

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

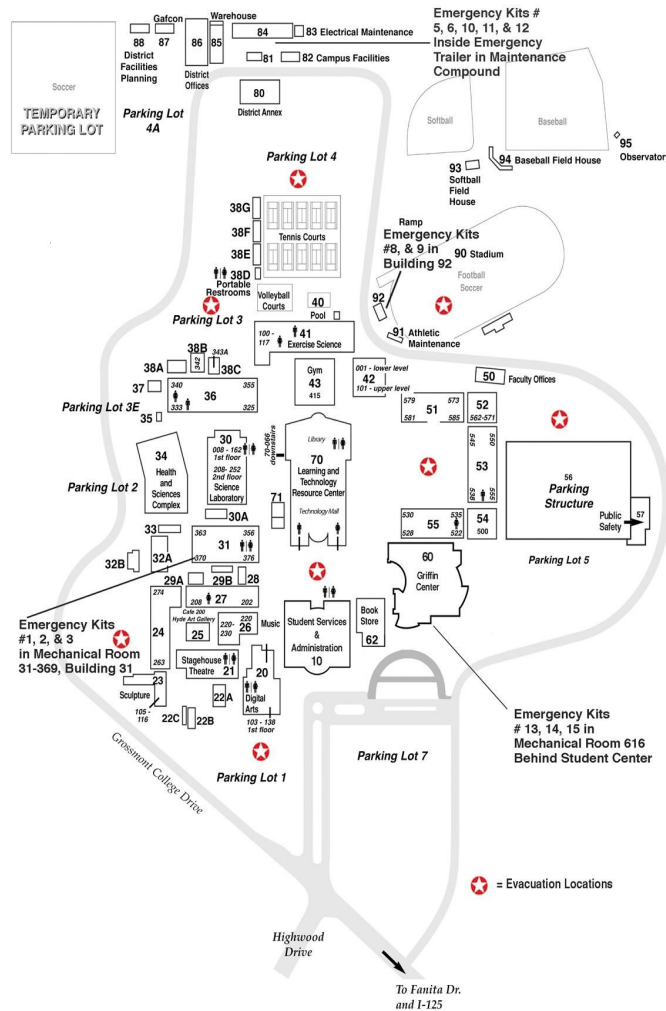
Know your local emergency plans, including the plans at your child's school

Participate in workplace emergency drills

Visit www.ready.gov to find out about different emergencies and how to prepare



GROSSMONT COLLEGE



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GROSSMONT-CUYAMACA COMMUNITY COLLEGE DISTRICT
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Are You Ready for an EMERGENCY?

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

Visit 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 towelettes

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, 644-7654

Room 57-101

24 hours/7days a week

Safety Hazards ● Chemical Spills

District Police, 644-7654

Room 57-101

24 hours/7days a week

Facilities and Maintenance, 644-7594

Room 82-101

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

Custodial Services

Operations 644-7624

Room 82-101

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

Facilities and Maintenance 644-7594

Room 82-101

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

After hours contact **District Police, 644-7654**

Room 57-101

24 hours/7days a week

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 # _____

Cell # _____

Family Members

Name: _____

Home # _____

Cell # _____

Name: _____

Home # _____

Cell # _____

Where to go in an emergency

Home Address: _____

Home # _____

Cell # _____

Neighborhood

Meeting Place _____

Regional

Meeting Place _____

Work Address: _____

Name: _____

Home # _____

Cell # _____

Neighborhood

Meeting Place _____

Regional

Meeting Place _____