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The Pocket Guide to

Emergency Preparedness

**Your safety. That's why
public health is working.**

We're working around the clock to protect your health and safety.

**Our work includes health promotion, disease prevention,
and serving as a frontline responder in the event of
a public health emergency. To learn more about the
Sonoma County Department of Health Services, visit us at**

www.sonoma-county.org/health

or call 707-565-4400.

**This guide can help you in the event of a major emergency. It has
information on how to plan for and respond to natural and created
disasters. Helpful web sites and phone numbers are also included.
Please read your guide carefully and keep it for future reference.**

**Sonoma County Department
of Health Services**



In the event of an

Earthquake

Earthquakes and their potential for loss of life, injury, and extensive property damage are always a concern for most Californians.



The following tips can help keep you safe:

- 1. Have a Plan:** Practice DUCK, COVER, and HOLD and teach children how to do it. This means: *duck* or *drop* down on the floor, take *cover* under a sturdy desk, table or other furniture, and *hold* on to it and be prepared to move with it.
- 2. Prepare an Emergency Supplies Kit:** Make sure you have the food, water, medical supplies, and other materials you'll need for at least 2 weeks after an earthquake.
- 3. When the Shaking Starts:** DUCK, COVER, HOLD. Stay indoors until the shaking stops. If you're outside, find a clear spot away from buildings, trees, and power lines and drop to the ground. If you're in a car, slow down and drive to a clear place.
- 4. After the Shaking Stops:** Get to a safe place outdoors if you think the structure you're in is in danger of collapsing. Provide first aid for anyone slightly injured and seek medical attention for anyone seriously injured. Assume there will be aftershocks. Secure anything heavy that could fall and eliminate fire hazards. Listen to the radio for instructions regarding turning off gas and water. If you smell gas, or think it is leaking, shut it off. **BUT REMEMBER:** Only a professional should turn it back on.



In the event of a **Biological** Emergency



Some bacteria or viruses can make people seriously ill or cause death. During biological emergencies Local, State and Federal Public Health Officials will arrange for the distribution of life-saving medications to areas at risk of exposure. Your protection and treatment will depend on the type of organism, such as influenza or anthrax and whether you have been directly exposed.

In the event of a **Chemical** Emergency



A chemical emergency occurs when a hazardous chemical has been released and the release has the potential for harming peoples' health. Chemical releases can be caused by an industrial accident or through the intentional release of a harmful substance. **SHELTER IN PLACE** or **EVACUATION** orders may be issued for your protection. Local authorities will give these orders only when necessary.

In the event of a **Radiological** Emergency



A nuclear blast or an accident in a nuclear power plant can cause the spread of radiation. A terrorist attack with a "dirty bomb" can also spread radiation into the air. A "dirty bomb" is a mixture of explosives, such as dynamite, with radioactive powder or pellets.

SELF-DECONTAMINATION: If you have been in contact with a chemical agent or radiation, remove your clothes as quickly as possible. Put the clothes in a plastic bag and seal. Take a shower and wash with plenty of soap and lukewarm water. **Do not dispose of the plastic bag yourself.** Call your local emergency authorities for directions on how to dispose of your clothes.

LIMIT THE SPREAD OF DISEASE

- o Wash hands frequently with soap and water for at least 30 seconds OR use 60% alcohol hand sanitizer.
- o Cover coughs and sneezes with tissues-dispose of tissues and then wash hands, OR cough or sneeze into your sleeve.
- o If you are sick, stay home and away from others as much as possible.
- o Don't send sick children to school.
- o Avoid close contact with people who are sick.

KEEP THE HOUSEHOLD ENVIRONMENT CLEAN

- o On a daily basis, clean surfaces and commonly shared items like microwaves, refrigerator handles, phones, remote controls, doorknobs and handles, toilet seats and handles, faucets, light switches and toys. Use a labeled household disinfectant or chlorine bleach mixture (see below).
- o Store brand chlorine bleach can be used as a disinfectant by mixing 1/4 cup chlorine bleach with 1 gallon of cool water.

PREVENTION

- o Stay healthy by eating a balanced diet, exercising daily, getting enough rest and drinking plenty of fluids. Remember to get your seasonal flu shot.

Rehydration Solution

For persistent vomiting or diarrhea, use the following:
 4 cups of clean water
 8 teaspoons of sugar
 1 teaspoon of salt

Mix all ingredients until the sugar/salt disappears. You can drink the solution at room temperature.

Please Note: Do not boil the solution because that will reduce the solution's helpfulness.

Important Medical Disclaimer

The information contained in this publication is not intended to replace the expert care and advice of a qualified physician. Please contact your personal physician regarding any medical problems.

IS IT A COLD OR FLU?

SYMPTOM

COLD

FLU

Fever

Rare

Usual: high (100 F - 102 F)

Headache
General Aches Pains severe

Rare
Slight

Common
Usual, often

Fatigue, Weakness severe

Sometimes

Usual, often

Extreme Exhaustion

Never

Usual, at begin-

Stuffy Nose
Sneezing

Common
Usual

Sometimes
Sometimes
Sometimes

Sore Throat

Common

Sometimes

Chest Discomfort,
Cough

Mild-Moderate
Hacking Cough

Common, can be severe



How to Get Information in an Emergency

Local radio and television stations will provide information in the event of a major emergency. In some instances, the Emergency Alert System (EAS) may be activated. Specific emergency instructions will be broadcast by:



Television:

- KFTY Ch50
- 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 (Spanish)

Emergency instructions will provide information on whether it is safer to evacuate your home/workplace or whether you will be better protected to Shelter In Place. If you are ordered to evacuate, the radio announcements will also advise you on the safest place to go.

HELPFUL WEB SITES

Sonoma County Department of Health Services,

Public Health Division..... www.sonoma-county.org/health/ph

Sonoma County Department of

Emergency Services..... www.sonoma-county.org/des

U.S. Dept. of Homeland Security..... www.ready.gov

Centers for Disease Control and Prevention..... www.bt.cdc.gov

American Red Cross..... www.redcross.org

CDC Pandemic Flu Information..... www.pandemicflu.gov

What Not to Do in an Emergency

Do NOT call 9-1-1 except in the case of a life-threatening situation. It is very important to keep these lines open for life-threatening emergencies.

Do NOT drive your vehicle unless you have been advised to evacuate or you have a medical emergency. Be sure to check on road conditions or travel restrictions.

Do NOT go to the hospital except in the case of a medical emergency.

Do NOT turn off any utilities unless you have been told to by emergency authorities—or unless you know there has been some damage to gas pipes, water pipes, or electrical lines.

Do NOT light matches or turn electrical switches on or off if you smell gas or think there may be a leak.



Your Best Protection is Preparation

There are many types of emergencies. This Guide offers information about those that are large-scale disasters, specifically earthquakes, flooding and acts of terrorism involving chemical, biological, radiological, nuclear and explosive agents.

If such a disaster occurs, you may be asked by authorities to take one of two different actions: **SHELTER IN PLACE** (remain in your home or workplace), or **EVACUATE** (leave your home or workplace). In either case, it is important that you and your family have an **EMERGENCY PREPARATION PLAN**.

The American Red Cross provides all the information you need to make your Emergency Preparation plan. You can call the Red Cross at 707-577-7600 or visit their Web site at <http://arcsm.org>. In the meantime, it makes good sense to put together some emergency supplies for your home, workplace, and car.

YOUR EMERGENCY SUPPLIES SHOULD INCLUDE:

- A battery powered or wind-up radio.
- Flashlights with fresh batteries. Batteries should be stored separately.
- A first aid kit, including emergency medications and important medical records.
- A cell phone (*make sure it's charged*).
- Stored water in sealed unbreakable containers; one gallon per person per day for two weeks.
- Chlorine bleach or water purification kit. See 'Decontaminating Water.'
- A two week supply of food that doesn't need refrigeration, a manual can opener, and eating utensils.
- Trash bags, duct tape, sheets of plastic, and disposable gloves.
- Fire extinguishers.
- Add a shovel, booster cables, fix-a-flat, and flares for your car.
- Face masks and gloves.
- Hand sanitizer.
- Prescription Medicines (2-week supply).



When Your Child is at School

Every school has an emergency plan that includes evacuation destinations. Call your child's school now to find the location and write it down here:

Also, find out what documentation you or a designated person will need to provide in order to pick up your child.

In the event of an evacuation, you will be notified by school officials where and when your child can be picked up, so make certain the school has current information on where to reach you. Radio or television stations may also carry instructions. Finally, make sure your child has identification and phone numbers he or she can use to reach family or friends.



Shelter in Place:

Protecting Yourself at Home or Work

In the event of a chemical, biological, radiological, nuclear, or explosive emergency, authorities may direct you to **SHELTER IN PLACE** or **EVACUATE**. The term "Shelter In Place" means remaining inside your home or place of work and protecting yourself there.

When exposure to a hazardous substance is imminent, officials may advise you to shelter in place:

- 1** Stay calm.
- 2** Bring children and pets indoors immediately.
- 3** Close and lock all windows and outside doors.
- 4** Turn off all fans, heating and air conditioning systems, close exterior doors and windows.
- 5** If you have a fireplace, close the damper.
- 6** Gather your disaster supplies and battery powered radio.
- 7** Go to an interior room, ideally without windows.
In case of a chemical threat, a room above ground is preferable because some chemicals are heavier than air and may seep into the basement.
- 8** Listen to the radio or TV for emergency instructions and Shelter In Place until you are told all is safe.



Evacuation: Prepare a "Grab and Go"

EMERGENCY KIT

In some emergencies, you may be asked to evacuate. In that case, you'll want an easy-to-carry container, like a backpack or duffle bag, with adequate emergency supplies. It's a good idea to keep some cash in your emergency kit. Store the kit in a convenient location. Also, be sure that everyone in the family has a list of important phone numbers and that you've decided on two alternative places to meet in case you become separated.





Where to Find Emergency Medical Care

HOSPITALS (☒ denotes trauma center)

Santa Rosa Memorial Hospital ☒

1165 Montgomery Drive
Santa Rosa, CA 95405
707-546-3210
www.stjosephhealth.org/santarosa/

Kaiser Medical Center

401 Bicentennial Way
Santa Rosa, CA 95403
707-571-4000
www.kaiserpermanente.org

Palm Drive Hospital

501 Petaluma Avenue
Sebastopol, CA 95472
707-823-8511
www.palmdrivehospital.com

Petaluma Valley Hospital

400 N. McDowell Boulevard
Petaluma, CA 94954
707-778-1111
Emergency Room 707-778-2634
www.stjosephhealth.org/petalumavalley/

Sonoma Valley Hospital

347 Andrieux
Sonoma, CA 95476
707-935-5000
www.svh.com

Healdsburg District Hospital

1375 University Avenue
Healdsburg, CA 95448
707-431-6500
www.h-g-h.org

Sutter Medical Center

3325 Chanate Road
Santa Rosa, CA 95404
707-576-4000
www.suttersantarosa.org



Important PUBLIC HEALTH AND PUBLIC SAFETY PHONE NUMBERS

The following are numbers for disaster
and emergency related help and information.

- Sonoma County Department of
Emergency Services 707-565-1152
- 911 Emergency Only 911
- Sonoma County Public Information Hotline 707-565-3856
- Sonoma County Sheriff's Department 707-565-2511
- Sonoma County Public Health Information Line 707-565-4477
- CalTrans (highway conditions) 1-800-427-7623
- American Red Cross
Sonoma County Chapter 707-577-7600
- California Poison Control Center 1-800-876-4766



Flood Watches & Warnings



When a FLOOD WATCH is issued

- Tune in to local radio and TV stations for information and advice.
- Move valuable household possessions to the upper floors of your home.
- Fill your car's gas tank in the event an evacuation order is issued.
- Know safe routes from your home or office to high, safe ground.
- Establish an out-of-state "family contact" so that friends and relatives will know who to call to get information about you.

When a FLOOD WARNING is issued

- Watch for signs of flash flooding and be ready to evacuate on a moment's notice.

In the Event of a Flood

- ▶ Stay tuned in to local radio and TV stations for information and advice.
- ▶ If advised by local authorities to leave your home, move to a safe area before access is cut off by flood water.
- ▶ Before leaving, disconnect all electrical appliances, and if advised by your local utility, shut off electric circuits at the fuse panel and gas service at the meter.
- ▶ Avoid areas that are subject to sudden flooding.
- ▶ Do not try to cross a flowing stream where water is above your knees. Even water as low as 6 inches deep may cause you to be swept away by strong currents.
- ▶ Do not try to drive over a flooded road or around barricades. This may cause you to be both stranded and trapped.
- ▶ If your car stalls, abandon it **IMMEDIATELY** and seek higher ground. Many deaths have resulted from attempts to move stalled vehicles.
- ▶ Use the telephone **ONLY** for emergency needs or to report dangerous conditions.

Decontaminating Water

Residents are advised not to use contaminated water for drinking, cooking or bathing until the water has been disinfected using a chlorine solution or has been tested and determined to be safe. Any wellhead that has been covered by floodwaters should be considered contaminated. Water disinfection options are:

- Boil water vigorously for 3-5 minutes, OR
- Add 8 drops of chlorine bleach to 1 gallon of clear water, let stand for 30 minutes, OR
- Add 16 drops of chlorine bleach to 1 gallon of unclear water, let stand for 30 minutes, OR
- Use water purification tablets (available for purchase at hardware stores and pharmacies) per directions.

