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 bottles 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

*Do not 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.
- Hi-Le Sirens: In addition to knocking at your door, the police and deputies will use hi-le siren. When you hear the hi-le siren, pay attention. Listen for instructions from first responders.

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 home right away?

5 Steps 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:
1. Who is the primary contact?
2. Who is your emergency point of contact both locally and out of the area?
3. Who has extra medication that could be vital in an emergency?
4. Who has a generator?
5. Who has a fenced yard or safe place to keep pets?
6. Who has a truck or utility vehicle?

5. 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

BE SAFE TOGETHER

BE READY TOGETHER
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

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 windproofing your home or place of business.

During & After
• 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 windproofing your home or place of business.

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.
• Keep a pair of shoes and flashlight near the bed to avoid injuries from broken glass and debris when evacuating after an earthquake.

During
• Follow local evacuation reports.
• Do not cross flooded or damaged roads.
• Do not use open flame for light in the event of a gas leak.
• Be aware of contaminated water. Water may be contaminated by oil, gasoline, chemicals, or raw sewage.

INFECTION 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 before using day care or school.

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

Tools
• Adjustable pipe or crescent wrench to shutting 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

BE READY TOGETHER

COMMUNITY RESOURCES
Sonoma County Emergency Information
• Emergency Information Hotline: (707) 565-4471
• Public Health Information Line: (707) 565-4471
• Local Television Channels: KTVU Ch2, NBC1 Ch4, KRON Ch4, KPIX Ch5, KGO Ch7
• Radio: KZZT 100.1FM, KSR0 AM 1350, KCBS AM 740, KKBF 81.1FM (English/Spanish)

Law Enforcement: (Non-Emergency)
• Sheriff’s Department Dispatch (707) 565-2212
• California Highway Patrol (800) 835-5247

Public & Behavioral Health Services
• Sonoma County Animal Services: (707) 565-7100
• Sonoma County Environmental Health: (707) 565-6543
• Sonoma County Lab – Tick and Water Testing: (707) 565-4711

Mental Health Emergencies:
• Sonoma County Public Health: (707) 565-4400

Essential Services Information & Referrals
• 2-1-1 Sonoma: 211sonoma.org or 211 in Sonoma only, or (833) 526-9604
• American Red Cross: (707) 577-7600 or www.redcross.org/local/ca/santa-rosa

Extreme Weather, Power & Road Closure Information
• CalFire: www.fire.ca.gov
• CalTrans: www.dot.ca.gov
• PG&E Power Outages: (800) 743-6000 or www.pge.com
• NOAA: www.erh.noaa.gov/mtr
• Sonoma County Road Closures: (707) 565-5000 or www.roadconditions.sonomacounty.org
• Water Agency Flood Forecast Hotline: (707) 726-4768 or www.sonomawater.org

More Information on Preparedness
• CalFire: www.fire.ca.gov
• CDC: www.cdc.gov
• DHS: www.dhs.gov
• Ready.gov: www.ready.gov