

EMERGENCY DON'TS

BE PREPARED

WHAT TO DO

Do Not go to the hospital except for a medical emergency.

Do Not use matches or turn on switches if you smell gas.

Do Not turn off utilities unless you have been told to do so by authorities - unless they have been damaged.

Do Not drive your vehicle unless you have been advised to evacuate or have a medical emergency. Check road conditions.

Do Not call 911 except in the case of a life threatening situation. Limit phone use to emergencies and critical situations.

GET INFORMED - POST THIS GUIDE FOR REFERENCE

There are many types of emergencies. This guide offers information about those that are large-scale disasters, specifically earthquakes, floods, wildfires, pandemic flu and acts of terrorism involving radiological, biological, or chemical agents. **If such a disaster occurs, you may be asked by authorities to take one of two different actions:**

EVACUATE - leave your home or workplace or

SHELTER IN PLACE - remain inside where you are. Bring everyone indoors including pets, seal windows and doors with plastic and duct tape, turn off heating and A/C systems, and close fireplace dampers. Take your disaster supplies to an interior room – not the basement. You may be told to do this in the event of a radiological, chemical or biological event.

In either case, it is important that you and your family have an EMERGENCY PREPARATION PLAN.

BEFORE DISASTER STRIKES - MAKE A FAMILY PLAN

- Discuss what kinds of disasters could occur and how to respond.
- Decide where to go and what to bring if you have to evacuate.
- Designate someone to be in charge of pets, if you have them.
- Check with your child's school and know their plan.
- Give copies of emergency phone numbers to each family member.
- Pick 2 places to meet if you become separated – one near your home and one outside your neighborhood.
- Choose an out-of-state friend as a check-in contact for everyone to call.
- Practice your plan.
- Register for a Community Emergency Response Teams (CERT) class by calling 253-4580.

EARTHQUAKE

PLAN & PRACTICE:

- Select a safe place in every room.
- Practice Drop, Hold & Cover. This means: drop under something sturdy like a table, hold on to it, and cover your eyes by pressing your face against your arm. Teach everyone in your family to do this.
- Put a pair of shoes and a flashlight in a plastic bag and tape to your bed frame

WHEN THE SHAKING STARTS:

- If you are indoors, drop, hold & cover.
- If you are outside, find a clear spot and away from buildings, trees, and power lines and drop to the ground.
- If you are in a car, slow down and drive to a clear place, stay in vehicle and put on 4-way flashers.

WHEN THE SHAKING STOPS:

- Hang up your phones.
- Get to a safe place outdoors – take your emergency kit.
- Assist the injured and secure medical help, if necessary.
- Walk around the building to secure gas, electric, and water lines.
- If you smell gas, turn it off. REMEMBER, only a professional should turn it back on.
- Prepare for aftershocks – secure heavy items that might fall.
- Listen to the radio for instructions.

FLOODS

Floods can take several hours or days to develop. Flash floods can take only a few minutes or a few hours to develop.

WHEN A FLOOD WATCH IS ISSUED:

- A **Flood Watch** means that flooding is possible in your area.
- Move valuable household possessions to the upper floors of your home or raise them as high as you can off the floor.
- Fill your car's gas tank in the event an evacuation order is issued.

WHEN A FLOOD WARNING IS ISSUED:

- A **Flood Warning** means that flooding is occurring or will occur soon in your area.
- Listen to local radio or TV stations for information and advice.

WHEN TOLD TO EVACUATE:

- Do so as quickly as possible.

WHEN A FLASH FLOOD WATCH IS ISSUED:

- Watch for signs of flooding and be ready to evacuate.

WHEN A FLASH FLOOD WARNING IS ISSUED:

- Evacuate immediately if you believe flooding has started.
- Move to higher ground away from rivers, streams, creeks and storm drains.
- Do not drive around barricades.
- If your car stalls in rising water, abandon it immediately and go to higher ground.

WILDFIRES

BEFORE WILDFIRES THREATEN:

- Use fire resistant or non-combustible materials on your house or treat them with fire retardant.
- Create a 100 foot safety zone around your home by clearing brush, pruning dead or overhanging branches, and removing all rubbish and debris.
- Be extremely cautious when using flammable substances.
- Plan your water needs – have an adequate source such as a pool, well or hydrant, and a garden hose that will reach the structures on your property.
- Plan an evacuation route and meeting place should your family become separated.
- Go to the Napa County website at www.co.napa.ca.us or get a copy of "Living with Fires in Napa County – A Guide for the Homeowner" for more information.

WHEN WILDFIRES THREATEN:

- Listen to the radio and follow the instructions of local officials.
- Park your car facing your escape route – leave keys in ignition.
- Confine pets to one room in case you have to evacuate.
- Take common sense steps to secure your home by removing or disconnecting things that might burn easily or explode, and wet down your defensible perimeter.

IF ADVISED TO EVACUATE – GO!

- Wear protective clothing - sturdy shoes, cotton long pants, long sleeved shirt, gloves, and a handkerchief to protect your face.
- Take your Disaster Supply Kit, and close your doors as you leave home.
- Tell someone when you left and where you are going or leave a note.

EMERGENCY KITS

PANDEMIC FLU

BIOLOGICAL, CHEMICAL OR RADIOLOGICAL EMERGENCIES

EMERGENCY CONTACTS

YOUR GUIDE TO EMERGENCY PREPAREDNESS



Napa County Health and Human Services Agency Public Health Division

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 man-made disasters. Please read your guide carefully and then post it for quick reference.

ASSEMBLE DISASTER KITS FOR HOME, CAR, AND WORK PLACE.

(Check your kits annually and replace water and expired food items)

Home Kit - Store in a portable container near an exit

- One week supply of non-perishable food (don't forget a manual can opener and eating utensils)
- Water – one gallon/ person/ day – water should be replaced every six months
- Water purification kit –in the event you can't boil water
- Flashlight, light sticks, portable radio or TV, cell phone - extra batteries
- Whistle
- First aid kit and manual – prescription drugs, if necessary
- Duct tape, plastic sheeting (pre-cut to size of doors and windows)
- Plastic garbage bags, disposable gloves

- Sanitation and hygiene items (moist towelettes, toilet paper, etc.)
- Matches in a waterproof container
- Heavy duty medical shears
- Extra clothing and blankets
- Photocopies of ID, credit cards, and emergency phone numbers in plastic bags
- Put copies of critical papers and photos in a "grab and go" box or bag
- Special needs: glasses, hearing aid batteries
- Infant items and pet supplies, if necessary

- Tools: (adjustable wrench to turn off gas) and fire extinguisher, local map
- Cash

Car Kit - Each Vehicle

- Flashlight – extra batteries

- First aid kit, manual and blanket
- Bottled water and nonperishable foods like granola bars
- Heavy duty medical shears
- Local map

Office Kit

- Flashlight with extra batteries
- Battery-powered radio
- Enough non-perishable food for 1 day
- Water – 1 gallon
- First aid kit and prescription drugs, if necessary
- Complete change of clothing
- Personal hygiene items
- Mylar blanket
- Heavy duty medical shears
- Family emergency contact information

Pandemic flu is a worldwide outbreak of a new flu virus for which there is little or no immunity (protection) in the human population. Scientists and health professionals are concerned that the current virus in birds (avian flu) may develop into the next human pandemic. Pandemic flu can spread easily and cause serious illness or death. It is very important to plan ahead. Preparing for a pandemic flu can reduce your chances of getting sick and help limit the spread of disease.

IF AN OUTBREAK THREATENS:

Add the following to your Disaster Kit – a 2 week supply

- Prescription medications
- Ibuprofen or Tylenol
- Rehydration solutions – Gatorade/adults and Pedialyte/children (or make a solution of 4 C. water, 2 T. sugar, 1/2 t. salt)
- Face masks (N95 are best) and latex or nitrile gloves
- Disinfectant wipes for hands

DURING AN OUTBREAK:

- Wash hands frequently with soap and water.
- Cover coughs and sneezes with a tissue or cough or sneeze into our sleeve.
- Even if you are healthy, stay away from gatherings of people.
- Avoid close contact with sick people.
- If you or your children become sick, stay home.

BIOLOGICAL

Biological agents are organisms or toxins that can cause disease in people. Protection during a biological event depends on the agent being used. In response to a biological event, authorities may give orders to Shelter in Place or Evacuate. For some events, immunizations may be recommended.

CHEMICAL

Chemical agents are poisonous gases, liquids or solids that can cause injury, illness, or death. Chemical emergencies can be caused by industrial accidents or the intentional release of harmful chemicals. Protection from chemical agents varies. Either Shelter in Place or Evacuation orders may be given by local authorities when necessary.

RADIOLOGICAL

Exposure to radiation can occur from a nuclear explosion, an accident in a nuclear power plant, or a terrorist attack with a "dirty bomb" – conventional explosives packaged with radioactive materials.

IN ALL CASES - SHIELD, DISTANCE, TIME

- Get away from the source as fast as possible.
- Avoid breathing contaminated dust by covering your mouth and nose.
- Increase the shielding between you and the radiation (shielding can be any material) by going into an undamaged building.
- If you have been exposed to radiation, remove your clothes as soon as possible and put them into a plastic bag and seal it. Take a shower and wash thoroughly with lukewarm water.
- Listen to the radio for instructions.

PHONE NUMBERS

Napa County Public Information (707) 299-1593
CalTrans (Highway conditions) (800) 427-7623
Silverado-Napa Chapter, American Red Cross (707) 257-2900
California Poison Center (800) 876-4766
PG&E 24-hour Emergency & Customer Service (800) 743-5000
24-hour Power Outage Hotline (800) 743-5002

YOUR EMERGENCY PHONE NUMBERS

HELPFUL WEB SITES

Napa County www.co.napa.ca.us
Governor's Office of Emergency Services www.oes.ca.gov
U.S. Department of Homeland Security www.ready.gov
American Red Cross www.redcross.org

RADIO & TELEVISION

KVON – 1440 AM • KTVU Channel 2 • KPIX Channel 5 • KCBS 740 AM
KNTV Channel 3 • KGO Channel 7 • KQED 88.5 FM • KRON Channel 4
Queen of the Valley Hospital – 1000 Trancas St., Napa, CA 94558 – (707) 252-4411
St. Helena Hospital – 10 Woodland Rd., St. Helena, CA 94574 – (707) 963-3611
Kaiser Hospital / Vallejo – 975 Sereno Dr., Vallejo, CA 94589 – (707) 651-2950

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 frontline responders in the event of an emergency.