



EMERGENCY PREPAREDNESS ARE YOU READY?

SIERRA FoothILLS VILLAGE
VALARIE BUSH



Cal OES
GOVERNOR'S OFFICE
OF EMERGENCY SERVICES



connecting point
community services central



THE FOOD BANK OF NEVADA
COUNTY



neighborhood center of the arts

8/4/2020



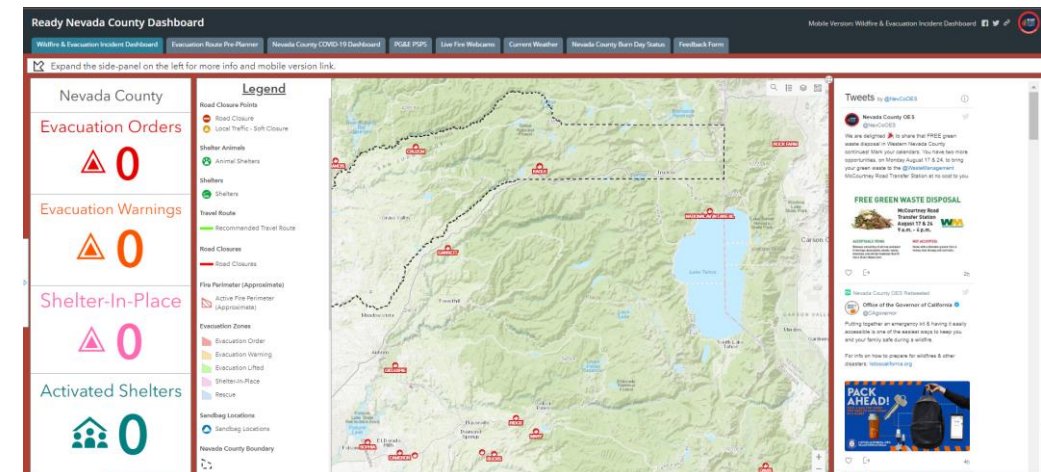
About Sierra Foothills Village

- We are a 501c3 non-profit membership based “virtual” community. Learn more at our website: www.sierrafoothillsvillage.org
- We provide proactive and personalized essential volunteer services, referrals, and relief/ connections to avoid social isolation and a customized Emergency Preparedness plan for our members.
- Our teams proactively contact members and volunteers on a regular basis to maintain social interaction and ensure that needs are being met.
- We are one of six organizations in Nevada County who have signed up with the State of California to provide Emergency Preparedness training.



Critical Steps for Preparedness

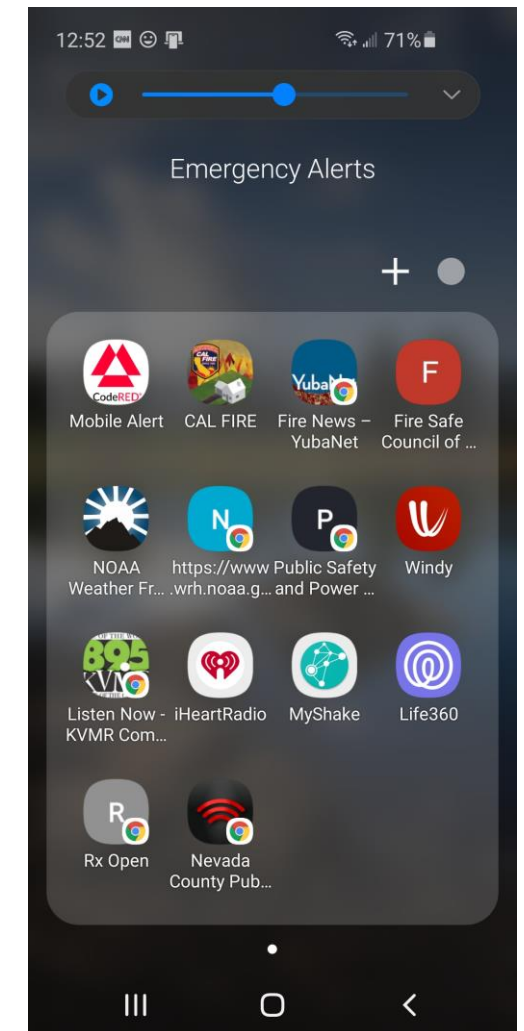
- Create your own emergency preparedness plan
 - Sign up for local emergency alert system
 - Identify five trusted allies
 - List of medical needs and medicines
 - Copies of important documents
 - Assemble Carry with You Always/ Grab & Go Bag/Stay Box
 - Identify and test evacuation route





Local Alert Systems in Our Area

- PG&E PSPS – <https://psps.ss.pge.com/> to check address specific service issues
 - Text ENROLL to 97633 and follow the prompts
- CodeRED – Text ReadyNevadaCounty to 99411
- YubaNet – www.yubanet.com
- CalFire - www.fire.ca.gov
- KVMR – www.kvmr.org
- KNCO – www.knco.com
- Fire Weather Zones: wrh.noaa.gov/fire2/?wfo-sto
- Dial 211 – This number gives you information and referrals to social services for everyday needs, and for times of crisis, about shelters, pets & service dogs, traffic, etc.





Step 1: Find your 5 trusted allies

- Find 5 people who will become your trusted allies during a disaster or emergency
- Your five trusted allies are people that will check on you and that you can communicate with before, during, and after a disaster or emergency so that they know you are safe or if you need help
- Using the Ready, Set, Go Guide, create a list with their complete contact information
- When you are creating your contact list of trusted allies, ask each person the best way to contact them
- Make sure some of the people on your list live close to you and have at least one person who lives out of the area



Create Your 5 Trusted Allies List

Step 1



STEP 1: FIND YOUR FIVE & SHARE YOUR PLAN

Identify **five people** who will become your trusted allies during a disaster or emergency. Your five allies are people that will check on you and that you can communicate with in an emergency so they know you are safe, or if you need help.

Do not depend on one person alone. People work different shifts, take vacations, and are not always available. Make sure some of the people on your list live close to you and have at least one person who lives out of the area.

When you are creating your list of trusted allies, ask each person the best way to contact them. Explain what you are asking them to do for you during a disaster or emergency. Make sure they understand and agree.

IMPORTANT PHONE NUMBERS

Emergency Meeting Place: Alta Sierra Airport
 Out of Area Contact Phone: Carolyn Jones 714-241-8716
 Work: SFV
 School: _____
 Insurance Agent: State Farm 530/823-1678
 Other: _____

FIVE TRUSTED EMERGENCY ALLIES WHO KNOW OUR PLAN

When selecting your five trusted allies, consider coaches, childcare providers, relatives outside the area, and neighbors on shared evacuation routes. Ask one out-of-area friend or relative to be your trusted ally.

Name: Jack Smith Phone: 530-123-1234
 Name: Beth Cameron Phone: 530-234-5670
 Name: Brian Gray Phone: 530-345-6789
 Name: Susan Hanover Phone: 530-456-7890
 Name: Lisa Walker Phone: 530-567-8901

SET • STEP 1: FIND YOUR FIVE & SHARE YOUR PLAN



Step 2: Prioritize Health Needs and Medication

- Do you have any special health needs?
- What medication do you take daily?
- Do you have any special equipment?
 - Walker, cane, hearing aids, CPAQ, oxygen
- This information can be useful to your trusted allies, first responders, or shelter staff.
- You may consider creating a digital copy of this list (notes on your phone, photograph of the list, email, etc.)



Step 2

Prescription Medication Tips

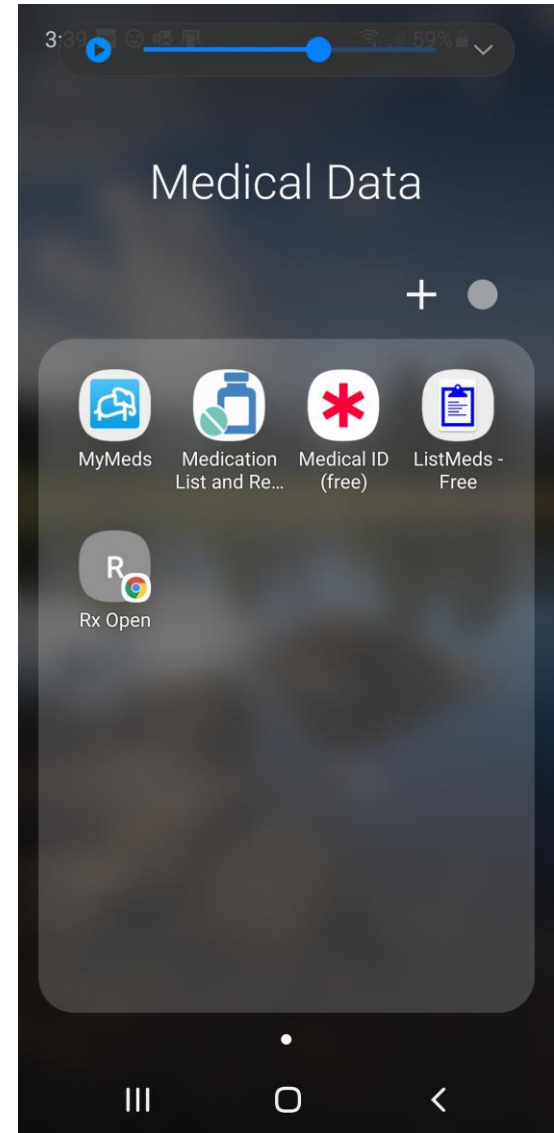
- If your prescription medications are low, get your refills prior to a public safety power shutoff, if possible.
- If you were unable to evacuate with your medications, a pharmacy should be able to assist you in obtaining your medication. Providing your medication list will assist the pharmacist in ensuring you have all your medications.
- To find an open pharmacy during an active emergency, visit www.RxOpen.org, which has maps that include open and closed pharmacies. In addition provides information on the operating status of healthcare facilities in areas impacted by a disaster. The Counties map displays a summary of operating status at the county level.



Step 2

Go Digital to store your medical information!

- There are free apps for your phone to store your medication list
 - ListMeds
 - Medical ID
 - MyMeds
 - Medication List & Medical Records





Step 2

Health Needs and Medication



STEP 2: PLAN FOR YOUR MEDICAL NEEDS

Think about what medications and equipment you might need to stay healthy and comfortable in the event of an evacuation or during a PSPS. Have at least a **week-long supply** of prescription medicines, along with a list of all medications, dosages, and any allergies.

CREATE YOUR MEDICAL AND INDEPENDENT LIVING NEEDS LIST

IMPORTANT MEDICAL INFORMATION

Doctor's Name & Phone Number: *Dr. Harry Smith 530-123-4567*

Type of Health Insurance: *JB - Medicare VB - Anthem*

Policy Number: *12345678*

Blood Type: *JB = O neg VB = O pos*

Allergies & Sensitivities: *JB - none VB - Codeine*

MEDICAL EQUIPMENT

List equipment you need, such as hearing aids, glasses, contacts, walkers, wheelchairs, oxygen equipment, and other devices.

1. *glasses (VB + JB)*

2. *hearing aids (JB)*

3. _____

4. _____

5. _____

MEDICATIONS & DOSAGES

List your medications, their use, dosage, and time taken.

1. *see list*

2. _____

3. _____

4. _____

5. _____



Make several copies of your list. Keep them handy in your purse, Go Bags, and emergency supply kits. Email yourself the list, or take a picture on your phone to keep a digital record.

SEE STEP 2: PLAN FOR YOUR MEDICAL NEEDS



Step 3: Create your Emergency Kits

Pack different kits for different places:

- Keep With You or Carry-on You Kit: essential items you need to have with you at all times.
- Grab and Go Kit: easy to carry if you have to leave home in a hurry
- Stay at Home Kit: all the items to be self-sufficient for a couple of days at home (water, food, emergency supplies)



Important Documents

- ❑ Ready, Set, Go Guide
- ❑ Emergency contacts
 - ❑ Trusted family/friends, Doctors, Utilities, Law enforcement/fire department)
- ❑ Vital Documents:
 - ❑ Copies of driver's license or State Issued ID Cards, Social security cards, Military Records, Naturalization/Immigration documents
- ❑ Financial Information
 - ❑ Credit card numbers and phone numbers (plus websites and passwords), Insurance card numbers (home, health, vehicle) and phone numbers, Bank Cards, accounts and phone numbers (plus websites and passwords), Investments/401K/safety deposit information, Last two statements from all of your financial accounts – checking, savings, 401K, investments
- ❑ Medical Information
 - ❑ Advanced Care Directives, Medical Power of Attorney, Immunization Records, Medical history (chronic illnesses, allergies, etc.), current prescription lists, Health insurance information – copies of your cards (front and back)
- ❑ Legal Documents
 - ❑ Power of Attorney for you (and others if applicable), Deed and titles to your home and/or cars, Birth certificates, Wedding licenses, Wills (original documents are the only ones that are legally binding), Passports, Social Security Cards, Car Titles /Lease information

Step 3



Step 3

Carry with You Emergency Kit

- ❑ Important Documents (paper and USB thumb drive)
 - ❑ Ready, Set, Go Guide
 - ❑ Identification (driver's license, passport)
 - ❑ Insurance (home, health, vehicle)
 - ❑ Emergency health information, Medication lists
 - ❑ Emergency contacts (trusted family/friends, doctors, utilities)
- ❑ Mobile phone and charger
- ❑ Cash (small bills and change)
- ❑ Essential medications
- ❑ Light weight, small flashlight
- ❑ Small whistle or other noise making device to draw attention
- ❑ Pen, Pencil, Sharpie and paper
- ❑ Towels, N95 masks, supplies to filter air
- ❑ First Aid, hand sanitizer (essential oils, etc.)



Grab and Go Emergency Kit

Step 3

- ❑ Important Documents
 - ❑ Ready, Set, Go Guide
 - ❑ Identification (driver's license, passport)
 - ❑ Insurance (home, health, vehicle)
 - ❑ Emergency health information
 - ❑ Emergency contacts (trusted family/friends, doctors, utilities)
 - ❑ Medication lists
- ❑ Cash (small bills and change), Credit Cards
- ❑ Map with marked evacuation routes
- ❑ Mobile phone and charger
- ❑ Extra batteries for devices including hearing aids
- ❑ Small battery-operated radio
- ❑ Flashlight
- ❑ Pen, Pencil, Sharpie and paper
- ❑ Small whistle or other noise making device to draw attention
- ❑ First Aid kit
- ❑ Pets – food, water, blanket, wastes disposal, medications
- ❑ Towels, N95 masks, supplies to filter air
- ❑ Medication and Medical supplies (2-week supply)
- ❑ Eyeglasses
- ❑ Change of clothing / Sturdy shoes / Work Gloves
- ❑ Personal Hygiene and sanitizers, soap, paper towels, tissues
- ❑ Blanket
- ❑ Food and Water supply per person / pets



Step 3

Stay at home kit

- ❑ Important Documents
 - ❑ Ready, Set, Go Guide
 - ❑ Identification (driver's license, passport)
 - ❑ Insurance (home, health, vehicle)
 - ❑ Emergency health information
 - ❑ Emergency contacts (trusted family/friends, doctors, utilities)
 - ❑ Medication lists
- ❑ Mobile phone and charger
- ❑ Extra batteries for devices including hearing aids, external battery
- ❑ Small battery-operated radio
- ❑ Flashlight(s)
- ❑ Pen, Pencil, Sharpie and paper
- ❑ First Aid kit
- ❑ Medication and Medical supplies (2-week supply)
- ❑ 3-day supply of food and water per person
- ❑ 3-day supply of food and water per pet
- ❑ Eating utensils
- ❑ Sanitation/Urinary supplies
- ❑ Towels, N95 masks, supplies to filter air
- ❑ Eyeglasses / Dentures /Hearing Aids
- ❑ Change of clothing / Sturdy shoes
- ❑ Work Gloves
- ❑ Personal Hygiene and sanitizers, soap, paper towels, tissues
- ❑ Blanket
- ❑ Computer / tablet with chargers
- ❑ Trashbags / Ziplock bags

Emergency Kits

Step 3



STEP 3: ASSEMBLE GO BAGS FOR YOU & YOUR FAMILY

- Three-day supply of non-perishable food and three gallons of water per person
- Map marked with evacuation routes
- List of important numbers in case your cell phone is lost
- Prescriptions, special medications
- Assistive devices or durable medical equipment
- Battery-powered radio
- Extra batteries
- Pet & service animal supplies (food, water, carrier, leashes)
- Change of clothing
- Sturdy shoes for walking
- Extra eyeglasses or contact lenses
- N95 mask
- An extra set of car keys
- Credit cards, cash, or checks
- Flashlight
- Sanitation supplies
- Cell phone charging cord and extra battery
- Diaper bag
- First aid kit
- Your **Ready, Set, Go!** Handbook

SECURE IMPORTANT DOCUMENTATION FOR RECOVERY

- Maintain copies or digital records of important documents such as:** Proof of residency, ID, passport, green card, birth certificates, insurance policies, tax records, vehicle titles, Social Security cards, Medicare cards, CalFresh Card, military records, as well as real estate and property records, etc.

LOCATION OF GO BAGS:

Carry with bag (in cars)

Grab + Go bag (front door)

Stay at Home kit (dining room)

SET • STEP 3: ASSEMBLE GO BAGS



Step 4: Plan How and When to Evacuate

- You do not need to evacuate in all emergencies
- Develop a plan for yourself and your animal(s) on what to do in case of emergency or disaster: know when to evacuate, where to go, and what to take with you
- Make sure you know when to evacuate. Usually a city, county, or first responder will let you know
- If it looks dangerous though, use your best judgement
- Be familiar with all possible routes out of your home or office and to get out of your neighborhood



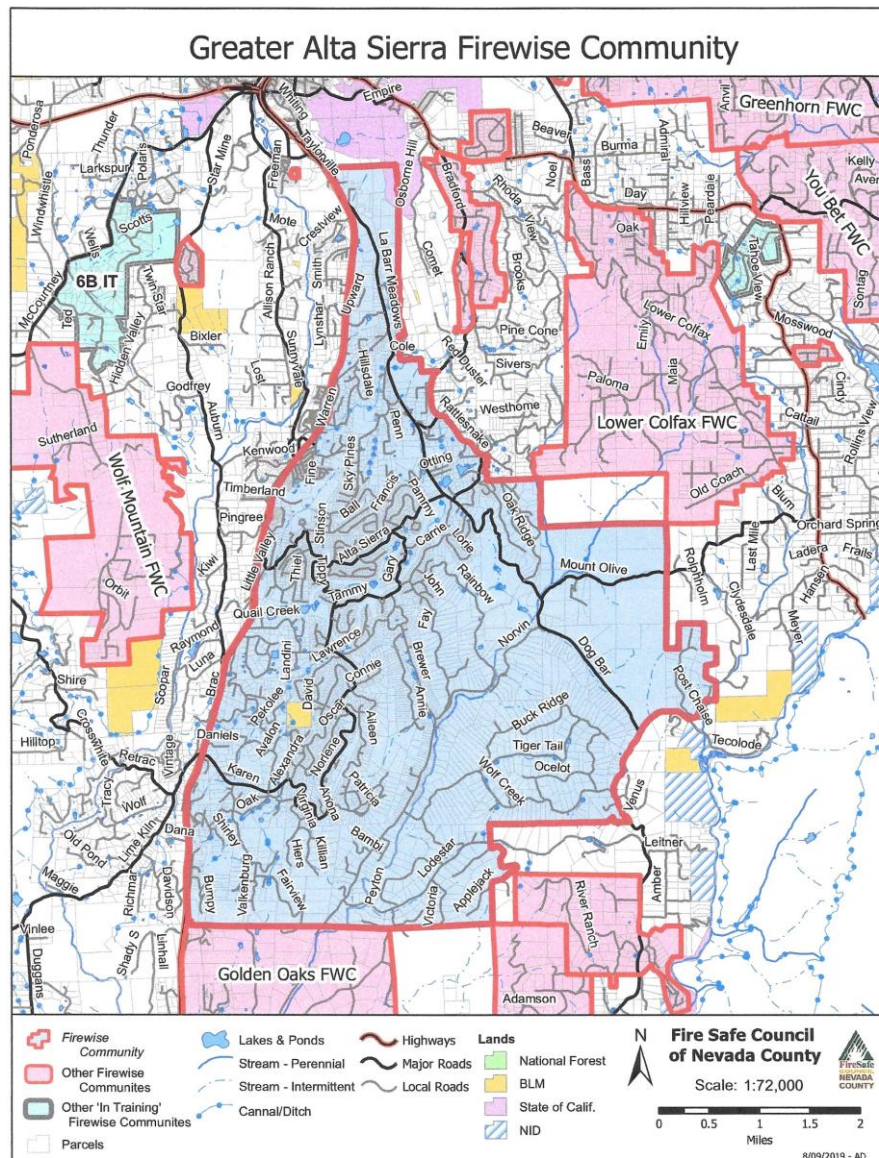
Step 4

Evacuation Plan

- Sign up for alerts and warnings
- Identify the ideal evacuation routes for where you live. Drive them a few times in both day and night
- Nevada County Evacuation Maps are located at <https://www.areyoufiresafe.com/programs/firewise-usa>
- Write down your exit plans and evacuation routes in detail and where to meet for home, work, or wherever you usually are, including how you will evacuate and where you will go. If you have animals, include them in your evacuation plan.
- Make sure you, your family, and trusted allies have a meet-up location away from your neighborhood in case you are separated in an emergency or disaster.

Evacuation Plan – Example of Map

Step 4





Step 4


Transportation Planning

- If you have a vehicle, make sure to keep the fuel tank full.
- If you do not have a vehicle:
 - Talk to you neighbors and see if you can carpool with them
 - Public transportation is often limited in emergency conditions.
 - Don't forget the needs your animals; both pets and livestock



Evacuation and Transportation Plan

Step 4



EVACUATION ROUTES: KNOW WHERE TO GO

Be familiar with and practice taking all possible routes away from your home. Be aware of nearby road conditions and potential obstacles, such as locked gates and overgrown vegetation. Talk to your neighbors about evacuation concerns, and work together to mitigate potential hazards.

Evacuation Route 1: *Alta Sierra Airport Runway*

Evacuation Route 2: *Patricia - Limekiln - Hwy 49*

Evacuation Route 3: *Patricia - Norlene - Alta Sierra Dr. - 49*

EMERGENCY MEETING PLACE

Make sure you and your family have a predetermined meet-up location away from your neighborhood in case you are separated in an emergency.

Emergency Meeting Place Location & Phone Number:

1 *Alta Sierra Airport*

2 *South - friend's home Roseville*

3 *North - friend's home Lww*

GO • EVACUATION ROUTES



Plan Ahead! Don't wait until it's too late!

- It is important that you plan your evacuation strategy ahead of a disaster
- Develop a plan for yourself, your family and your animal(s) on what to do in case of emergency or disaster: know when to evacuate, where to go, and what to take with you
- Practice once a year, in the spring. Pretend you're evacuating, pack the car, see how long it takes.
- Practicing helps you feel **IN CONTROL**, and **LESS AFRAID**.
- Practice is even more important when household includes children, elderly, disabled, and animals – anybody who will cause you to take longer to get out than it would otherwise.



Questions? Feedback? Recommendations?



Sierra Foothills Village

P.O. Box 1010, Nevada City, CA 95959 (530) 205-3326

Email: info@sierrafoothillsvillage.org - ID#38-4028858