

## Out-of-Town Emergency Contact

Point of contact to serve as a messenger to family members who may be separated or unable to reach each other directly

Name: \_\_\_\_\_  
 Home #: \_\_\_\_\_  
 Cell #: \_\_\_\_\_  
 Email: \_\_\_\_\_

## Local Emergency Contact

Point of contact to assist a family member in an emergency

Name: \_\_\_\_\_  
 Home #: \_\_\_\_\_  
 Cell #: \_\_\_\_\_  
 Email: \_\_\_\_\_

## Work Information for \_\_\_\_\_

(insert name)

Company: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Supervisor: \_\_\_\_\_  
 Supervisor's #: \_\_\_\_\_

## School Information for \_\_\_\_\_

(insert student name)

School: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Primary Teacher: \_\_\_\_\_  
 Principal/Director: \_\_\_\_\_  
 Emergency Evac. Location: \_\_\_\_\_

## Medical Information for \_\_\_\_\_

(insert name)

Doctor: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Insurance & Policy #: \_\_\_\_\_  
 Known Allergies/Conditions: \_\_\_\_\_  
 (Attach copy of prescriptions and/or doctor's orders)

## Pet Information for \_\_\_\_\_

(insert pet name)

Breed: \_\_\_\_\_  
 Identifying Marks: \_\_\_\_\_  
 Veterinarian: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Microchip #: \_\_\_\_\_  
 Pet Sitter #: \_\_\_\_\_

## EMERGENCY GO BAG

Be prepared with basic survival necessities that you can **grab and go!** Create one bag for each member of your household (don't forget your pets!).

### Basic Necessities

- Safe drinking water (6 boxes or bottles)
- Non-perishable foods—canned and dry items
- Battery-powered or hand-crank lights\*
- Battery-powered or hand-crank radio\*
- Extra batteries
- Personal sanitation and hygiene needs
- Change of clothes
- Sturdy shoes
- Emergency poncho
- Emergency blanket
- Cash



### Medical

- Extra supply of medications (7 days)
- Copies of all prescriptions
- Copies of doctors' orders, known allergies and physicians' contact information
- First aid kit
- Emergency contact list
- Extra eye glasses/hearing aid batteries
- Medical Consent forms if needed

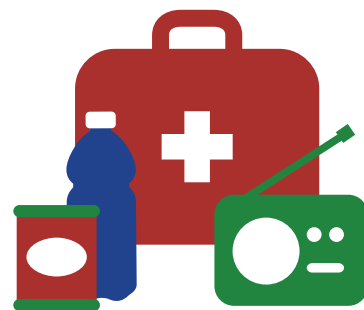
### Tools

- N95 mask to protect from inhaling dust, smoke or chemicals
- Goggles
- Gloves
- Plastic Bags (30-gallon and 10-gallon)

### Critical Data

- Copies of insurance forms
- Copies of deeds and critical documents
- Copy of identification
- Thumb drive with special photos and a video of home contents

\*Don't store batteries long-term inside devices to avoid corrosion.



## STAY INFORMED

Make sure you have more than one way to receive alerts and warnings. In some circumstances some systems may not work, redundancy is key. Be sure your smart phone has **Emergency Alerts** turned on under notifications.

Consider signing up for the following:

- **SoCoAlert:** Receive urgent notifications about local emergencies by phone and/or text. Go to **SoCoAlert.com** or text **Socoalert** to **99411**.
- **Nixle:** Text your zip code to **888777** to opt in or sign up online to receive email, or text messages with alerts and advisories from local law enforcement and fire agencies.
- **NOAA Weather Radio (NWR):** Get a NOAA Weather Radio and leave it on at all times. When activated by an event, these radios generate an alarm, voice alert, and flasher. Sonoma County residents may tune their NOAA radio to frequency **162.475**.



If you are deaf or have hearing loss these radios have add-on equipment such as strobe lights and bed shakers to help alert everyone in the household that action is needed in an emergency.



- **Hi-Lo Sirens:** In addition to knocking at your door, the police and deputies will use hi-lo sirens. When you hear the hi-lo siren, pay attention. Listen for instructions from first responders.



**BE SAFE TOGETHER**



**BE READY TOGETHER**

## MAKE A PLAN

**Have a discussion** with family, co-workers, and neighbors regarding potential needs of your community. Identify resources and needs and make plans to stay safe.



- Do you have an evacuation plan?
- Who is your emergency point of contact both locally and out of the area?
- Can you function at home without power for an extended amount of time?
- Do you have an emergency cache of supplies?
- Do you and your pet(s) or service animal have a safe place to stay in the event you can't go back home right away?



### 5 Ps of Evacuation

In the event of an evacuation, follow instructions from authorities and leave the area immediately. Remember the Five Ps of Evacuation:

1. People and Pets
2. Prescriptions
3. Papers
4. Personal Needs
5. Priceless Items



### Considerations for families with children.

If your child is in daycare or school:

- Include child identification, emergency contact and medical information in their backpack, cubby or locker.
- Know your child's school evacuation plan.
- Have a backup person who can pick your child up and ensure they are on the facility's permission list.
- If your child takes medication keep an extra supply with the facility including instructions and dosage.

**Get to know your neighbors!** In the event of a disaster or public health emergency your neighbors may be a critical resource. For example:

- Who has a special skill set that could be vital in an emergency (nurse, contractor, HAM radio operator, CERT or CPR trained, etc.)?
- Who has a generator?
- Who has a fenced yard or safe place to keep pets?
- Who has a truck or utility vehicle?

SONOMA COUNTY  
**EMERGENCY MANAGEMENT**



**YOUR GUIDE TO BEING READY IN AN EMERGENCY**

**It starts with you!**

Consider basic protective measures you can take to prepare yourself and your family before, during and after a disaster or public health emergency.

[www.SoCoEmergency.org](http://www.SoCoEmergency.org)

**SONOMA READY  
 SONOMA STRONG**  
 DEPARTMENT OF EMERGENCY MANAGEMENT

Learn how to shut off the gas  
[www.pge.com/myhome/edusafely/gaselectricsafely/turngasoff](http://www.pge.com/myhome/edusafely/gaselectricsafely/turngasoff)

Form or join a neighborhood group  
[www.SoCoEmergency.org/prepare/community-preparedness](http://www.SoCoEmergency.org/prepare/community-preparedness)

Get CPR, first aid, and CERT training  
[www.RedCross.org/take-a-class](http://www.RedCross.org/take-a-class)

Contact your local fire department  
[www.sccert.org](http://www.sccert.org)

**GET TRAINED**



## STAY SAFE

### When Should You Call 9-1-1?

Emergency dispatch lines may be overwhelmed in a disaster. Avoid calling 9-1-1 unless it is a life-threatening situation, but **if in doubt, always seek emergency care!**

- Shortness of breath or difficulty breathing
- Any symptoms of a heart attack including chest pain or pressure, pain in the left arm or the jaw, sudden weakness, dizziness or change in vision
- Signs of stroke such as numbness, slurred speech, severe headache, weakness on one side of the face, confusion or loss of consciousness
- Head trauma, life- or limb-threatening injury, severe bleeding
- Medication overdose



### Avoid These Common Hazards

- **Downed power lines:** Do not approach power lines. If you accidentally drive over a power line or if it falls on your vehicle do not get out of your vehicle. **Call 9-1-1** and wait for emergency assistance.
- **Natural gas:** If you smell or hear escaping gas or see damaged lines turn off the gas if able, otherwise leave the area immediately and **then call 9-1-1.**
- **Injuries after a disaster:** Be careful navigating through and cleaning broken glass and debris after an event. Be sure to wear protective gear.

### What Does Shelter in Place Mean?

**Take immediate shelter where you are**—at home, work, school or a vehicle. It may require sealing a room to prevent outside air from coming in due to contaminants in the environment.

Reasons to shelter in place may include:

- Extreme weather
- Terrorist attack
- Hazardous materials incident
- Intruder or extreme violence on the premise

## EARTHQUAKES



### Before

- Assess your home and office; secure heavy objects such as furniture, water heaters, appliances and pictures that may move, break or fall during an earthquake.
- Keep a pair of shoes and flashlight near the bed to avoid injuries from broken glass and debris when evacuating after an earthquake.

### During



- Stay in place until the shaking stops and it's safe to evacuate the area.
- If you are in a moving vehicle, slow down, pull over, and stop. Avoid bridges, overpasses, ramps, trees, buildings, and utility wires.

### After

- If you are in a high risk area for tsunamis, move to higher ground immediately.
- **Expect aftershocks!**
- Do not use open flame for light in the event of a gas leak.
- Exit the structure if there is a safe route; avoid injury from broken glass and other debris.

## FLOODS



### Before

- **Monitor weather reports** to know the timing, extent and anticipated impact to your area and stay informed with up-to-date information such as flash flood watches and warnings.
- **Have your vehicle packed** with emergency supplies and kept adequately fueled in case you need to evacuate.
- **Have emergency building materials** such as sandbags, plywood and plastic sheeting for flooding and wind proofing your home or place of business.

### During & After

- During a flood warning **evacuate immediately** to a pre-identified safe zone.
- **Do not cross flooded or damaged roads.** Water depth may not be obvious and most cars can be swept away by less than two feet of moving water.
- **Be aware of contaminated water.** Water may be contaminated by oil, gasoline, chemicals, or raw sewage.

## WILDFIRES



### Prevention

- **Defensible Space:** Create a 100-foot safety zone around your home and other structures.
- **Avoid creating sparks** with equipment such as lawnmowers by using them in the morning and not operating during excessively dry or windy conditions. Do not park cars in tall, dry grass—hot exhaust systems can ignite dry vegetation. Avoid towing chains and vehicle parts dragging on the ground.
- **Make your address visible** from the street in both directions, with 4-inch (minimum) reflective numbers on a contrasting background.

### In the Event of a Fire

- **Evacuate early** to avoid being trapped.
- **Shut off** any natural gas, propane, or fuel oil supplies at the source if fire is imminent.
- **Wear protective clothing** to protect your skin, eyes and face from smoke, ash and embers.
- **Limit exposure to smoke.** Listen and watch for air quality reports and health warnings about smoke.



## INFECTIOUS DISEASE

### What's the Impact?

- Healthcare system overload and shortage of supplies
- High rates of sick people and possible death
- Potential social and personal distancing restrictions

### What Do You Do?

- **Practice good health habits.**
- Implement prevention and control actions as recommended by public health officials.
- Protect others by staying home when you are ill until a minimum of 24 hours after the last fever (except to seek medical care).

### Considerations for Individuals with Disabilities or Access & Functional Needs

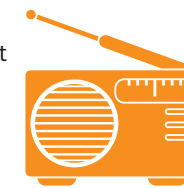
- Discuss assistance you and your service animal may need with your employer, neighbors, friends, and family in the event of a disaster. Have a plan for in-home assistance and care if needed.
- Train your support network on how to operate or move any assistive devices or specialized medical equipment.
- Talk to your service providers about their emergency plans and how essential services such as health care, meals, oxygen, dialysis, and transportation needs will be met.

## HOME EMERGENCY KIT

Be prepared with basic survival necessities at home for at least 7 days for the whole family.

### Basic Necessities

- Safe drinking water (1 gallon per person per day)
- Non-perishable foods such as canned and dry items
- Safe, alternative heating and cooking methods
- Manual can opener, disposable plate ware, utensils and paper towels
- Battery-powered or hand-crank lights (flashlight, lantern), extra batteries\*
- Battery-powered or hand-crank radio, extra batteries
- Sanitation items including toilet paper and moist towelettes
- Personal hygiene needs



### Infants & Youth

- Formula, baby food jars, non-perishable snacks such as cereal and crackers
- Diapers and wipes
- Child identification, medical and emergency information, and change of clothes
- Comfort blanket, toy, and book

### Pets & Service Animals

- Pet food, water and medications
- Leash or harness, waste disposal materials, and a crate or carry bag in case of evacuation

### Medical

- See emergency go bag** (flip side)
- First aid kit

### Tools

- Adjustable pipe or crescent wrench to shut off gas
- Fire extinguisher
- N95 mask, goggles and gloves

### Sheltering-in-Place Supplies

- Tarps, large trash bags or plastic sheeting to cover vents, windows and doorways
- Duct tape

\*Don't store batteries long-term inside devices to avoid corrosion.



## COMMUNITY RESOURCES

### Sonoma County Emergency Information



- **Emergency Information Hotline:** (707) 565-3856 or [www.SoCoEmergency.org](http://www.SoCoEmergency.org)
- **Public Health Information Line:** (707) 565-4477
- **Local Television Channels:** 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 (English/Spanish)
- **Law Enforcement: (Non-Emergency)**
- **Sheriff's Department Dispatch:** (707) 565-2121
- **California Highway Patrol:** (800) 835-5247

### Public & Behavioral Health Services

- **Sonoma County Animal Services:** (707) 565-7100
- **Sonoma County Environmental Health:** (707) 565-6565
- **Sonoma County Lab – Tick and Water Testing:** (707) 565-4711
- **Mental Health Emergencies:** (800) 746-8181
- **North Bay Suicide Hotline:** (855) 587-6373
- **Poison Control:** (800) 222-1222
- **Sonoma County Public Health:** (707) 565-4400

### Essential Services Information & Referrals

- **2-1-1 Sonoma:** [211sonoma.org](http://211sonoma.org), dial 211 in Sonoma only, or (800) 325-9604
- **American Red Cross:** (707) 577-7600 or [www.redcross.org/local/ca/santa-rosa](http://www.redcross.org/local/ca/santa-rosa)

### Extreme Weather, Power & Road Closure Information

- **CalFire:** [www.fire.ca.gov](http://www.fire.ca.gov)
- **CalTrans:** [www.dot.ca.gov](http://www.dot.ca.gov)
- **PG&E Power Outages:** (800) 743-5000 or [www.pge.com](http://www.pge.com)
- **NOAA:** [www.wrh.noaa.gov/mtr](http://www.wrh.noaa.gov/mtr)
- **Sonoma County Road Closures:** (707) 565-5100 or [www.roadconditions.sonomacounty.org](http://www.roadconditions.sonomacounty.org)
- **Water Agency Flood Forecast Hotline:** (707) 526-4768 or [www.sonomawater.org/flood-forecast-and-emergency-information](http://www.sonomawater.org/flood-forecast-and-emergency-information)

### More Information on Preparedness

- **CalFire:** [www.fire.ca.gov](http://www.fire.ca.gov)
- **CDC:** [www.cdc.gov](http://www.cdc.gov)
- **DHS:** [www.dhs.gov](http://www.dhs.gov)
- **Ready.gov:** [www.ready.gov](http://www.ready.gov)