Emergency Preparedness: Protective Measures

Consider basic protective measures you can take to prepare yourself and your family before, during and after a disaster or public health emergency.

- Have the disaster discussion; be informed of potential hazards and their impacts.
- Make an emergency kit for your home, place of work and vehicle.
- Develop a communication and evacuation plan that includes family members and pets.
- Get trained on life-saving techniques.
- Partner with your neighbors, service and community-based organizations and local businesses and to coordinate and build community preparedness.

Crucial Tips for All-Hazards

**When Disaster Strikes**

- **Monitor Communications.** Stay informed through the radio, TV news stations, web and social media outlets with critical information such as flash flood warnings and watches, tsunami warnings, wind advisories, wildfire and flood evacuation orders, damaged or closed roads, etc.
- **Follow instructions.** Listen for, and follow instructions and evacuation procedures from emergency officials.

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 such as gloves, sturdy shoes and a mask to protect yourself from further injury and inhaling dust or toxic fumes.

**Earthquakes**

Before

- Assess structure integrity of your home and office; secure heavy objects such as furniture, water heaters, books and pictures that may move, break or fall during an earthquake.
- Keep a pair of flashlight near the bed to avoid injuries from broken glass and operate them without matches when evacuating after an earthquake.

During

- Drop, Cover and Hold On! Stay in place until the shaking stops and it’s safe to evacuate the area.
- If you are in a moving vehicle, slow down, pull over and stop. Avoid bridges, overpasses, ramps, trees, buildings and utility wires.

**Flooding**

Before the Storm

- 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 wind proofing your home or place of business.

During and After the Storm

- During a flood warning evacuate immediately to a pre-identified safe zone.
- Do not cross flooded or damaged roads. Water depth may not be obvious and most cars can be swept away less than two feet of moving water.
- Be aware of contaminated water. Water may be contaminated by oil, gasoline, chemicals or raw sewage.

**A Healthy You Equals a Healthy Community Follow Good Health Practices!**

1. **Confirm that you and your family are current on all vaccinations and if not, get vaccinated.**
2. **Cover your nose and mouth if you cough or sneeze.**
3. **Wash your hands often and avoid touching your eyes, nose and mouth.**
4. **Don’t share personal items and clean and disinfect common surfaces and objects.**
5. **Protect others by staying home if you are sick until you have minimum of 24 hours after the last day of a fever, except to seek medical care or necessities.**

**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.

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 premises

Infectious Diseases

What is a Pandemic? When a new virus emerges that the population may have little to no immunity against, causing rapid, world-wide spread of the disease.

- 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.

Wildfires

**Prevention**

- Defensible Space. Create a 100-ft. safety zone around your home and other structures as required by California State law.
- 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.
- Make your address visible from the street in both directions, with 4” (min) reflective numbers on a contrasting background.

In the Event of a Fire

- Evacuate early to avoid being trapped.
- Shut off any natural gas, propane or fuel supplies if the source is fire imminent.
- Wear protective clothing to protect your skin, eyes and face from smoke, ash and embers.
- Limit exposure to smoke. Listen and watch for air quality reports and health warnings about smoke. Wear an N95 mask or cover mouth with available material while outside to minimize smoke inhalation.

Accidental & Intentional Threats

**Types of Threats**

- Biological (Anthrax, Botulism, Smallpox, etc.)
- Nuclear Blast
- Chemical (Industrial accident or an intentional release)
- Radiological Dispersion Device

In the Event of a Threat

1. **Immediately report** any suspicious activity, device or substance and avoid the area.
2. **Follow instructions** from emergency officials including protective measures such as shelter-in-place or to evacuate.
3. **Avoid inhaling or ingesting** any substances, smoke or fumes by covering your nose and mouth with available material.
4. **Follow decontamination and medical procedures** from emergency and health officials if you have come in contact with a hazardous substance.

[Flu.gov, CDC, CDPH]

[Cal Fire, Ready.gov]

[CDPH: 1-800-735-2328]

[Warner Bros. Entertainment Inc.]

[For more information on preparedness, visit:]

American Red Cross [www.redcross.org]

Cal Fire [www.fire.ca.gov]

CDC [www.cdc.gov]

CDPH [www.cdph.ca.gov]

DHHS [www.hhs.gov]

FEMA [www.fema.gov]

Flu.gov [www.fl.gov]

For more information on emergency Preparedness, visit:

Sonoma County Emergency Information

www.socoalert.com

Emergency Information Hotline: (707) 565-3855 or www.sonoma county.ca.gov/Public-Safety

Public Health Information Line: (707) 565-4477

Local Television Channels: KTVU Channel 2, NBC11 Channel 11, KRON Channel 4, KPIX Channel 5, KGO Channel 7

Radio: KSZR 101.5 FM, KQED 88.5 AM, 7040 AM, KCBX 89.5 FM, KQED 91.5 FM (Spanish)

Law Enforcement (Non-Emergency)

Sheriff’s Department Dispatch: (707) 560-2121

California Highway Patrol: (800) 855-2547

Public & Behavioral Health Services

Sonoma County Animal Services: (707) 565-7100

Sonoma County Disease Control: (707) 565-4967

Sonoma County Environmental Health: (707) 565-6305

Sonoma County Lab - Ticks: (707) 565-4711

Mental Health Emergencies: (800) 746-1801

North Bay Suicide Hotline: (707) 567-6737

Poison Control: (800) 222-1222

Sonoma County Public Health: (707) 565-4400

Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Hotline: (800) 985-5990

Essential Services Information and Referrals

2-1-1 Sonoma: www.211sonoma.org

Dial 211 in Sonoma county or (800) 325-6004

American Red Cross: (707) 577-7600 or www.redcross.org/take-action/how-mine

Extreme Weather, Power & Road Closure Information

CallFire: www.dps.ca.gov/fire

PGE – Power Outages: www.pge.com or (800) 743-5000

NOAA: www.nws.gov

Sonoma County Road Closures: (707) 565-150 or http://roadinfo.sonomacounty.org

USGS: www.usgs.gov


For more information on preparedness, visit:

American Red Cross www.redcross.org

Cal Fire www.fire.ca.gov

CDC www.cdc.gov

CDPH www.cdph.ca.gov

DHHS www.hhs.gov

FEMA www.fema.gov

Flu.gov www.fl.gov

Our Mission

Promote and protect the health and well-being of every member of the community.