



## **Resources for Emergency Information**

### **Contra Costa Health Services**

**Contra Costa Health Services Public Health Division 925-313-6740** for physicians and other medical and health personnel to report suspected disease outbreaks or bioterrorism and get answers to questions about communicable diseases. After hours/weekends/holidays: 925-646-2441 (ask for the on-call Health Officer)

### **Health Emergency Information Line, 1-888-959-9911**

The Contra Costa Health Services Health Emergency Information Line provides the public with pre-recorded information about health emergencies including West Nile virus, avian flu, and shelter-in-place. The line also has information about diseases, their symptoms, treatment and how to prevent them.

**Local information about health emergencies** and pandemic and seasonal flu managed by Contra Costa Health Services <http://cchealth.org>

### **Contra Costa Psychiatric Emergency Service at 925-646-2800**

Available 24 hours a day 7 days per week for psychiatric emergencies

### **Other Resources**

#### **American Red Cross Bay Area Chapter, 925-603-7400**

Offers brochures and other literature with emergency preparedness information for the general public and emergency preparedness training for groups of 20 or more people.

#### **American Red Cross Preparedness Information, <http://www.redcross.org>**

An emergency preparedness website with downloadable material to help prepare for natural and man-made disasters. Information for parents and educators to help children cope with fears and anxieties related to disasters.

**California Department of Public Health's Pandemic Influenza Preparedness for Schools**  
Multi-media training with video program & support materials including tabletop exercise. Visit: [www.ReadyCaSchools.org](http://www.ReadyCaSchools.org)

#### **Contra Costa Sheriff's Office, 925-646-4461 or <http://www.cocosheriff.org>**

Information about emergency preparedness and how to form a Community Emergency Response Team or CERT. Website has downloadable information about emergency preparedness and crime prevention.

#### **Contra Costa Office of Emergency Services, 925-228-5000**

Emergency preparedness information, brochures and speakers and information about forming a Community Emergency Response Team or CERT in your area.

#### **Community Warning System Information, 925-313-9603, <http://www.cococaer.org>**

Provides information about the County's system of public safety sirens, communication terminals and other tools that alert the public in the event of a chemical emergency or other hazards requiring residents to shelter-in-place.

## **2-1-1**

A toll-free, 24-hour phone number that connects people with local community services, such as child care, youth programs, job training, senior services, immigration assistance, counseling, food, shelter and more. Available in various languages in seven Bay Area Counties: Alameda, Contra Costa, Marin, Napa, San Francisco, Santa Clara and Solano.

### **Volunteer Center of Contra Costa/Alameda, 925-472-5760**

In the event of a disaster the Volunteer Center could link you to an Emergency Response Team. to prepare and serve meals and to provide other services for the emergency response workers and victims at the site of an emergency.

**One-stop access to U.S. Government avian and pandemic flu information.** Managed by the U.S. Department of Health and Human Services <http://pandemicflu.gov>

Information about pandemic flu from the **California Dept. of Health Services** Immunization Branch. <http://www.dhs.ca.gov/dcdc/izgroup/pandemic.htm>

Extremely user-friendly and **comprehensive disaster preparedness site** managed by the San Francisco Office of Emergency Services. <http://72hours.org>

**California Governor's** Office of Emergency Services 800-550-5234. In English and Spanish.

**Centers for Disease Control and Prevention.** 1-800-CDC-INFO (1-800-232-4636) or 1-888-232-6348 TTY in English and Spanish

### **National Center for Post Traumatic Stress Disorder, 1-802-296-6300**

The National Center for Post Traumatic Stress Disorder is an education and research center. They have an information line that can provide you with a list of contact organizations, treatment referrals and information about assessment.

### **National Institute of Mental Health Information Center 1-866-615-6464**

The National Institute of Mental Health Information Center can provide you with free publications and other educational material about various mental health issues including post-traumatic stress disorder.