

Revised 12/05/07

The Pocket Guide to

Emergency Preparedness

**Your safety. That's why
public health is working.**

We're working around the clock to protect your health and safety.

Our work includes health promotion, disease prevention,
and serving as a frontline responder in the event of
a public health emergency. To learn more about the
Sonoma County Department of Health Services, visit us at

www.sonoma-county.org/health

This guide can help you in the event of a major emergency. It has
information on how to plan for and respond to natural and created
disasters. Helpful web sites and phone numbers are also included.
Please read your guide carefully and keep it for future reference.

**Sonoma County Department
of Health Services**





COUNTY OF SONOMA

Hotlines and Emergencies

If you are currently experiencing an actual **emergency**, please dial **9-1-1**.

Si está experimentando una **emergencia** actualmente, por favor llame al **9-1-1**.

Suicide Prevention & Mental Health

North Bay Suicide Prevention Hotline: **(855) 587-6373**

National Suicide Prevention Lifeline: **(800) 273-TALK** (8255)

Spanish language counselors: **(888) 628-9454**

Mental Health Emergency Hotline 24-hour: **(800) 746-8181**

Family & Children

Adult Protective Services (APS) Hotline 24-hour: **(800) 667-0404**

Child Protective & Child Welfare Services Hotlines:
(707) 565-4304 (24-hour) or **(800) 870-7064**

YWCA Domestic Violence Hotline 24-hour: **(707) 546-1234**

Local & Regional

During periods of potential emergency (i.e. winter storms), information regarding current conditions may be available to the general public, media, and local agencies:

Emergency Public Information SoCoEmergency.org

Hazardous Materials Spills: **(800) 852-7550**





COUNTY OF SONOMA

Hospitals

Many of the region's hospitals have been recognized as providing some of the best health care services in the state. The following is a list of local hospitals in the region.

Healdsburg District Hospital

1375 University Avenue
Healdsburg, CA 95448
Phone (707) 431-6500

Kaiser Permanente Medical Center

401 Bicentennial Way
Santa Rosa, CA 95403
Phone (707) 393-4000

Petaluma Valley Hospital

400 North McDowell Boulevard
Petaluma, CA 94954
Phone (707) 778-1111

Santa Rosa Memorial Hospital

1165 Montgomery Drive
Santa Rosa, CA 95405
Phone (707) 546-3210

Sonoma Valley Hospital in Sonoma

347 Andrieux Street
Sonoma, CA 95476
Phone (707) 935-5000

Sutter Santa Rosa Regional Hospital

30 Mark West Springs Road
Santa Rosa, CA 95403
Phone (707) 576-4000

Sonoma West Medical Center

Acute Care Hospital/Emergency
501 Petaluma Avenue
Sebastopol, CA 95472
Phone (707) 823-8511

Mental Health Services

Mental Health Crisis Services

Anyone living in Sonoma County who is having a mental health crisis can get help 24 hours a day, seven days a week by calling our **24-hour Emergency Mental Health Hotline: (800) 746-8181**. The call is free.

Sonoma County
QUICK MENTAL HEALTH RESOURCE GUIDE
 Provided by Sonoma County Older Adult Collaborative

SUICIDE PREVENTION SERVICES

CALL 9-1-1 in the event of an emergency	9-1-1
MENTAL HEALTH CRISIS SERVICES, Psychiatric Emergency Services County of Sonoma (24-hour crisis services & referrals).....	576-8181 or (800) 746-8181
NORTH BAY SUICIDE PREVENTION HOTLINE of SONOMA COUNTY	(855) 587-6373 (toll-free)
THE FRIENDSHIP LINE (24-hour suicide prevention services)	(800) 971-0016
SONOMA COUNTY MENTAL HEALTH ACCESS TEAM	565-6900 or (800) 870-8786
<i>Evaluation and Referrals for Non-Emergency Mental Health Services</i>	

SONOMA COUNTY COUNSELING SERVICES AT HEALTH CARE CLINICS

Brookwood Health Center (Medi-Cal, Medicare; Sliding scale for uninsured)	303-4060
Sonoma County Indian Health Project (Medi-Cal).....	521-4500
Southwest Community Health Center (Medi-Cal, Medicare; Sliding scale for uninsured).....	547-2222
Vista Family Health Center (Medi-Cal, Medicare; Sliding scale for uninsured)	303-3600
Alliance (Medi-Cal, Medicare; Sliding scale for uninsured residents of Windsor, Healdsburg, Alexander Valley) ..	433-5494
Alexander Valley Regional Medical Center (Sliding scale for uninsured).....	894-4229
Petaluma Health Center (Medi-Cal, Medicare; Sliding scale for uninsured)	559-7500
West County Community Health Centers:	
• Occidental Area Health Center (Medi-Cal, Medicare; Sliding scale for uninsured).....	874-2444 or 823-1616
• Russian River Health Center (Medi-Cal, Medicare; Sliding scale for uninsured)	869-2849
• Sebastopol Community Health Center (Medi-Cal, Medicare; Sliding scale for uninsured)	842-9999

LOW FEE COUNSELING AGENCIES

Family Service Agency (Sliding scale available)	545-4551
Jewish Family and Children's Services (Accepts some private insurances; Sliding scale available)	571-8131
Lomi Psychotherapy Clinic (Sliding scale available)	579-0465
Petaluma People Services Center (Sliding scale available)	765-8488
SOS Counseling Services (Santa Rosa, Cotati, Petaluma, Sebastopol locations. Sliding scale available; please inquire about no fee counseling).....	284-3444
Verity Counseling for people who have experiences trauma, and their loved ones (Sliding scale available).....	545-7273

Sonoma County
QUICK MENTAL HEALTH RESOURCE GUIDE
 Provided by Sonoma County Older Adult Collaborative

ALCOHOL AND OTHER DRUG SERVICES

Drug Abuse Alternatives Center (DAAC) 544-3295
Sonoma County Dep. Of Health Services: Orenda Center 565-7450

PEER SUPPORT

Council on Aging (*Senior Peer Counseling. Additional Services for Seniors - Social, Financial, Legal & Nutrition Services*) 525-0143 X 125
Family Service Agency (*Senior Peer Counseling*) 545-4551 x 308
Peer Warmline Connection of Sonoma County (*Weekend Evening, Peer-operated Helpline*) 565-4466
Spectrum LGBT Center 415-472-1945
Wellness and Advocacy Center (*Peer-operated & Managed Self-Help Center for Mental Health Consumers*) 565-7800
Interlink Self Help Center (*Peer-operated & Managed Self-Help Center for MH Consumers*)..... 546-4481

FAMILY AND OTHER SUPPORT

Buckelew Programs: Support for Families 571-5581 or 576-8181
 For Erika Klohe 571-8452
NAMI Sonoma County 527-6655
Offering education, support, and advocacy for those affected by mental health challenges
Petaluma People Services Center Senior Services 765-8488
Offering counseling, senior nutrition, day program, case management, caregivers support
West County Community Services 869-0618
Offering case management, senior nutrition, senior resources

SONOMA COUNTY INFORMATION AND REFERRAL

DIAL 2-1-1

Other Resources:

The Living Room579-0138	YMCA546-9922
Catholic Charities528-8712	Coffee House (teens)546-3432
Redwood Gospel Mission542-4817	Social Advocates for Youth544-3299



COUNTY OF SONOMA

Disaster Communications

County of Sonoma Disaster Communications

Your family may not be together when disaster strikes, so plan how you will contact one another. Think about how you will communicate in different situations. Visit Ready.gov to develop your Family Communications Plan.

[How To Get Information In An Emergency](#)

[9-1-1](#)

[NOAA Weather Radio](#)

[How To Use Your Home Phone During A Disaster](#)

[How To Use Your Cell Phone In A Disaster](#)

[Other Considerations](#)

[If You Are Lost](#)

How To Get Information In An Emergency

Television

- KTVU Channel 2
- NBC11 Channel 3
- KRON Channel 4
- KPIX Channel 5
- KGO Channel 7

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Radio

- KZST 100.1 FM
- KSRO AM 1350
- KCBS AM 740
- KBBF 89.1 FM (Spanish)

9-1-1

- In California, most 9-1-1 calls from a cell phone go to a CHP central dispatch that may be located far away from your location. Oftentimes, this number is very busy and long hold times are not uncommon.
- Program the seven digit emergency reporting number for the local 9-1-1 dispatch center into your cell phone to get a quick local response.

THESE ARE EMERGENCY REPORTING NUMBERS ONLY!

In Sonoma County the seven digit emergency reporting numbers are:

Fire/Medical: REDCOM at 576-1371

Law Enforcement: Sheriff at 565-2121

- City police departments will also have a seven digit number for cell phone users to call.
- Recently, some local jurisdictions have been upgraded to automatically receive 9-1-1 cell phone calls at their local dispatch centers. This means that if you are within city limits when you make a 9-1-1 call, it will go directly to the local dispatch center, not CHP.

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NOAA Weather Radio

NOAA Weather Radio broadcasts National Weather Service warnings, watches, forecasts and other hazard information 24 hours a day and is provided as a public service by the Department of Commerce's National Oceanic and Atmospheric Administration (NOAA). The NOAA Weather Radio network has more than 425 stations in the 50 states and near adjacent coastal waters.

A NOAA Weather Radio (NWR) provides instant access to the same weather reports and emergency information that meteorologists and emergency personnel use - information that can save your life!

We recommend purchasing a NWR equipped with a special alarm tone feature that will sound an alarm and give you immediate information about life-threatening situations. The hearing and visually impaired also can get these warnings by connecting weather radios to other kinds of attention-getting devices.

During an emergency, National Weather Service forecasters interrupt routine weather radio programming and send out the special tone that activated weather radios in the listening area. NOAA Weather Radio broadcasts warning and post-event information for all types of hazards - both natural (such as earthquakes) and technological/man-made (such as chemical releases or oil spills).

Working with other Federal agencies and the Federal Communications Commission's Emergency Alert System, NWR is an "all hazards" radio network, making it the single source for the most comprehensive weather and emergency information.

Depending on where you are in Sonoma County, you should be able to pick up one or more of the following frequencies on your NWR:

Area	SAME #	NWR Trans.	Freq.	Call Sign	Watts
Sonoma	006097	San Fran.	162.400	KHB49	330
Marin	006041	San Fran.	162.400	KHB49	330
Marin	006041	Monterey	162.550	KEC49	300
Mendocino	006045	Point Arena	162.550	KIH30	1000
Mendocino	006045	Ukiah	162.525	WNG720	300

[National Weather Service - NOAA Weather Radio](#)

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How To Use Your Home Phone During A Disaster

- Be persistent, yet patient, as call volumes generally increase during emergencies. If calls do not immediately connect or if you hear a fast busy signal, realize the network is operational – though crowded.
- Limit your calls to your critical emergency contacts and try to be brief. If there is no power, there will be fewer lines available than usual, so leave them open for emergency calls.
- Your phone call is more likely to be connected if you are calling someone outside the local area code. There will be limited capability to connect calls within the local area code. This is why we ask you to preplan an out of area emergency contact, preferably out of state.
- If there is no tone when you attempt to dial from your line, wait, as you may get connected as lines become available. When you do get one, the tone will last for a much shorter time – be ready to dial the number immediately.
- When the power is off your cordless phone won't work. Nonetheless, the phone jack may have power from the local phone exchange to operate. Any phone *without* a 110V plug will work when plugged into an operating phone jack. Therefore;
 - Have a phone you can plug into a phone jack that you can use for calls. You can pick these up cheaply at a yard sale or thrift store.
- Phone companies rely upon battery power back up when the power is out, these batteries will only last for a short while. Batteries and backup generators can be disrupted, especially in an earthquake, so find out if there are any ham radio operators living in your neighborhood that may be able to help you reach your pre-identified emergency contacts.

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How To Use Your Cell Phone In A Disaster

- When power goes off, most cell phone towers only have battery backup power. Without power at the towers, there will be no cell phone reception.
- The cell phone network still ties into the traditional landline phone system. If the local system does not work, cell phones will not be able to complete a call.
- Cell phones require antennas that are precisely aligned to connect calls. After an earthquake, these antennas may be moved and/or damaged and not functioned as designed.

- Text messaging may still work and can be a good way of getting information out, even if you cannot call and talk.
- When using a wireless phone, wait at least 10 seconds before redialing a call.

Information stored on cell phones:

- Program ICE (In Case of Emergency) as a contact on your phone.
 - First responders may look at your cell phone for the “In Case of Emergency” phone numbers that you have programmed. They may use this information to notify your loved ones if you are unable to do so.
- Cell phones can be used to hold a lot of information useful to you, even if the phone cannot connect with another phone. Some examples are:
 - Make sure your preplanned emergency contact number is programmed on your cell phone, and all of your family members cell phones
 - It should be a separate listing; don't presume that in a disaster people are going to remember which person they are supposed to call
- Location of your local meeting place (near your home), regional meeting place (in case of evacuation) and out-of-state meeting place
- Seven digit emergency phone numbers of local fire and police departments
- Non-emergency numbers of local fire and police departments
- Glasses prescription
- Name of any medicines, prescription numbers, and the pharmacy you use
- Insurance agents numbers, policy numbers
- Bank account numbers, but keep passwords separate
- Any food or medical allergies
- Shelter in place information
- Emergency day care contacts
- Recent pictures of loved ones and pets
- First aid and CPR instructions
- or any other useful info you can store in your phone

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Other Considerations

- Have coins for pay phones, or a charge card which can be used for pay phones. Pay phones are considered essential service numbers and receive priority when lines are limited.
- Have a prepaid disposable phone which can be used in an emergency.
- Consider traveling with a hand crank or solar charger to recharge your cell phone.

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If You Are Lost

- Limit phone use to preserve power.
- Leave phone on when you think people may be using it to find your location.
- Using cell phone as a flashlight quickly drains its power, but may be used when you hear helicopter flying over.

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County of Sonoma *California*

County Home



SoCo
Emergency

[Skip to Content](#) [Translation](#)

Home Preparedness Kit

Emergency home survival kits should contain a minimum of 72 hours worth of emergency supplies for home disaster preparedness.

Home Kit Contents

Electrical, water, transportation, and other vital systems can be disrupted for several days after a large earthquake. Emergency response agencies and hospitals will likely be overwhelmed and unable to provide you with immediate assistance. To help



your family cope after a strong earthquake, store a household disaster kit in an easily accessible location, preferably outdoors (not in your garage). This kit, which complements your personal disaster kits, should be in a large watertight

container that can be easily moved and should hold at least a 3 to 5 day supply.

Include the following items:

- Drinking water (minimum one gallon per person per day).
- First aid supplies, medications, and essential hygiene items, such as soap, toothpaste, and toilet paper.
- Emergency lighting—light sticks and (or) a working flashlight with extra batteries and light bulbs (hand-powered flashlights are also available).
- A hand-cranked or battery-operated radio (and spare batteries).
- Canned and packaged foods and cooking utensils, including a manual can opener.
- Items to protect you from the elements, such as warm clothing, sturdy shoes, extra socks, blankets, and perhaps even a tent.
- Heavy-duty plastic bags for waste and to serve other uses, such as tarps and rain ponchos.
- Work gloves and protective goggles.
- Pet food and pet restraints.
- Copies of vital documents, such as insurance policies and personal identification.

Note: Replace perishable items like water, food, medications, and batteries on a **yearly basis**.



COUNTY OF SONOMA

Vehicle Survival Kits

Emergency car survival kits should contain a minimum of 72 hours worth of emergency supplies for car disaster preparedness.

Vehicle Kit Contents

Water – (12) 8 oz. boxes or pouches of water (5 year life)

Food – (15) Meal Size Energy Bars (5 year life)

Warmth/Shelter - (2) Emergency Blankets, (4) 12 hr. Body Warmers, (2) Emergency Poncho

Medical Supplies - (1) First Aid/Medical Kit, (3) Pill box, (3) pair Medical Gloves

Lighting - (2) "D" Flashlight with batteries, (6) Lightsticks

Radio - (1) AM/FM Emergency Radio with batteries

Support Supplies - 2 – whistles, 6 pairs work gloves, 6 dust masks, 2 pack wet wipes, 2- Pocket Tissue

Packaging - (2) 30 Gallon Plastic Bag, (6) 10 Gallon Plastic Bags, (1) pack waterproof matches, (1) multifunction tool, (2) hygiene kits

Package – One Bag or bucket with handle



Contact Information

Christopher Godley

Director of Emergency
Management

Emergency Management

Department of Emergency
Management

Accessibility Assistance

Contact Us

Business Hours

Monday – Friday

8:00 AM – 5:00 PM



COUNTY OF SONOMA

Possible Vendors

The following vendors have indicated to the County that they provide disaster kits available for sale to the public. Vendors can also be found by searching the internet using terms similar to the ones listed below:

- "Disaster Preparedness"
- "Disaster Supplies"
- "Emergency Preparedness Products"

The County of Sonoma is providing the following vendor contact information for public information only. The County has not inspected any products provided by these vendors to ascertain their quality or suitability for a particular purpose. The County of Sonoma makes no recommendation or endorsement regarding any of the products offered or views expressed by the vendors listed below, nor does the county recommend or endorse any other content or sources provided by the vendors.

American Red Cross, Sonoma County Chapter	<ul style="list-style-type: none"> • 5297 Aero Drive, Santa Rosa, CA 95403 • Phone: (707) 577-7600 • Fax: (707) 577-7621 • www.redcross.org/ca/santa-rosa
Bennett Valley ACE Hardware	<ul style="list-style-type: none"> • 2739 Yulupa Ave., Santa Rosa, 95405 • Phone: (707) 524-2515
B.W.S. Distributors	<ul style="list-style-type: none"> • 1847 Piner Rd, Santa Rosa, CA 95403 • Phone: (800) 862-4685 • Full-line safety equipment distributors
Friedman Brothers	<ul style="list-style-type: none"> • Three Locations: Santa Rosa, Sonoma and Ukiah • 4055 Santa Rosa Ave Santa Rosa, Ca 94927 Phone: (707) 584-7811 • Web: http://www.friedmanshome.com
QuakeHOLD!	<ul style="list-style-type: none"> • ReadyAmerica, Inc 1150 Simpson Way Escondido, CA 92029 • Phone: (800) 959-4053

In the event of an

Earthquake

Earthquakes and their potential for loss of life, injury, and extensive property damage are always a concern for most Californians.



The following tips can help keep you safe:

1.

Have a Plan: Practice DUCK, COVER, and HOLD and teach children how to do it. This means: *duck* or *drop* down on the floor, take *cover* under a sturdy desk, table or other furniture, and *hold* on to it and be prepared to move with it.

2.

Prepare an Emergency Supplies Kit: Make sure you have the food, water, medical supplies, and other materials you'll need for at least 2 weeks after an earthquake.

3.

When the Shaking Starts: DUCK, COVER, HOLD. Stay indoors until the shaking stops. If you're outside, find a clear spot away from buildings, trees, and power lines and drop to the ground. If you're in a car, slow down and drive to a clear place.

4.

After the Shaking Stops: Get to a safe place outdoors if you think the structure you're in is in danger of collapsing. Provide first aid for anyone slightly injured and seek medical attention for anyone seriously injured. Assume there will be aftershocks. Secure anything heavy that could fall and eliminate fire hazards. Listen to the radio for instructions regarding turning off gas and water. If you smell gas, or think it is leaking, shut it off. **BUT REMEMBER:** Only a professional should turn it back on.



In the event of a **Biological** Emergency



Some bacteria or viruses can make people seriously ill or cause death. During biological emergencies Local, State and Federal Public Health Officials will arrange for the distribution of life-saving medications to areas at risk of exposure. Your protection and treatment will depend on the type of organism, such as influenza or anthrax and whether you have been directly exposed.

In the event of a **Chemical** Emergency



A chemical emergency occurs when a hazardous chemical has been released and the release has the potential for harming peoples' health. Chemical releases can be caused by an industrial accident or through the intentional release of a harmful substance. **SHELTER IN PLACE** or **EVACUATION** orders may be issued for your protection. Local authorities will give these orders only when necessary.

In the event of a **Radiological** Emergency



A nuclear blast or an accident in a nuclear power plant can cause the spread of radiation. A terrorist attack with a "dirty bomb" can also spread radiation into the air. A "dirty bomb" is a mixture of explosives, such as dynamite, with radioactive powder or pellets.

SELF-DECONTAMINATION: If you have been in contact with a chemical agent or radiation, remove your clothes as quickly as possible. Put the clothes in a plastic bag and seal. Take a shower and wash with plenty of soap and lukewarm water. **Do not dispose of the plastic bag yourself.** Call your local emergency authorities for directions on how to dispose of your clothes.

www.sonoma-county.org/health

LIMIT THE SPREAD OF DISEASE

- o Wash hands frequently with soap and water for at least 30 seconds OR use 60% alcohol hand sanitizer.
- o Cover coughs and sneezes with tissues-dispose of tissues and then wash hands, OR cough or sneeze into your sleeve.
- o If you are sick, stay home and away from others as much as possible.
- o Don't send sick children to school.
- o Avoid close contact with people who are sick.

KEEP THE HOUSEHOLD ENVIRONMENT CLEAN

- o On a daily basis, clean surfaces and commonly shared items like microwaves, refrigerator handles, phones, remote controls, doorknobs and handles, toilet seats and handles, faucets, light switches and toys. Use a labeled household disinfectant or chlorine bleach mixture (see below).
- o Store brand chlorine bleach can be used as a disinfectant by mixing 1/4 cup chlorine bleach with 1 gallon of cool water.

PREVENTION

- o Stay healthy by eating a balanced diet, exercising daily, getting enough rest and drinking plenty of fluids. Remember to get your seasonal flu shot.

Rehydration Solution

For persistent vomiting or diarrhea, use the following:

- 4 cups of clean water
- 8 teaspoons of sugar
- 1 teaspoon of salt

Mix all ingredients until the sugar/salt disappears. You can drink the solution at room temperature.

Please Note: Do not boil the solution because that will reduce the solution's helpfulness.

Important Medical Disclaimer

The information contained in this publication is not intended to replace the expert care and advice of a qualified physician. Please contact your personal physician regarding any medical problems.

IS IT A COLD OR FLU?

<u>SYMPTOM</u>	<u>COLD</u>	<u>FLU</u>
Fever	Rare	Usual: high (100 F - 102 F)
Headache	Rare	Common
General Aches Pains	Slight	Usual, often
severe		
Fatigue, Weakness	Sometimes	Usual, often
severe		
Extreme Exhaustion	Never	Usual, at beginning
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort,	Mild-Moderate	Common, can be
Cough	Hacking Cough	severe

Sonoma County Department of Health Services



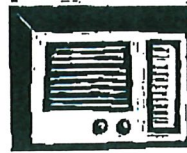
How to Get Information in an Emergency

Local radio and television stations will provide information in the event of a major emergency. In some instances, the Emergency Alert System (EAS) may be activated. Specific emergency instructions will be broadcast by:



Television:

- KFTY Ch50
- KTVU Ch2
- NBC11 Ch3
- KRON Ch4
- KPIX Ch5
- KGO Ch7



Radio:

- KZST 100.1 FM
- KSRO AM 1350
- KCBS AM 740
- KBBF 89.1 FM (Spanish)

Emergency instructions will provide information on whether it is safer to evacuate your home/workplace or whether you will be better protected to Shelter In Place. If you are ordered to evacuate, the radio announcements will also advise you on the safest place to go.

HELPFUL WEB SITES

Sonoma County Department of Health Services, Public Health Division.....	www.sonoma-county.org/health/ph
Sonoma County Department of Emergency Services.....	www.sonoma-county.org/des
U.S. Dept. of Homeland Security.....	www.ready.gov
Centers for Disease Control and Prevention.....	www.bt.cdc.gov
American Red Cross.....	www.redcross.org
CDC Pandemic Flu Information.....	www.pandemicflu.gov

What Not to Do in an Emergency

Do NOT call 9-1-1 except in the case of a life-threatening situation. It is very important to keep these lines open for life-threatening emergencies.

Do NOT drive your vehicle unless you have been advised to evacuate or you have a medical emergency. Be sure to check on road conditions or travel restrictions.

Do NOT go to the hospital except in the case of a medical emergency.

Do NOT turn off any utilities unless you have been told to by emergency authorities—or unless you know there has been some damage to gas pipes, water pipes, or electrical lines.

Do NOT light matches or turn electrical switches on or off if you smell gas or think there may be a leak.



Your Best Protection is Preparation

There are many types of emergencies. This Guide offers information about those that are large-scale disasters, specifically earthquakes, flooding and acts of terrorism involving chemical, biological, radiological, nuclear and explosive agents.

If such a disaster occurs, you may be asked by authorities to take one of two different actions: **SHELTER IN PLACE** (remain in your home or workplace), or **EVACUATE** (leave your home or workplace). In either case, it is important that you and your family have an **EMERGENCY PREPARATION PLAN**.

The American Red Cross provides all the information you need to make your Emergency Preparation plan. You can call the Red Cross at 707-577-7600 or visit their Web site at <http://arcsm.org>. In the meantime, it makes good sense to put together some emergency supplies for your home, workplace, and car.

YOUR EMERGENCY SUPPLIES SHOULD INCLUDE:

- A battery powered or wind-up radio.
- Flashlights with fresh batteries. Batteries should be stored separately.



- A first aid kit, including emergency medications and important medical records.



- A cell phone (*make sure it's charged*).

- Stored water in sealed unbreakable containers; one gallon per person per day for two weeks.



- Chlorine bleach or water purification kit. See 'Decontaminating Water.'

- A two week supply of food that doesn't need refrigeration, a manual can opener, and eating utensils.



- Trash bags, duct tape, sheets of plastic, and disposable gloves.



- Fire extinguishers.

- Add a shovel, booster cables, fix-a-flat, and flares for your car.

- Face masks and gloves.



- Hand sanitizer.

- Prescription Medicines (2-week supply).

When Your Child is at School

Every school has an emergency plan that includes evacuation destinations. Call your child's school now to find the location and write it down here:



Also, find out what documentation you or a designated person will need to provide in order to pick up your child.

In the event of an evacuation, you will be notified by school officials where and when your child can be picked up, so make certain the school has current information on where to reach you. Radio or television stations may also carry instructions. Finally, make sure your child has identification and phone numbers he or she can use to reach family or friends.



Shelter in Place:

Protecting Yourself at Home or Work

In the event of a chemical, biological, radiological, nuclear, or explosive emergency, authorities may direct you to **SHELTER IN PLACE** or **EVACUATE**.

The term "Shelter In Place" means remaining inside your home or place of work and protecting yourself there.

When exposure to a hazardous substance is imminent, officials may advise you to shelter in place:

- 1** Stay calm.
- 2** Bring children and pets indoors immediately.
- 3** Close and lock all windows and outside doors.
- 4** Turn off all fans, heating and air conditioning systems, close exterior doors and windows.
- 5** If you have a fireplace, close the damper.
- 6** Gather your disaster supplies and battery powered radio.
- 7** Go to an interior room, ideally without windows. In case of a chemical threat, a room above ground is preferable because some chemicals are heavier than air and may seep into the basement.
- 8** Listen to the radio or TV for emergency instructions and Shelter In Place until you are told all is safe.



Evacuation: Prepare a "Grab and Go"

EMERGENCY KIT

In some emergencies, you may be asked to evacuate. In that case, you'll want an easy-to-carry container, like a backpack or duffle bag, with adequate emergency supplies. It's a good idea to keep some cash in your emergency kit. Store the kit in a convenient location. Also, be sure that everyone in the family has a list of important phone numbers and that you've decided on two alternative places to meet in case you become separated.



Flood Watches & Warnings



When a FLOOD WATCH is issued

- Tune in to local radio and TV stations for information and advice.
- Move valuable household possessions to the upper floors of your home.
- Fill your car's gas tank in the event an evacuation order is issued.
- Know safe routes from your home or office to high, safe ground.
- Establish an out-of-state "family contact" so that friends and relatives will know who to call to get information about you.

When a FLOOD WARNING is issued

- Watch for signs of flash flooding and be ready to evacuate on a moment's notice.

In the Event of a Flood

- ▶ Stay tuned in to local radio and TV stations for information and advice.
- ▶ If advised by local authorities to leave your home, move to a safe area before access is cut off by flood water.
- ▶ Before leaving, disconnect all electrical appliances, and if advised by your local utility, shut off electric circuits at the fuse panel and gas service at the meter.
- ▶ Avoid areas that are subject to sudden flooding.
- ▶ Do not try to cross a flowing stream where water is above your knees. Even water as low as 6 inches deep may cause you to be swept away by strong currents.
- ▶ Do not try to drive over a flooded road or around barricades. This may cause you to be both stranded and trapped.
- ▶ If your car stalls, abandon it **IMMEDIATELY** and seek higher ground. Many deaths have resulted from attempts to move stalled vehicles.
- ▶ Use the telephone **ONLY** for emergency needs or to report dangerous conditions.

Decontaminating Water

Residents are advised not to use contaminated water for drinking, cooking or bathing until the water has been disinfected using a chlorine solution or has been tested and determined to be safe. Any wellhead that has been covered by floodwaters should be considered contaminated. Water disinfection options are:

- Boil water vigorously for 3-5 minutes, OR
- Add 8 drops of chlorine bleach to 1 gallon of clear water, let stand for 30 minutes, OR
- Add 16 drops of chlorine bleach to 1 gallon of unclear water, let stand for 30 minutes, OR
- Use water purification tablets (available for purchase at hardware stores and pharmacies) per directions.

