



Public Health Brief

Richard O. Johnson, M.D., MPH

Public Health Officer

Office: 530-694-2235, Ext 249

e-mail: rjohnson@alpinecountyca.gov

Nichole Williamson

HHS Director

Office: 530-694-2235

24/7/365 Emergency Contact Numbers

Dr. Johnson's cell: (760) 914-0496

Dispatch: 530-694-2231, Ext 330



September is National Preparedness Month:

Paperwork

Collect and protect important paperwork, including an [Emergency Action Plan](#), insurance documents, and medical, vital, and immunization records.

The Basics

- Copies of medical documents and advance directives, including:
 - Health insurance card
 - Immunization and [vaccination records](#)
 - Living wills and power of attorney forms
 - [Vital records](#) (e.g., birth and death certificates and adoption records)
- Personal identification, including:
 - [Passport](#)
 - Driver's license
 - [Social Security card](#)
 - Green Card
- A current [Care Plan](#) with information about how to best care for your child with special healthcare needs.
- User manuals, model and serial numbers, and contact information for the manufacturer of medical devices, such as blood glucose meters and nebulizers.



Public Health

Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120

Alpine County Board of Supervisors, Phone: (530) 694-2281

District 1: Donald M. Jardine, District 2: Ron Hames, District 3: Katherine Rakow,

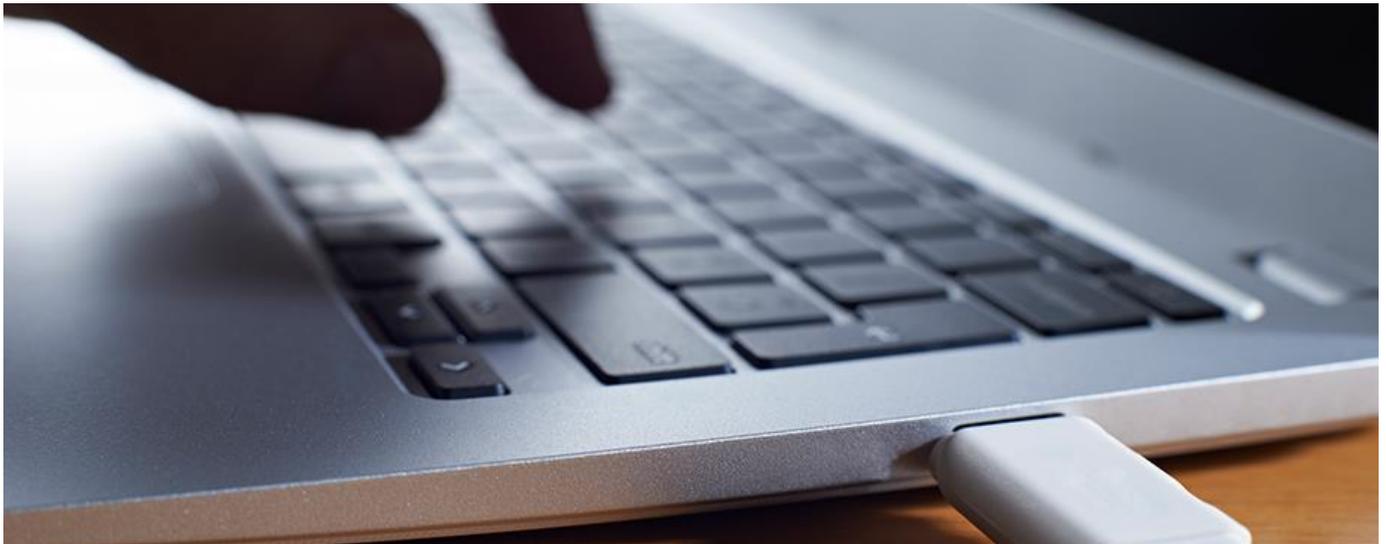
District 4: Terry Woodrow, District 5: David Griffith

Quick Tips

- Keep an up-to-date list of all prescription medications, including dosage amounts and the names of their generic equivalents, medical supply needs, and known allergies.
- Save electronic copies of important papers in a password-protected format to a flash or external hard drive or a secure cloud-based service.
- Store flash drives and hardcopies of important papers in a fireproof and waterproof container or safe, with a trusted friend or relative, or in a safety deposit box at a bank.
- Pet owners: Make copies of [important veterinary records](#) such as a [rabies](#) certificate, vaccinations, prescriptions, and a recent photograph of your pet(s).
- Use the [Blue Button](#) (if available) to securely view, print, and download personal health data to a personal computer, external hard drive, or safe place in case of an emergency.

Resources

- [Questions and Answers About Immunization Recommendations Following a Disaster](#)
- [Interim Immunization Recommendations for Individuals Displaced by a Disaster](#)
- [Immunization Recommendations for Disaster Responders](#)
- [Protect Your Critical Documents and Valuables](#) (FEMA)
- [Understanding Encryption](#) (US-CERT)



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