



## Tips for Adults

At Alameda Alliance for Health (Alliance), we are here to help you stay healthy and safe. You can use this guide to learn how to care for yourself and others.



### CAR SAFETY

- Buckle your seat belt every time you get into a car.
- Drive with full attention on the road. Pull over to a safe parking spot if you need to use the phone.
- Never drink alcohol or use drugs before you drive. If you are going to drink, arrange for a ride.
- Protect your head with a helmet when riding a motorcycle, bike, or other two wheeled vehicles.

### HOME SAFETY

- Put emergency numbers in or near your phone.
- Keep a first aid kit in your home and in your car. Learn first aid and CPR. For CPR and first aid classes, please call Alliance Health Programs at **1.510.747.4577**.
- Be ready with an emergency plan and supplies. For guidance, please visit [ready.acgov.org](http://ready.acgov.org).
- Install smoke and carbon monoxide alarms. Test and replace them regularly.
- Use tools and ladders with care. Climb with three points of contact on the ladder (two hands and one foot, or two feet and one hand).

## MEDICINE SAFETY

- Take a list of the medicines or the pill bottles with you to the doctor or pharmacy. Ask questions!
- Know your medicines – name, dose, when to take them, and their side effects.
- Talk to your doctor if you feel your medicines may be causing you harm.
- Keep medicines up, away, and out of sight from children or adults at risk.
- Dispose of medicine safely. To learn more, please visit [acgov.org/medscoalition](https://www.acgov.org/medscoalition).

## GUN SAFETY

- Store any guns you have unloaded with the safety on. Keep bullets apart from the gun.
- Make sure firearms are out of the reach of children and in a locked cabinet or drawer.
- Keep guns out of the home if someone in your family has a mental illness, severe depression, or may be violent.

## PERSONAL SAFETY

- Be aware of what is around you.
- Get to know your neighbors.
- Keep your doors and windows locked.
- When outside at night, stay in well-lit areas.
- Take walks or run errands with others.
- If you or someone you know is struggling with feeling safe or uncomfortable thoughts, you can call the **Crisis Support Services of Alameda County 24-hour crisis line** at **1.800.309.2131** (interpreter offered).



To find out more about staying safe, and for child or older adult safety tips, please visit [www.alamedaalliance.org/live-healthy-library](https://www.alamedaalliance.org/live-healthy-library) and select “Safety.”

### Do you need more support?

Please call Alliance Health Programs

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4577**

Toll-Free: **1.855.891.9169**

People with hearing and speaking impairments  
(CRS/TTY): **711/1.800.735.2929**

[www.alamedaalliance.org](https://www.alamedaalliance.org)

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FOR HEALTH

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