

**It's easy**  
to prepare yourself should an emergency occur. It's hard to predict when one might happen, so we would like to share suggestions from the American Prepared Campaign:

**make a plan**  
Create a list of important phone numbers, including an out-of-town contact

**Keep your list of numbers and meeting places with you. Slip it in your backpack, purse or somewhere easily available**

**Agree on a meeting place and have a backup**

**get a kit**

**Assemble everything on the Ready Kit checklist or buy one at a local store**

**Keep it in a safe, dry place at home**

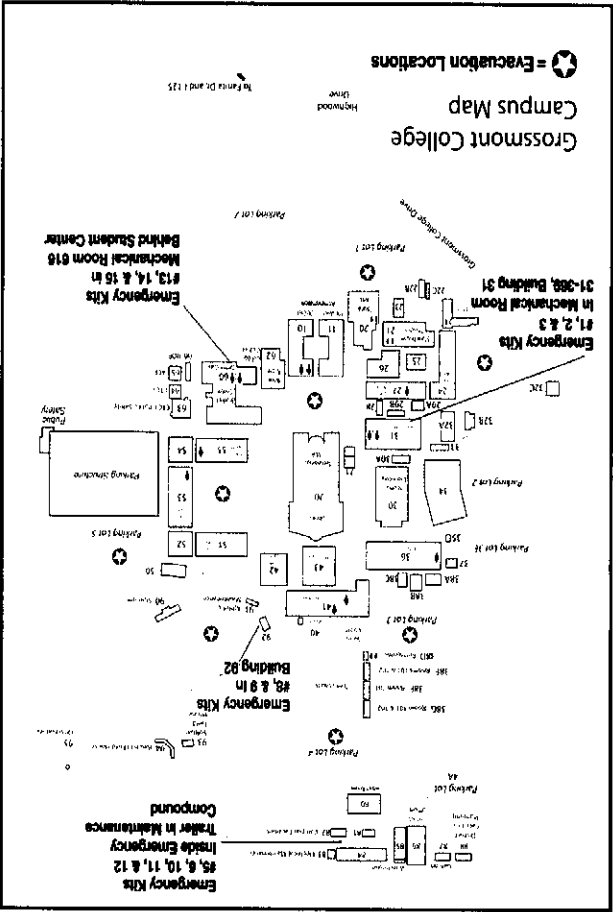
**Customize your kit to accommodate any small children, pets or elderly people in your family**

**be informed**

**Know your local emergency plans, including the plans at your child's school**

**Participate in workplace emergency drills**

**Visit [www.readygov](http://www.readygov) to find out about different emergencies and how to prepare**



Grossmont-Cuyamaca Community College District  
**Governing Board Members:**  
 Rick Alexander; Gregg Barr; Bill Garrett;  
 Mary Kay Rosinski; Deanna Weeks  
**Student Members:**  
 Christopher Enders; Charles Taylor III  
 Chancellor: Cindy L. Miles, Ph.D.  
 Grossmont College President: Sunita Cooke, Ph.D.



# Are You Ready for an EMERGENCY?

- Prepare yourself
- Make a plan
- Get a kit
- Be informed

Visit [www.ready.gov](http://www.ready.gov) to find out about different emergencies and how to prepare

# Ready Kit

## Checklist

battery-powered flashlight

battery-powered radio

extra batteries

whistle

first-aid kit

dust mask or cotton t-shirt

three-day supply of

food and water

wrench to turn off utilities

plastic sheeting

duct tape

moist towlettes

rain gear (poncho)

warm clothes or

emergency blanket

container for extra water

extra doses of important

medication

personal identification

leather gloves

garbage bags and ties

family communication plan

special need items

www.ready.gov

# campus ready plan

In the event of an emergency, please call the appropriate office.

Give your name, telephone or extension number, room number or other specific location info.

Describe the problem or condition clearly and accurately. Don't hang up! Let the person you are talking to end the conversation, other information may be needed.

Always call campus numbers first, the response time is often shorter.

For medical problems, call Health Services during business hours, or District Police at any hour (dial #1 from any campus phone).

## emergency numbers

First Aid ● Accidents ● Ambulance

District Police, 644-7192

Room 57-101

24 hours/7days a week

Safety Hazards ● Chemical Spills

Risk Management Office, 644-7710

District Office 854

Hours: Mon-Friday 8 a.m. to 5 p.m.

After hours contact District Police, 644-7654

Facilities, 644-7594

Room 82-840

Hours: Mon-Friday 7:30 a.m. to 5 p.m.

Fire ● Disturbances ● Theft

Security ● Lost & Found

District Police, 644-7654

Room 57-101

Hours: 24 hours/7 days a week

Direct phone, 644-7751

Custodial Services

Operations 644-7624

Room 82-840

Hours: Mon-Friday, 7:00 a.m. to 4:00 p.m.

After hours contact District Police, 644-7654

Facilities, 644-7594

Room 82-840

Hours: Mon-Friday 7:30 a.m. to 5 p.m.

# family ready plan

Your family may not be together when an emergency occurs, so plan on how you will contact one another and review what you will do in different situations. Fill this plan out with your family. Make

copies for everyone to keep on hand and in a visible location at home.

Out-of-State Contact

Name: \_\_\_\_\_

Home # \_\_\_\_\_

Call # \_\_\_\_\_

Family Members

Name: \_\_\_\_\_

Home # \_\_\_\_\_

Call # \_\_\_\_\_

Name: \_\_\_\_\_

Home # \_\_\_\_\_

Call # \_\_\_\_\_

Where to go in an emergency

Home Address: \_\_\_\_\_

Home # \_\_\_\_\_

Call # \_\_\_\_\_

Neighborhood

Meeting Place \_\_\_\_\_

Regional

Meeting Place \_\_\_\_\_

Worth Address: \_\_\_\_\_

Name: \_\_\_\_\_

Home # \_\_\_\_\_

Call # \_\_\_\_\_

Neighborhood

Meeting Place \_\_\_\_\_

Regional

Meeting Place \_\_\_\_\_

Meeting Place \_\_\_\_\_