. Whatever the situation, the San Antonio Metropolitan Health District is committed to the health and safety of all the residents of and visitors to Bexar County, especially our vulnerable populations.

We, as a public health team, recognize that we must equip our senior population with the necessary tools and knowledge they need to be self-sufficient during times of disaster. They need to know how they can best prepare for events such as flooding, tornados and Pandemic Influenza.

Seniors who live alone may have difficulty caring for themselves during a disaster, especially if they are unable to get required medications, alternate shelter, or transportation to safety. It is incumbent upon all of us - family members, neighbors, religious institutions, community agencies, and others – to be concerned for the seniors in our lives to ensure they are not forgotten.

Our concern for this community's older residents obviously also extends to those in their care. Oftentimes, seniors either provide child care for their grandchildren or have custody of them. Infants and young children, like seniors, are particularly susceptible to contaminants, viruses and illness. Young children, especially those in day care and school, are more likely to spread illnesses. Therefore, teaching proper hygiene practices is critical. Thorough hand washing techniques as well as coughing into your sleeve will enable all citizens to prevent the spread of various diseases.

We encourage you to review the information provided in these Gold Pages on Pandemic Influenza to prepare yourself and your family for a disaster, if one should strike. We are proud to be a part of this publication. It is a valuable tool for our community and we are sure you will find the information provided helpful, if not lifesaving.

Sincerely,

Fernando A. Guerra, M.D., M.P.H.
Director of Health
San Antonio Metropolitan Health District





EMERGENCY PREPAREDNESS GUIDE

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. This guide outlines information on the types of emergencies the San Antonio area might encounter and also offers resources and tips on how to prepare and act in these emergency situations. Our hope is to encourage you to make a commitment to get informed, get prepared and get involved.

• BE INFORMED • BE PREPARED • BE INVOLVED



• INFORMESE • PREPARESE • INVOLUCRESE

La probabilidad de que usted y su familia se recuperen de una emergencia el día de mañana, depende de la planeación y preparación que tengan el día de hoy. Esta guía le proporciona información acerca de los tipos de emergencia que pudieran ocurrir en el área de San Antonio, así como las fuentes de información y consejos para prepararse y poder reaccionar ante una fatalidad. Esperamos que se decida a estar informado, preparado e involucrado para afrontar cualquier emergencia.



Gold Pages
Alamo Area

• EMERGENCY •
911



• IMPORTANT RESOURCES •

• INFORMACION •

- www.sanantonio.gov/health
- www.aacog.com
- www.texasonline.com
- www.texasprepares.org
- www.ready.gov
- www.redcross.org
- http://emergency.cdc.gov

• IMPORTANT NUMBERS •

• NUMEROS IMPORTANTES •

METRO HEALTH
..... (210) 207-5246

AACOG (210) 362-5200

BEXAR AREA AGENCY ON AGING
..... (210) 207-5779
..... 1-800-960-5201

ALAMO AREA AGENCY ON AGING
..... (210) 362-5561
..... 1-800-333-7082

Information & Referral 211

AARP 1-888-678-2277

Texas Elderly Abuse Hotline
..... 1-800-252-5400

This guide was developed using information gathered from the many local, state, and national agencies listed throughout who are working together to prepare our communities for the possibility of an emergency disaster. Contact these agencies as resources to better prepare yourself.

● EMERGENCY ●

911



● IMPORTANT RESOURCES ●

- www.sanantonio.gov/health
- www.readysouthtexas.gov
- www.texasonline.com
- www.texasprepares.org
- www.ready.gov
- www.redcross.org
- <http://emergency.cdc.gov>

Extreme Heat information:

www.nws.noaa.gov/om/heat

Source: Texas Department of State Health Services (DSHS)

Flooding information:

www.dshs.state.tx.us/preparedness

Source: Texas Department of State Health Services (DSHS)

Thunderstorm information:

www.nws.noaa.gov/om

www.fema.gov

Source: Federal Emergency Management Agency (FEMA)

Winter Storm information:

www.dshs.state.tx.us/preparedness

Influenza Pandemic information:

www.dshs.state.tx.us/preparedness

Source: Texas Department of State Health Services (DSHS)

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BE INFORMED

Disasters can result from natural hazards, accidents or terrorism.

Natural Disasters

Extreme Heat symptoms include heavy sweating, muscle cramps, weakness, dizziness, nausea, weak but rapid pulse, and headaches. Heat stroke can follow, causing extremely high body temperature, red and dry skin, rapid pulse, confusion, brain damage, loss of consciousness and even death.

- Find shade or an air conditioned environment
- Drink water slowly
- Make sure the environment is well ventilated
- Call emergency 911

Flooding • Do not drink water from unknown sources • If unsure... boil water for at least one minute • Treat water with household bleach, chlorine or iodine per package instructions • If water is contaminated, drink only bottled, boiled or treated water • Contact your local health department or DSHS regional office if you have questions about food or water safety.

Other types of natural disasters; **Thunderstorms, winter storms and disease epidemics.** See side bar for additional resources

Accidental Disasters

Accidental Disasters are caused by accidents, such as explosions, equipment failure, hazardous materials incidents, household chemical emergencies and nuclear power plant emergencies.

Terrorism

Includes many forms of **terrorist attacks**. According to the Department of Homeland Security, acts of terrorism include assassinations, bombings, cyber attacks, hijackings, kidnappings, threats of terrorism and the use of chemical, nuclear and radiological weapons.

Emergency management agencies such as the Governor's Division of Emergency Management, Texas Homeland Security, and many local agencies are trained and work together to reduce the risks and to inform you on what to do in order to minimize your exposure to the disaster. Listen to their directions.



Check radio, television or internet for current information.
 Information on emergencies. www.ready.gov or 1-800-BE-READY.
<http://emergency.cdc.gov>

INFORMESE

Los desastres pueden ser el resultado de catástrofes naturales, accidentes o terrorismo.

Catástrofes Naturales.

Calor Extremo – Los síntomas incluyen sudoración extrema, calambres, debilidad, mareos, náusea, pulso rápido y débil, y dolor de cabeza. Esto puede ocasionar insolación, provocando una muy elevada temperatura corporal, piel roja y reseca, pulso acelerado, confusión, daño cerebral, pérdida del conocimiento e incluso la muerte.

- Busque una sombra o un lugar con aire acondicionado
- Tome agua lentamente
- Asegúrese de que exista una buena ventilación en el lugar donde se encuentre
- Llame al 911 en caso de emergencia

Inundaciones – No tome agua que no sea potable. • Si tiene duda de que el agua sea potable, hiérvala por lo menos 1 minuto. • Trate el agua con cloro regular, cloro comercial o yodo, según las instrucciones del empaque. • Si el agua está contaminada, beba únicamente agua embotellada, hervida o tratada. • Llame al departamento local de salud o a la oficina regional del Departamento Estatal de Salud (DSHS) si tiene dudas acerca de la comida o el agua potable.

Para mayor información sobre otro tipo de catástrofes naturales como: **tormentas eléctricas, tormentas invernales y epidemias**, consulte las páginas de Internet que se encuentran en la lista del lado izquierdo de esta página.

Accidentes.

Un desastre accidental puede ser el resultado de una explosión, fallas de equipos, incidentes con materiales peligrosos, emergencias ocasionadas por productos químicos y plantas de energía nuclear.

Terrorismo.

Existen muchas formas de **ataques terroristas**. De acuerdo con el Departamento de Seguridad Nacional (Department of Homeland Security), los actos de terrorismo incluyen asesinatos, bombardeos, ataques cibernéticos, secuestros de aviones y personas, amenazas y la utilización de armas químicas, nucleares y radioactivas.

Las agencias encargadas del manejo de emergencias tales como la División de Administración de Emergencias del Gobernador (Governor's Division of Emergency Management) y la agencia de Seguridad de Texas (Texas Homeland Security), así como muchas agencias locales están entrenadas y trabajan en conjunto para reducir los riesgos en caso de desastres y minimizar su exposición a los mismos. Siga sus indicaciones.

Check radio, television or internet for current information.
 Information on emergencies. www.ready.gov or 1-800-BE-READY.
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• INFORMACION •

- www.sanantonio.gov/health
- www.readysouthtexas.gov
- www.texasonline.com
- www.texasprepares.org
- www.ready.gov
- www.redcross.org
- <http://emergency.cdc.gov>

Biological Threat information:
www.dshs.state.tx.us/preparedness
 Source: Texas Department of State Health Services (DSHS)

Chemical Emergency information:
www.dshs.state.tx.us/preparedness
www.bt.cdc.gov/chemical
 Source: Centers for Disease Control and Prevention (CDC)

Hazardous Materials information:
www.dshs.state.tx.us/preparedness
<http://www.bt.cdc.gov/chemical>
 Source: Federal Emergency Management Agency (FEMA)

Radiological information:
www.epa.gov/radiation
www.orau.gov/reacts

Poison Control information:
www.poisontreatment.org
 1-800-222-1222

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• IMPORTANT RESOURCES •

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Flooding information:

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Thunderstorm information:

www.nws.noaa.gov/om

www.fema.gov

Source: Federal Emergency Management Agency (FEMA)

Winter Storm information:

www.dshs.state.tx.us/preparedness

Influenza Pandemic information:

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Source: Texas Department of State Health Services (DSHS)

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Pandemic Flu Emergency Preparedness

Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze or



cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.



Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds

or clean with alcohol-based hand cleaner.



Preparación de Emergencia para la Epidemia de Gripe

¡Pare la propagación de gérmenes que lo enferman a usted y a otras personas!

Cubra SU tos



Cubra su boca y nariz con un kleenex cuando tosa o estornude

Deseche el kleenex usado en un basurero.



o tosa o estornude en la manga de su camisa, no en sus manos.

Lávese las manos

después de toser o estornudar.



Lávese las manos con jabón y agua tibia por 20 segundos

o límpielas con un limpiador de manos a base de alcohol.



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 Source: Texas Department of State Health Services (DSHS)

Chemical Emergency information:

www.dshs.state.tx.us/preparedness
www.bt.cdc.gov/chemical
 Source: Centers for Disease Control and Prevention (CDC)

Hazardous Materials information:

www.dshs.state.tx.us/preparedness
<http://www.bt.cdc.gov/chemical>
 Source: Federal Emergency Management Agency (FEMA)

Radiological information:

www.epa.gov/radiation
www.orau.gov/reacts

Poison Control information:

www.poisoncontrol.org
 1-800-222-1222

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e-mail: _____

Pandemic Flu Planning Checklist for Individuals & Families



1. Plan:

- ✓ Store a two week supply of water and food. This can be useful in other types of emergencies, such as power outages and disasters.
- ✓ Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- ✓ Have nonprescription drugs and other health supplies on hand (pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins).
- ✓ Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- ✓ Volunteer with local groups to prepare and assist with emergency response.
- ✓ Get involved in your community as it works to prepare for an influenza pandemic.

2. Prevent:

- ✓ Teach your children to wash hands frequently with soap and water, and model the current behavior.
- ✓ Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
- ✓ Teach your children to stay away from others as much as possible if they are sick.
- ✓ Stay home from work and school if sick.



Preparativos para Individuos y Familias en caso de Epidemia de Gripe



METRO HEALTH
SAN ANTONIO'S PUBLIC HEALTH TEAM

1. Planeación:

- ✓ Guarde suficiente agua y comida para dos semanas. Estas provisiones le pueden ser útiles para cualquier tipo de emergencia ya sea un desastre natural o apagones.
- ✓ Verifique periódicamente su abastecimiento de medicamentos con receta para asegurarse de que tendrá una cantidad suficiente en su hogar en caso de una emergencia.
- ✓ Tenga medicamentos de uso común y de primeros auxilios a la mano (pastillas para el dolor, medicinas para el estómago, tos y resfriado, líquidos, sueros y vitaminas).
- ✓ Hable con los miembros de su familia para explicarles cómo se les deberá cuidar en caso de que se enfermen o que se necesitará para cuidarlos en casa.
- ✓ Participe como voluntario con organizaciones y grupos locales para prepararse y ayudar en caso de una emergencia.
- ✓ Involúcrese con su comunidad para prepararse en caso de una epidemia de influenza.

2. Prevención:

- ✓ Enseñe a sus hijos a lavarse las manos con agua y jabón frecuentemente y adopte también este hábito.
- ✓ Enseñe a sus hijos a cubrirese la boca con un pañuelo desechable al momento de estornudar o toser y asegúrese de hacerlo usted también.
- ✓ Enseñe a sus hijos a mantenerse alejados de las personas enfermas.
- ✓ No vaya al trabajo o a la escuela si está enfermo.



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● INFORMACION ●

www.sanantonio.gov/health
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www.bt.cdc.gov/chemical
 Source: Centers for Disease Control and Prevention (CDC)

Hazardous Materials information:

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<http://www.bt.cdc.gov/chemical>
 Source: Federal Emergency Management Agency (FEMA)

Radiological information:

www.epa.gov/radiation
www.orau.gov/reacts

Poison Control information:

www.poisoncontrol.org
 1-800-222-1222

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e-mail: _____

EMERGENCY SUPPLY KIT

Plan to make it on your own, for at least three days.

Get a Kit - Of Emergency Supplies

It's possible that you will not have access to a medical facility or even a drugstore. It is crucial that you and your family think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available.

Recommended Basic Emergency Supplies for 3 days:

- **Water** - One gallon of bottled water per person per day for at least three days, for drinking and sanitation
- **Food and non perishables** -A three-day supply of non-perishable food and a manual can opener
 - Ready-to-eat canned meats, fish, fruits, vegetables, beans and soups
 - Protein or fruit bars
 - Dry cereal or granola
 - Peanut butter or nuts
 - Dried Fruit
 - Crackers
 - Canned juices
 - Canned or jarred baby food and formula
- **Radio** - Battery - powered or hand crank radio and extra batteries
- **Light** - Flashlight and extra batteries
- **Whistle** - To signal for help
- **Clean Air** - Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- **Personal Sanitation** -
 - Moist towelettes
 - Soap and water, or alcohol-based hand sanitizer
 - Garbage bags and plastic ties
 - Cleansing agent/soap
 - Feminine Hygiene Products
 - Tissues, toilet paper, disposable diapers
- **Tools** - Wrench or pliers to turn off utilities
- **Local maps** - In the event of the need to evacuate
- **Pet Supplies** - Pet food, extra water and supplies for your pet or service animal
- **Medications and Medical Supplies-**
 - First aid kit
 - Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
 - Vitamins
 - Thermometer
 - Anti-diarrheal medication
 - Medicines for fever (Tylenol or Ibuprofen)
 - Fluids with electrolytes
- **Cash or travelers checks**
- **Other supplies** - Eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen.
- **Insurance copies** - Homeowners & medical insurance, Medicare and Medicaid
- **Emergency documents** - Including family records, medical records, wills, deeds, social security number, charge and bank accounts information, and tax records. Also make sure that a trusted friend or family member has a copy of these documents.

BOTIQUIN DE PROVISIONES DE EMERGENCIA

Guarde provisiones para tres días por lo menos.

Prepare un botiquín de provisiones de emergencia. En caso de que ocurra un desastre, es posible que no tenga acceso a servicio médico o una farmacia. Es de vital importancia que usted y su familia hagan un recuento de los servicios que utilizan diariamente y lo que harían si el acceso a éstos fuera limitado o simplemente no estuviera disponible.

Provisiones de emergencia básicas para tres días:

- **Agua** – Un galón de agua embotellada por persona por día, por lo menos para tres días, para tomar y para el aseo personal
- **Comida** – Alimentos no perecederos suficientes para tres días y un abrelatas manual
 - Alimentos enlatados como carne, pescado, frutas, vegetales, frijoles y sopas
 - Crema de cacahuete o nueces
 - Comida y fórmula para bebé
 - Barras de proteína o fruta
 - Cereales o granola
 - Frutas secas
 - Galletas
 - Jugos en lata
- **Radio** – Un radio de baterías o de arranque manual y baterías extras
- **Linterna** – Por lo menos una linterna y baterías extras
- **Silbato** – para pedir ayuda
- **Aire limpio** – Una mascarilla para ayudar a filtrar el aire, así como cinta adhesiva de tela y plásticos para aislar su refugio
- **Higiene Personal** –
 - Toallitas húmedas
 - Agentes limpiadores/detergentes
 - Productos para higiene femenina
 - Bolsas para basura
 - Agua y jabón o desinfectante en gel a base de alcohol
 - Papel para el baño, pañuelos y pañales desechables
- **Herramientas** – Llave inglesa y pinzas para cerrar los servicios tales como agua, luz y gas
- **Mapas** – Mapas de la región en caso de tener que evacuar
- **Provisiones para mascotas** – Comida, agua y provisiones para sus mascotas y animales de servicio
- **Medicinas, equipos y accesorios médicos**
 - Un botiquín de primeros auxilios
 - Equipos y accesorios médicos para checar glucosa y presión
 - Líquidos con electrolitos (suero)
 - Termómetro
 - Medicinas para fiebre (Tylenol/Ibuprofen)
 - Medicinas para diarrea
 - Vitaminas
- **Dinero en efectivo o cheques de viajero**
- **Otras provisiones** – Anteojos, aparatos auditivos y baterías, baterías para sillas de ruedas y oxígeno.
- **Copias de pólizas de seguro** – Seguro de casa, médicos, Medicare y Medicaid.
- **Documentos importantes** – Archivos familiares, archivos médicos, testamentos, escrituras, tarjetas y números de seguro social, cuentas bancarias y declaraciones de impuestos. Asegúrese también de que algún familiar o persona de confianza tenga copias de estos documentos.

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● **INFORMACION** ●

www.sanantonio.gov/health
www.readysouthtexas.gov
www.texasonline.com
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www.ready.gov
www.redcross.org
<http://emergency.cdc.gov>

● **NUMEROS IMPORTANTES** ●

Nombre: _____

Dirección: _____

Teléfono: _____

e-mail: _____

Nombre: _____

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 www.redcross.org
 http://emergency.cdc.gov

• IMPORTANT NUMBERS •

Doctors
 Name: _____
 Address: _____
 Phone #: _____
 e-mail: _____

Name: _____
 Address: _____
 Phone #: _____
 e-mail: _____

Pharmacy
 Name: _____
 Address: _____
 Phone #: _____
 e-mail: _____

Name: _____
 Address: _____
 Phone #: _____
 e-mail: _____

EMERGENCY PLAN – CONTACTS

Make sure your family has a plan in case of an emergency.

Decide how you will get in contact with each other, where you will go and what you will do in an emergency. Make copies and share this plan with your family and keep a copy in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Fill out the following information for each family member and keep it up to date.

Name: _____ Social Security #: _____
 Address: _____ Date of Birth: _____
 Phone #: _____ e-mail: _____

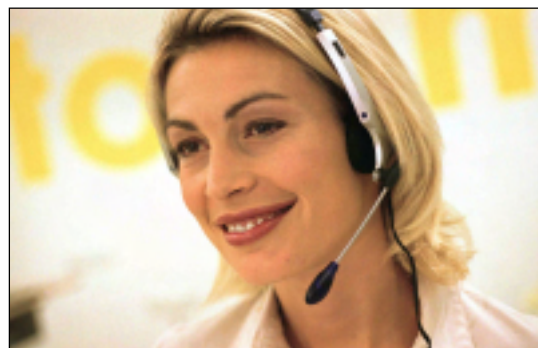
Name: _____ Social Security #: _____
 Address: _____ Date of Birth: _____
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Name: _____ Social Security #: _____
 Address: _____ Date of Birth: _____
 Phone #: _____ e-mail: _____

Out-of-Town Contacts

Name: _____ Phone #: _____
 Address: _____ e-mail: _____

Name: _____ Phone #: _____
 Address: _____ e-mail: _____



PLAN DE EMERGENCIA – CONTACTOS

Asegúrese de que su familia tenga un plan en caso de emergencia.

Decidan como van a ponerse en contacto, cual será el punto de reunión y lo que harán en caso de una emergencia. Haga copias, distribuya este plan entre todos los miembros de la familia y guarde una copia en su botiquín de provisiones de emergencia, o en algún lugar seguro en donde lo pueda encontrar facilmente en caso de que ocurra un desastre.

Anote la información que le corresponde a cada miembro de la familia y consérvela al día.

Nombre: _____ Seguro Social: _____

Dirección: _____ Fecha de nacimiento: _____

Teléfono: _____ e-mail: _____

Nombre: _____ Seguro Social: _____

Dirección: _____ Fecha de nacimiento: _____

Teléfono: _____ e-mail: _____

Nombre: _____ Seguro Social: _____

Dirección: _____ Fecha de nacimiento: _____

Teléfono: _____ e-mail: _____

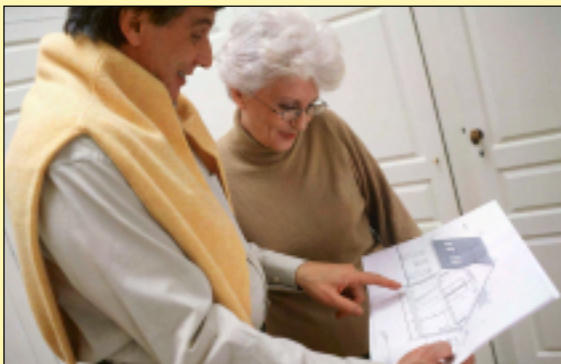
Contactos fuera de la ciudad

Nombre: _____ Teléfono: _____

Dirección: _____ e-mail: _____

Nombre: _____ Teléfono: _____

Dirección: _____ e-mail: _____



• EMERGENCY •

911



• INFORMACION •

- www.sanantonio.gov/health
- www.readysouthtexas.gov
- www.texasonline.com
- www.texasprepares.org
- www.ready.gov
- www.redcross.org
- <http://emergency.cdc.gov>

• NUMEROS IMPORTANTES •

Doctores

Nombre: _____

Dirección: _____

Teléfono: _____

e-mail: _____

Nombre: _____

Dirección: _____

Teléfono: _____

e-mail: _____

Farmacia

Nombre: _____

Dirección: _____

Teléfono: _____

e-mail: _____

Nombre: _____




Dirección: _____

Teléfono: _____

e-mail: _____

• EMERGENCY •

911

• IMPORTANT RESOURCES •

www.sanantonio.gov/health
www.readysouthtexas.gov
www.texasonline.com
www.texasprepares.org
www.ready.gov
www.redcross.org
http://emergency.cdc.gov

• IMPORTANT NUMBERS •

Medical Insurance

Name: _____

Policy #: _____

Phone #: _____

e-mail: _____

Homeowners Insurance

Name: _____

Policy #: _____

Phone #: _____

e-mail: _____

Veterinarian

Name: _____

Address: _____

Phone #: _____

EMERGENCY PLAN – LOCATIONS

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

WORK LOCATION LUGAR DE TRABAJO

Work Location: _____ Lugar de trabajo	Address: _____ Dirección
Phone #: _____ Teléfono	Evacuation Location: _____ Lugar de evacuación
Work Location: _____ Lugar de trabajo	Address: _____ Dirección
Phone #: _____ Teléfono	Evacuation Location: _____ Lugar de evacuación

SCHOOL LOCATION ESCUELA

School Location: _____ Escuela	Address: _____ Dirección
Phone #: _____ Teléfono	Evacuation Location: _____ Lugar de evacuación
School Location: _____ Escuela	Address: _____ Dirección
Phone #: _____ Teléfono	Evacuation Location: _____ Lugar de evacuación
School Location: _____ Escuela	Address: _____ Dirección
Phone #: _____ Teléfono	Evacuation Location: _____ Lugar de evacuación



PLAN DE EMERGENCIA – LUGARES

Escriba los lugares en donde su familia pasa la mayor parte del tiempo: trabajo, escuela y otros sitios que suelen frecuentar. Las escuelas, guarderías, lugares de trabajo y complejos departamentales, deben tener planes de emergencia específicos que usted y su familia deben conocer.

OTHER PLACE OTRO LUGAR

Other Place: _____ Otro Lugar	Address: _____ Dirección
Phone #: _____ Teléfono	Evacuation Location: _____ Lugar de evacuación
Other Place: _____ Otro Lugar	Address: _____ Dirección
Phone #: _____ Teléfono	Evacuation Location: _____ Lugar de evacuación



• EMERGENCY •

911



• INFORMACION •

- www.sanantonio.gov/health
- www.readysouthtexas.gov
- www.texasonline.com
- www.texasprepares.org
- www.ready.gov
- www.redcross.org
- <http://emergency.cdc.gov>

• NUMEROS IMPORTANTES •

Seguro Médico

Nombre: _____

Numero de Póliza: _____

Teléfono: _____

e-mail: _____

Seguro de Casa

Nombre: _____

Numero de Póliza: _____

Teléfono: _____

e-mail: _____

Veterinario

Nombre: _____

Dirección: _____

Teléfono: _____

METRO HEALTH
(210) 207-5246
<http://www.sanantonio.gov/health>

AACOG
ALAMO AREA COUNCIL OF GOVERNMENTS
(210) 362-5200
<http://www.aacog.com>

BEXAR AREA AGENCY ON AGING
(210) 207-5779
1-800-960-5201
<http://www.bexaraging.org>

ALAMO AREA AGENCY ON AGING
(210) 333-7082
<http://www.alamoaging.org>

INFORMATION & REFERRAL
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