



Pokemon Go for the Whole Family

With new technology becoming more accessible in our communities, Contra Costa Health Services wants to build a **positive culture** that puts **respect** and **mutual understanding** as the primary goals to ensure a safe and supportive environment for all. In order to achieve this, we hope to provide everyone with relevant information to show that we can all hold **equal responsibility** in creating a **“Safety First”** community.

☺ please remember look both ways
before you cross the street ☺

*Brought to you by your friends at Contra Costa Health Services.
Thank you for supporting a “Safety First” Community!*

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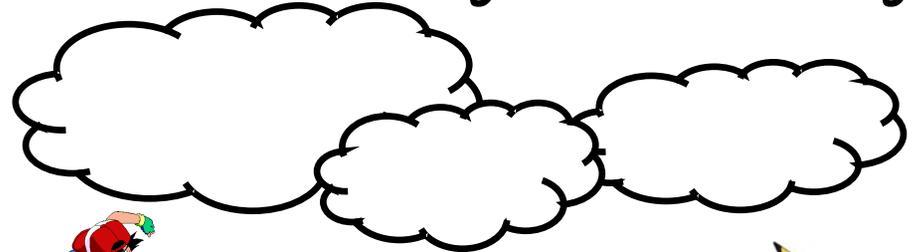
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SAFETY FIRST



Welcome to a “Safety First” Community



Positive health outcomes for families that "Gotta Catch 'em All"



How it Works

Players, known as "trainers," must walk around to find and catch Pokémon as well as access specific locations called Pokéstops -- where Pokéballs, Poké eggs, and other useful items are collected. Getting to Pokéstops, catching different Pokémon and hatching Poké eggs all require walking; lots and lots of walking!



LOOK BEFORE
YOU



BE SAFE CATCHING 'EM ALL,
A MESSAGE FROM
SAX AND SOLO



CCHS Loves

More people outdoors, active, walking, and moving.

Be Safe!

It's important to be safe while you play. So to help all the trainers out there, we came up with some tips to keep you safe while you Catch 'Em All!

Let's Talk About It

"This game is bringing people together; it's providing us the opportunity for social interaction and increasing our sense of belonging, which can have a positive impact on our emotional and mental health."
- Young Bay Area Trainer

Safety Tips for everyone's Pokémon Adventure



Know where you're going.

- ◇ Try places you know first.
- ◇ Map it out & research places nearby.
- ◇ Public parks are good to start.
- ◇ If you get somewhere and don't feel comfortable, get outta there!



- ◇ Look out for cars.
- ◇ Make eye contact with drivers.
- ◇ Make sure they see you before crossing the street.

Always stick together.

- ◇ Go with a group.
- ◇ It's true that there is safety in numbers.
- ◇ Look out for each other.



Good things to bring with you:

- Water
- Snack
- Flashlight
- A small backpack
- Wear Bright clothes
 - Reflective is effective!



Always be alert.

- ◇ Watch out for water, poles, curbs, walls, cliffs, fences, and trees.
- ◇ Watch out for your surroundings; Pokémon move around, but walls and trees do not!