

EMERGENCY PREPAREDNESS GUIDE FOR RESIDENTS OF PLUMAS COUNTY



PREPARED BY
PLUMAS COUNTY
OFFICE OF EMERGENCY SERVICES
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IMPORTANT CONTACT INFORMATION

EMERGENCY—Police—Fire—Ambulance: Dial 911

| NAME | PHONE | WEBSITE |
|---|--------------------------------|--|
| PLUMAS COUNTY AGENCIES | | |
| • Office of Emergency Services | 530-283-6332 | www.plumascounty.us |
| • Public Health | 530-283-6330 or 1-800-801-6330 | |
| • Environmental Health | 530-283-6355 | |
| • Public Works | 530-283-6268 | |
| • Building Department | 530-283-7009 | |
| • Animal Control | 530-283-3673 | |
| • Sheriff | 530-283-6375 | |
| MEDICAL | | |
| • Plumas District Hospital | 530-283-2121 | www.pdh.org |
| • Eastern Plumas Health Care | 530-832-4277 | www.ephc.org |
| | 1-800-571-3742 | |
| • Seneca Hospital | 530-258-2151 | www.senecahospital.org |
| • California Poison Control | 1-800-222-1222 | www.calpoison.org |
| HIGHWAY INFORMATION | | |
| • Caltrans | 1-800-427-7623 | www.dot.ca.gov |
| • California Highway Patrol | 530-283-1100 | www.chp.ca.gov |
| LOCAL WEATHER/ROAD CONDITIONS/NEWS UPDATES | | |
| • Local internet weather info | | www.plumasnews.com www.lassennews.com |
| LOCAL RADIO-also part of Emergency Alert System | | |
| • KSUE 1240 AM | 530-257-8255 | www.sierradailynews.com |
| • KJDX 93.3 FM | 530-257-2121 | www.sierradailynews.com |
| • KGXX 100.7 FM | 530-251-2300 | |
| • KQNY 91.9 FM | 530-283-5494 | www.kqny919.org |
| • KLZN 93.3 FM | 530-257-6100 | |
| • KNLF 95.9 FM | 530-283-4144 | www.knlfradio.com |
| • KWLW 98.9 FM | Chester | www.klove.com |
| • KJCQ 88.5 FM | Westwood | |
| • KPJP 89.3 FM | Greenville | |
| • KQNC 88.1 FM | Quincy | www.capradio.com |
| • KRAC 1370 AM | Quincy | |

GENERAL EMERGENCY PREPAREDNESS

Getting Ready

An emergency can happen any time and without warning, leaving little time for you and your family to plan what to do next. This is why **it is important to take the time now, before an emergency happens, to get prepared.** A large number of Plumas County residents can become involved in any given disaster as emergency responders, disaster service workers (which includes all public employees), and good Samaritan community volunteers. You can better help your friends, neighbors, and community if you know that your family is safe and well provided for.

The three most important things you can do are:

- 1. Make a Family Emergency Plan**
- 2. Prepare a 'Go Kit'**
- 3. Sign up for Code Red**

General Rules of Thumb

Here are a few general rules that will apply for most Plumas County emergencies:

- **Stay calm**—Try not to panic; take time to understand what has happened and to think about what you can do to stay safe or to avoid worse injury.
- **Check the scene**—Pay attention to your surroundings to see if you are safe where you are, and does anyone around you need help. If you think you are in danger, get to a safer place as soon as you can.
- **Give and get help**—If you or others are hurt or still in danger, call 911. Explain what has happened, where you are, what injuries people have, and does the danger still exist. Check on your neighbors!
- **Listen for official local announcements**—Local radio stations will give updates and instructions and will be your best source of information.
- **Be prepared to evacuate if necessary**—If told to leave your home or work, do so right away. Follow exact evacuation routes and go to the evacuation center, shelter or safe area. If you can, bring your Emergency 'Go Kit' with you. **Get in touch with your family's emergency contact person as soon as possible to let them know how and where you are.**
- **Follow your family emergency preparedness plan**—Read through this guide to complete your Emergency Plan and prepare your Emergency 'Go Kit'. Discuss the plan with your family and practice the plan before an emergency.



Prepare a Family Emergency Plan

Preparing an Emergency Plan should include the entire family. Explain the dangers to children and work with them as a team to prepare your family to handle both large and small emergencies. A prepared family can then safely deal with a widespread emergency like a flood or something closer to home such as a house fire.



- ✓ **Discuss the types of disasters** that are most likely to happen and what to do in each case. Some of the major types of disasters that could occur in Plumas County are Wildfires, Floods, Winter Storms, Earthquakes, Air Quality, Extreme Hot and Cold Weather, Power Outages and Railroad Emergencies.
- ✓ **Post emergency telephone numbers** near telephones and teach children how to make a long distance phone call. It is often easier to make a long distance phone call rather than a local call from a disaster area.
- ✓ **Teach children how and when to dial 911**
- ✓ **Complete a family communications plan** and include contact information for family members, work and school. **Choose a friend or relative as an 'Out-of-Town' contact person** in the event of a disaster. Make sure each family member has the 'Out-of-Town' contact name, address and phone number. If your family members get separated, they should call this person as soon as possible to tell them where they are.
- ✓ **Learn how to turn off the water, gas and electricity at your home.**
- ✓ **Pick two places to meet in case family members become separated—**
 1. Choose a safe place right outside your home in case of a sudden emergency, like a fire.
 2. Choose a second place outside of your neighborhood **in case you can't** return home.
- ✓ **Determine escape routes from your home** and safe places within your home for different types of disasters. In a fire or other emergency, you will need to evacuate quickly. Complete a Family Home Escape Plan with two escape routes from each room.
- ✓ **Ensure your child's school or childcare center has your current emergency contact numbers.**

Complete the Family Emergency Plan included in this guide.

Pack a Family Emergency 'Go Kit'

The best time to prepare an Emergency 'Go Kit' is before you need it. Stocking up now on emergency supplies can add to your family's safety and comfort during and after a disaster. Remember that depending upon the extent of the emergency and because of Plumas County's remote location, any help beyond a local response may be delayed.

Most of the items needed for the kit are already in your home, it is just a matter of assembling them before an emergency occurs. Keep enough supplies on hand to meet your needs for **at least 3 days**, preferably 7 days. Store your emergency items in sturdy, waterproof and easy to carry containers such as backpacks, duffel bags, plastic storage bins with lids or clean, covered trash cans. Things you should try to include or have on hand are:

- **Water**—One gallon per person per day. Store water in unbreakable containers, identify the storage date and replace every 6 months. Use commercially packaged water or you can use clean plastic liter soda bottles. Do not use milk or juice containers because they cannot be cleaned adequately for storing drinking water.
- **Food**—A supply of non-perishable packaged or canned foods that require minimal cooking (i.e. canned fruits and vegetables, cereals, peanut butter, crackers or cookies and dry mixes like instant oatmeal or soups, rice or noodles). Be sure to include a manual can opener. Use or replace stored foods every six months if possible.
- **Clothing**- One change of sturdy clothes and shoes and one blanket or sleeping bag per person.
- **Small household tools or items such as:**
 - Older style telephone that does not require power.
 - Battery-powered radio
 - Flashlight
 - Extra batteries
 - Utility/Boy Scout knife
 - Bowls, cups and silverware, dish towels
 - Can opener
 - Lighter or matches
 - Fire extinguisher
- **Basic First Aid Kit** including prescription medicines.
- **An extra set of car and house keys, personal identification, credit cards and cash or traveler's checks.**
- **Keep important family papers** (i.e. birth certificates, passports, etc.) in a waterproof container or plastic bag.
- **Family physicians and medications list.**
- **Important family information and phone numbers.**



- **Special items** for young children, elderly or disabled family members, i.e. special foods, medications, aid devices, carriers, etc. (See Access and Functional Needs Section)
- **Personal items** such as:
 - Toothbrush and toothpaste
 - Shampoo
 - Toilet paper and feminine supplies
 - Anti-bacterial hand wipes or gel
- **Sanitation supplies** such as:
 - Large plastic bags for waste or to use as tarps and rain ponchos
 - Bar soap and liquid detergent
 - Household bleach
 - Rubber gloves



Rapid Emergency Notification System

Plumas County has rapid emergency notification service called CodeRED®. This system can distribute emergency messages via automated telephone calls to targeted areas or the entire county. Many listed phone numbers are already in the CodeRED® system. However, everyone is encouraged to update their contact information annually to make sure it is current. Land phones, unlisted numbers, cell phones, VOIP numbers and even email contacts can all be registered.

By registering, you'll be added to the emergency call list. Registration is confidential, free, and easy. Sign up at www.plumascounty.us.

This service can be used in case of fires, chemical spills, evacuations, lock downs, downed power lines, lost individuals, natural disasters, abductions, water system problems, bomb threats, or other emergencies.

When a disaster strikes

There are different ways you will find out that an emergency or disaster is happening.

1. Weather warnings
2. Television or radio.
3. Code Red Emergency Alert System. ('reverse 911' type phone call)
4. Emergency workers giving instructions over a loudspeaker, or they might even come to your door.



Regardless of the emergency, stay Calm and follow the instructions given.

Preserving Family Documents

In an emergency where you might have to leave your home quickly, important documents may be left behind and ultimately destroyed. Before the emergency occurs, decide which records are most essential to you and your family. One factor to consider



is how readily a lost record could be replaced. Loss of some records could result in major financial damage (like tax records), or would be irreplaceable (like family photographs and historical documents). Remember to keep your records updated. At the very least, choose one day each year to make certain they are current and ready to evacuate. In order to

ensure that you can quickly retrieve these documents, it is suggested that you: Keep these documents (or copies of these documents) in a water or fire proof container with your Emergency Kit or in a safe place away from home, like a safe deposit box or in a cloud based service. *Be sure a trusted family member knows where these items can be found.*

The following is a list of the documents you should safeguard and be able to retrieve quickly to take with you:

- Licenses and other IDs
- Internet passwords
- Social Security cards
- Passports
- Medical history information and health insurance cards
- Immunization records
- Birth, marriage and death certificates
- Records of bank accounts
- Credit card information
- Insurance policies
- A list of important or valuable belongings for insurance purposes (photos or a video recording can also be used)
- Wills, contracts, deeds
- Records of stocks, bonds or retirement accounts
- Back up of key computer files
- Family photos



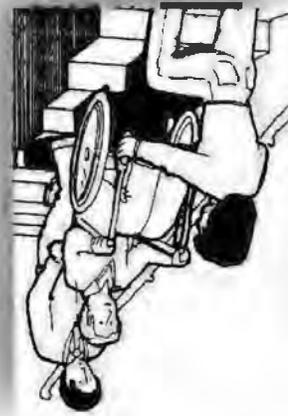
Considerations for Access and Functional Needs Individuals

Certain individuals including the elderly, people with certain medical conditions, people with specific disabilities (mobility, visually impaired, hard of hearing, developmental or cognitive disabilities) may require special planning to be prepared for an emergency. Here are some special considerations for family members with access and functional needs:

- Complete a Family Emergency Plan and 'Go Kit'.
- Create a personal support network to assist you before, during, and after an incident. Include all caregivers in emergency planning.
- If the family member has medications or equipment that they are dependent on, plan to bring those items with you if an evacuation is necessary.
- For sheltering-in-place, special consideration needs to be given to medical equipment requiring electrical power. An electrical generator may be useful, or emergency access to backup supplies not dependent on power, such as portable oxygen tanks, may be necessary.

Shelters will not have additional medication or medical equipment available. Documentation about insurance and medical conditions should also accompany the person.

- Plan ahead for transportation needs for family members with special needs. Consider special equipment or additional time needed to evacuate these individuals.
- If the family member has special dietary needs, bring these special foods and supplements with you.
- Many people are easily upset and stressed by sudden and frightening changes. Plans should be made to ensure that a caregiver or trusted family member is able to stay with them at all times during an evacuation.



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Develop an Emergency Pet Plan and Emergency Pet 'Go Kit'

Make sure your pet has food and water for a minimum of seven days and be prepared to keep your pet safe in temporary housing.

- Obtain individual crates or carriers large enough for safe confinement. Pet should be able to stand, turn around and lie down. Smaller dog crates can hold a cat along with a small litter pan.
- Pre-pack and store the crate and a separate container with: a toy and bedding, extra collar and leashes, bowls, food (dry or self-opening cans) and bottled water, cleaning supplies, cat litter and scoop, plastic dog waste bags and a pet first aid kit. Plan for about one gallon of water per day for a 40 pound dog and about one quart of water per day for a cat. Rotate the medicine, water and food about 4 times per year.
- Pack a water tight bag with: Instant ID tag for temporary phone number in case of evacuation, current close-up pet photo (preferably with a family member in photo), copy of up-to-date vaccination records, medications and medical records, phone list including local and out of area veterinarians and boarding kennels, pet friendly hotels, neighbors and local animal control.
- **IMPORTANT**—Boarding facilities and pet friendly shelters require proof of current rabies, distemper, parvo and bordatella vaccinations.
- Consider a microchip for a permanent ID.
- At the first news of disaster, get pets inside and have their carriers and emergency kit available.
- Make appropriate plans for evacuation of horses and other large animals.



Evacuations

Like emergencies, evacuations can come with some advanced warning or they require immediate action. Whatever the case, evacuation centers or overnight emergency shelters will be established for those affected.

Sheriff's Evacuation Advisement—Residents are encouraged to make evacuation preparations. An evacuation advisory is issued when there is reason to believe that the emergency will escalate and require mandatory evacuations. An advisory is meant to give residents as much time as possible to prepare and to make transportation arrangements for an evacuation.

- ✓ *Review your Family Emergency Plan and assemble an Emergency 'Go' Kit.*
- ✓ *Keep fuel in your car at all times or make other transportation arrangements.*
- ✓ *Know where and how to shut off the electricity, gas and water main switches and valves.*

Sheriff's Voluntary Evacuation—Residents are encouraged to leave the area. Roads will have a 'soft closure' allowing only residents in the area. The general public will not be allowed. A voluntary evacuation is issued when an area is being impacted and residents are willing and able to leave before the situation gets worse. This is especially helpful for residents with medical issues, people with pets and those who will have difficulty making travel arrangements.

Sheriff's Mandatory Evacuation—Residents are in imminent danger or the potential for imminent danger exists. Roads will have 'hard closures' so the residents and public will be prohibited from free access. Please do not take this order lightly; it is for your safety. Remember to follow any instructions you receive from a law enforcement officer or fire official.

- ✓ *Keep family members and pets together.*
- ✓ *Bring your family disaster 'Go Kit'.*
- ✓ *If there is time, secure your house.*
- ✓ *Unplug appliances.*
- ✓ *Take any actions needed to prevent damage to water pipes by freezing weather, if this is a threat.*
- ✓ *Securely close and lock all doors, windows and garage.*
- ✓ *Follow recommended evacuation routes. Do not take shortcuts -they may be blocked.*
- ✓ *Drive safely with headlights on and be alert for emergency traffic.*
- ✓ *Listen to the radio for emergency information.*



Another term you may hear during an evacuation is “Exclusion Zone”. This is an area where public access is temporarily forbidden due to extreme danger. Only official responder vehicles are allowed entry until the situation is deemed safe again for private vehicle traffic.

Where to go in an Evacuation

Evacuations are stressful. For some people, the best way to reduce this stress and anxiety is to stay with family or friends. Only consider this option if those people live in an area that is not affected by the emergency. **Getting far out of harm’s way and** allowing the emergency response professionals to do their jobs may be the best way to help in an emergency.

Others may prefer to go to an established evacuation center. Each community has preplanned evacuations centers. Typically these centers are equipped with generators for backup electrical power, they can be quickly staffed and quickly set up with cots and other supplies for overnight stays. The center chosen will depend on the nature of the emergency, but generally schools, churches, fairgrounds and other public buildings can be used as shelters. **Follow the evacuation instructions for the specific emergency event.**

Here are some common evacuation centers in each community:

- *Lake Almanor Basin – Chester Memorial Hall, Almanor Rec Center**
- *Indian Valley Area – Greenville Town Hall, Taylorsville Grange Hall**
- *American Valley – Veteran’s Memorial Hall, Plumas-Sierra County Fairgrounds**
- *Mohawk Valley – Mohawk Resource Center**
- *Portola area – Portola Memorial Hall, Grizzly Camp**

Remember, the nature of the emergency can affect the decision of where a center may be opened. Be sure to follow the evacuation instructions for that specific emergency.

Returning home after an evacuation

- Do not return to your home until authorities say it is safe.
- Continue listening to the radio for information and instructions.
- Use extreme caution when entering or working in buildings—structures may have been damaged or weakened or may be harboring snakes and other wildlife.
- Do not take lanterns or any type of flame into a damaged building due to possible leaking gas or other flammable materials. You may use a battery-operated flashlight if there is no gas present.
- If you smell leaking gas, turn off the main gas valve at the tank.
- Notify the Power Company or fire department of downed power lines.
- Check food and water supplies for contamination before using them.

Sheltering in Place

Depending upon the type of disaster and how much advance warning there is, authorities may instruct you to either evacuate the premises or shelter-in-place. Sheltering-in-place means remaining inside your home or business and protecting yourself there. Sheltering-in-place is common for something like a chemical spill or short-duration power outage where it may be more dangerous to go outside and try to evacuate. Advance preparation and remaining calm, along with the following general procedures can add to the safety and comfort of you and your family during this potentially stressful time.



- ✓ Locate your Family Emergency **Plan and Emergency "To Go" Kit**
- ✓ Choose an interior room that is above ground and without windows (not the basement because many chemicals are heavier than air and may seep into a basement).
- ✓ Stay calm and do not panic.
- ✓ Bring family members and pets inside immediately.
- ✓ Close and lock all windows and outside doors.
- ✓ Take your Emergency '**Go Kit**' to the selected interior room.
- ✓ For a chemical emergency, turn off all fans, heating and air conditioning systems.
- ✓ Close the damper of your fireplace.
- ✓ Use duct tape (towels if you are out of duct tape) to seal doors, exhaust fans, vents and windows.
- ✓ Listen to the radio for emergency instructions, updates or more information.

After the Shelter in Place

Shelter-in-Place until you are told all is safe. Follow any instructions regarding environmental contamination in and around your home.



GET MORE INFORMATION

1. American Red Cross www.redcross.org
2. Centers for Disease Control and Prevention www.cdc.gov
3. Department of Homeland Security www.ready.gov
4. Emergency Alert System www.fema.gov
5. Federal Emergency Management Agency www.fema.gov
6. Ready for Wildfire www.readyforwildfire.org
7. NOAA Weather www.noaa.gov
8. PG&E—Safety Tips www.pge.com
9. Plumas County Environmental Health www.plumascounty.us
10. Plumas County Office of Emergency Services www.plumascounty.us
11. Plumas Fire Safe Council www.plumasfiresafe.org

For specific information regarding hazards in Plumas County, visit www.plumascounty.us, Office of Emergency Preparedness.



Family Emergency Plan for the _____ Family

Put a copy of this plan in every automobile, by your home phone, at work, for any contact persons and in your Family Emergency 'Go Kit'.

| | |
|---------------------------|--|
| Home Address: | |
| Home Phone Number: | |

Family Information:

| Family Member Name | Cell Phone | Date of Birth | Social Security Number | Likely location (work, school, etc.) | Address of location: | Important Medical Information |
|--------------------|------------|---------------|------------------------|--------------------------------------|----------------------|-------------------------------|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Medical Contacts:

| | Name | Telephone # | Policy # |
|-------------------|------|-------------|----------|
| Doctor(s) | | | |
| Others | | | |
| Pharmacist | | | |
| Medical Insurance | | | |
| Home Insurance | | | |
| Veterinarian | | | |

The Out-of-Area contact/Emergency contact is:

| Name | Address | Home # | Work # | Cell # |
|------|---------|--------|--------|--------|
| | | | | |

Family Meeting Place:

| | | |
|---|----------|-------------------|
| Just outside our home... | Address: | Telephone Number: |
| In our community... | Address: | Telephone Number: |
| If Evacuated go to... (shelter, family or friends home) | Address: | Telephone Number: |

When a disaster strikes, the Public Safety resources such as Police and Fire are stretched very thin. You can help by identifying any elderly or disabled people in your neighborhood, and assign someone to help them in the event a disaster strikes.

Neighbors that may need help are:

| Name | Address | Phone |
|------|---------|-------|
| | | |
| | | |

Disaster Planning away from home

Find out about the disaster plans for your work, your children's school or day care, or any other place where your family spends time. If both parents work a significant distance away from home, a local contact should be named to take care of children and pets in the event that Plumas County roads are closed due to snow, wildfire or other disaster. Examples would be neighbor, relative, schools, daycare, or church

| Name | Phone |
|------|-------|
| | |
| | |
| | |
| | |

EMERGENCY—Police—Fire—Ambulance: CALL 911

Emergency Equipment and Emergency Kit

| | |
|----------------------------------|--|
| Location of our 'Go Kit' | |
| Location of our family documents | |
| Location of fire extinguishers | |

- Replace water & food in 'Go Kit' every 6 months
- Test your smoke detectors every month and renew batteries twice a year (whenever the time changes).
- Determine the best escape routes out of your house. Make sure you have two ways to get out of every room.

PET INFORMATION WORKSHEET

Complete for each animal. Attach a colored picture of you with the animal.

(Use the back of this form for additional information)

Due to health regulations, animals are usually not allowed inside emergency shelters.

During a disaster we can take our animals to: _____

The location of the Pet Emergency Kit is: _____

| | |
|---|---------------------------|
| Owner Name: | |
| Physical Address: | |
| Home Phone: | |
| Cell Phone: | |
| Work Phone: | |
| Email: | |
| | |
| Name of Emergency Pet Guardian: | |
| Home Phone: | |
| Cell Phone: | |
| Work Phone: | |
| Email: | |
| | |
| Pet's Name: | |
| Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female | Date of Birth: |
| Species (Dog, cat, etc.): | |
| Breed: | |
| Distinctive Colorations/Markings/Feature: | |
| Spayed/Neutered: <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| City/County License #: | |
| ID Microchip: <input type="checkbox"/> Yes <input type="checkbox"/> No | If yes, Microchip number: |
| Microchip Company: | |
| | |
| Veterinarian Name: | |
| Veterinarian Address: | |
| Veterinarian Phone: | |
| | |
| Medical problems/conditions/allergies: | |
| | |
| Medications: | |
| | |
| Dietary care/feeding instructions: | |
| | |
| Does this animal bite? <input type="checkbox"/> Yes <input type="checkbox"/> No Behavior or habits: | |
| | |

Suggested Disaster Emergency 'Go Kits' for Animals

Small Animals

(Dog, Cat, Bird)

- Veterinarian Name and Telephone Number
- Collar or harness with current ID tag
- Short and long leashes
- Food and water dish
- Bottled water
- Food (can opener)
- Medications and Instructions
- Health and Rabies Certificate
- Favorite Toys
- Carrier or crate
- Blanket or bed
- Litter and litter pan
- Pooper-scooper and bags
- All surface cleaner
- Paper towels
- A colored picture of you with your animal
- Grooming comb/brush
- Towels
- Pet First Aid Kit



Large Animals

(Horse, Livestock, etc...)

- Hay, feed and water for three days
- Non-nylon leads and halters
- First aid items
- Wire cutters and a sharp knife
- Hoof pick
- Leg wraps
- Shovel
- Water buckets
- Plastic trash barrel with a lid
- Portable radio and extra batteries
- Flashlights
- A colored picture of you with your animal

