Make an emergency preparedness kit

Store emergency supplies to last at least three days.

- Ready-to-eat, nonperishable foods
- Can opener, matches, knife, foil, plastic bags
- Water–one gallon per day per person
- Flashlights and batteries
- Battery-operated radio
- Medications and prescriptions
- · Well-stocked first aid kit
- Blankets
- · Warm shoes and clothing, rain gear
- Household tools
- Food and water for pets, livestock
- List of important phone numbers
- Fire extinguisher
- Toys, games, books, etc.
- Supplies for people with special needs (the elderly, disabled, infants)
- · Toiletries and personal supplies
- Extra glasses

Have a reunification plan if your family gets evacuated or otherwise separated.

- Agree to call a specific family member who lives outside the area, as well as a local contact.
 Agree to meet in a specific spot outside your home. Write it down for all family members, along with your cell phone if you use one.
- Also, write down any critical information, such as your doctor's name and phone number, so you can obtain prescriptions. If you must evacuate, take essential medicines, supplies and extra glasses with you.

Emergency preparedness to meet special needs

Strengthen your family readiness plan. If you have special needs, ask your family, a special neighbor or caregiver to check on you. Preparation is essential to minimize disruption and anxiety when there's an emergency.

Think carefully about emergencies most likely to occur in your area and become extra-prepared. Determine what additional support you may need and make a plan.

For example:

- How might an extended power outage threaten your well-being?
- Have you identified a person nearby who could help you evacuate?
- If you currently use a personal care attendant, check to see if the agency has special provisions for emergencies, such as providing services at another location.
- Make sure your family can help you with equipment, such as a wheelchair.
- If you or someone else in your home uses a wheelchair, make sure there is more than one wheelchair-accessible exit available, in case the primary exit is blocked.
- Plan and practice how to excape from your home in an emergency.
- Consider getting a medical alert system that will allow you to call for help if you are immobilized in an emergency.
- Teach older children or grandchildren how to help you - for example, how to unlock a

wheelchair if you need assistance in moving. They should always follow directions of fire, police, or other safety officials, and call 9-1-1 if anyone is in danger.

- Buy and learn how to use a fire extinguisher.
- Know how to connect or start up a back-up power supply for essential medical equipment.
 Teach your family and others how to operate equipment.
- Make sure your emergency preparedness kit includes a battery-powered radio, flashlight and plenty of batteries, including for a wheelchair or other medical device..
- Keep on hand extra oxygen, medications, supplies, a list of style and serial numbers of your medical devices like pacemakers.

Need more planning tips? Call the Placer District American Red Cross at (530) 885-9392 (www.sacsierraredcross.org) or Placer County Office of Emergency Services, at 530-886-5300 for a free presentation.

Preparing for Emergencies in Placer County



Obtain Correct Information Develop a Plan Make an Emergency Kit

With Suggestions for People Who have Special Needs

Placer County Office of Emergency Services 2968 Richardson Drive Auburn, CA 95603

> www.placer.ca.gov (click on "emergency") 530-886-5300

Emergencies happen!

Every family and individual should become prepared to respond to local emergencies.

Rising from the valley floor to the crest of the Sierras, Placer County does experience natural disasters from time to time. Wildland fires, flooding, powerful winter storms, heavy snow, back-country avalanches, extended power outages, and high winds are very predictable and will reoccur.

The County can also experience transportation accidents, law enforcement incidents or many other kinds of disasters. While terrorism in Placer County is considered less likely, it could happen. No one knows what the world situation may bring.

An emergency situation heavily taxes the resources of your fire, law, emergency medical services and other response personnel.

Under the law, management responsibilities vary according to the nature of the emergency and where it takes place. In Placer County, there are six cities plus the unincorporated area, and cities generally have jurisdiction within their boundaries. State and federal agencies also have resonsibilities. Some emergencies, such as flooding or large fires, may also cross several jurisdictional boundaries.

Prepare your family members to take care of themselves for three days, so that you will need to call for help only if you have an unusual or life-threatening emergency situation.

Basic emergency preparedness is simple, helps protect your safety, and creates reassurance for your family.

Stay well informed

Turn on news radio or TV for emergency information, instructions or warnings about potential disasters. Placer County will provide updated and accurate information to news media. Radio is usually best for frequent updates.

News radio serving the western slope: AM 950 KAHI (Auburn broadcast) AM 1530 KFBK (Sacramento region broadcast) AM 830 KNCO (Grass Valley broadcast)

Radio serving Lake Tahoe Basin:

AM 1490 KOWL

FM 90.5 KKTO

FM 93.9 KRLT

AM 780 KKOH (Reno region broadcast)

Sacramento television stations:

KCRA Channel 3 NBC

KXTV Channel 10 ABC

KOVR Channel 13 CBS

KTXL Channel 40 FOX

CW31 Channel 31

KUVS Channel 19 (Spanish)

Reno television stations:

KOLO Channel 8

KRNV Channel 4

KTVN Channel 2

Other radio stations, cable television, and local newspaper web sites may also have information.

You may receive a computer-generated phone message from an emergency response agency that provides you with critical emergency information. This is a message only, designed for rapid, neighborhood emergency or crime notification. Pay attention to the information you receive.

Call 9-1-1 only to report an emergency. A backup number is 530-823-4411.

If you live in a city, call your city's emergency information lines, or check their website.

Go online to the Placer County Web site, which may have local information if the County is responding to a significant emergency. www.placer.ca.gov (click on "emergency")

Other Web sites you may find useful regarding emergencies include:

Cal Fire: www.fire.ca.gov

US Forest Service Fire Info: www.inciweb.org California Highway Patrol: www.chp.ca.gov

CA Office of Emergency Services:

www/oes.ca.gov

CA Dept. of Health Services

www.bepreparedcalifornia.gov

Call the Placer County
Emergency Operations Center (EOC)
If the County is responding to a significant local
emergency or providing support, you may reach
a staff member via the Public Information
hotline number below. During critical incidents
this line may be staffed 24 hours a day, or may
refer you to a different resource. Otherwise, this
number is not staffed all the time.

EOC in Auburn: 530-886-5310 (serving South Placer and the foothills) EOC in North Tahoe: 530-584-1590 (serving North Lake Tahoe & eastern Sierra)

Develop a plan & be prepared

Create a family readiness plan. If you have special needs, ask someone to check on you. Preparation can minimize disruption and anxiety when there's an emergency.

Learn First Aid and CPR. For classes, call American Red Cross at 530-885-9392 or register online at www.sacsierrraredcross.org

Learn which emergencies are most likely to occur in your area.

For example, Placer County has experienced numerous winter storms, power outages, floods and wildland fires.

- Is your home close to a creek which floods?
- Could wildland fires threaten your home?

Minimize the hazards if you can.

- Clear debris from the creek.
- Create at least a 100-foot defensible space to protect your home from fire.

Have a reunification plan if your family gets evacuated or otherwise separated.

 Agree to call a specific family member who lives outside the area. Agree to meet in a specific spot outside your home. Create phone lists for family members.

Teach children what to do in an emergency.

- Follow directions of fire, police, or other safety officials if adults aren't home.
- Call 9-1-1 if anyone is in danger.
- Know the location of and how to turn off water, power, propane and gas coming into your house.