

Be Prepared Yuba City!



A Household Emergency Preparedness
G U I D E
for Yuba City and Sutter County Residents
What to Have in Your Head • What to Have in Your Hand • What to Have in Your Home



The mission of the Yuba City Fire Department
is to protect life, property, and the environment through the delivery of
innovative, efficient, quality emergency management services in our community.

(530) 822-4689 • 824 Clark Avenue, Yuba City CA 95991 • www.yubacity.org

Cover Photos:

*Top left, bottom right: Robert A. Eplett/OES CA, California Governor's Office of Emergency Services
Bottom left: Yuba City Fire Department staff; Top right: Dave Nielsen, Appeal-Democrat*

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You Can Prepare For Disaster

Dear Yuba City Area Resident:

We live in a different world than we did before September 11, 2001. We are more aware of our vulnerabilities, more appreciative of our freedoms and more understanding that we have a personal responsibility for the safety of our families, our neighbors and our nation.

On New Years Eve 1997, high water on the Feather River threatened the residents of the Yuba City –Marysville urban area. This threat culminated in one of the biggest evacuations in California history. The fear of a flood and the uncertainty of leaving one's home are still fresh in all of our memories.

Be Prepared Yuba City! provides practical information on how your family can prepare for any disaster. It includes up-to-date hazard specific safety tips and information about preparedness and protection.

We know that disaster preparedness works. We can take action now that will help protect our families, reduce the impact an emergency has on our lives, and deal with the chaos if an incident occurs near us.

Contact the Yuba City Fire Department for information about specific hazards in your area and to volunteer to help make your community better prepared. We know that disaster can strike at any time. We all have a personal responsibility to be ready. ***Be Prepared Yuba City!***

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Emergency Preparedness Advice For You And Your Family

Emergency preparedness is as simple as planning ahead. It's easy and inexpensive for anyone. Go over the checklists below with your household to determine how you can take control of an emergency. Check and update your kits when you change your clocks during daylight-savings times. Make sure they are complete and ready to go.

Household Disaster Plan Checklist

What to Have in Your Head

Consider developing a disaster plan with your household members to prepare for what to do, how to find each other, and how to communicate in an emergency. We've provided wallet-sized cards for this purpose on the **Household Disaster Plan Wallet Cards** on page 25. Make photocopies if necessary. Also, see **Evacuation** on page 3.

- Decide where your household will reunite after a disaster. Identify two places to meet, one right outside your home and another outside your neighborhood, such as a library, community center or place of worship.
- Make sure everyone knows the address and phone number of your second meeting place.
- Know and practice all possible exit routes from your home and neighborhood.
- Designate an out-of-state friend or relative that household members can call if separated during a disaster. If Yuba City phone circuits are busy, this out-of-state contact can be an important way of communicating between household members. When local phone circuits are busy, long-distance calls may be easier to make.
- Account for everybody's needs, especially seniors, people with disabilities and non-English speakers.
- Ensure that household members have a copy of your household disaster plan to keep in their wallets and backpacks.

Go Bag Checklist

What to Have in Your Hand

Every household should consider assembling a Go Bag – a collection of items you might need in the event of an evacuation. Each household member's Go Bag should be packed in a sturdy, easy-to-carry container, such as a backpack or suitcase on wheels. A Go Bag should be easily accessible if you have to leave your home in a hurry. Make sure it is ready to go at all times of the year. Also, see **Evacuation** on page 3.

- Copies of your important documents in a waterproof and portable container (insurance cards, birth certificates, deeds, photo ID's, etc)
- Extra set of car and house keys.
- Credit and ATM cards and cash, especially in small denominations. We recommend you keep at least \$50-100 on hand.
- Bottled water and non-perishable food such as energy or granola bars.
- Flashlight, battery operated AM/FM radio and extra batteries. You can also buy wind-up radios that do not require batteries at retail stores.
- Medication for at least one week and other essential personal items. Be sure to change medications before they expire. Keep a list of the medications each member of your household takes and their dosages, or copies of your prescription slips.
- First-aid kit.
- Sturdy, comfortable shoes, lightweight raingear and a mylar blanket.
- Contact and meeting place information for your household, and a small regional map.
- Childcare supplies or other special care items.

Emergency Supply Kit Checklist

What to Have in Your Home

Keep enough supplies in your home to survive on your own for at least three days. If possible, keep these materials in an easily accessible, separate container or special cupboard. You should indicate to your household members that these supplies are for emergencies only. Also see **Shelter In Place** on page 3.

- One gallon of drinking water per person per day.
- Non-perishable, ready-to-eat canned foods and manual can opener.
- First-aid kit, medications and prescriptions.
- Flashlight, battery operated AM/FM radio and extra batteries.
- Whistle.
- One quart of unscented bleach or iodine tablets (for disinfecting water ONLY if directed to do so by health officials) and eyedropper (for adding bleach to water).
- Personal hygiene items: soap, feminine hygiene products, toothbrush and toothpaste, etc.
- Sturdy shoes, heavy gloves, warm clothes, a mylar blanket and lightweight raingear.
- Extra fire extinguisher, smoke detectors, carbon monoxide detectors.
- Childcare supplies, infant food, or other special care items.
- Other supplies and tools

General Emergency Response

Responding to an emergency can be easier if you plan ahead.

Evacuation

In some cases, it may be necessary to evacuate your home or neighborhood. City officials will tell you when to evacuate through the media and direct warnings. Evacuation is used as a last resort when a serious threat to public safety exists.

Evacuate Immediately When You:

- ❖ Are directed to do so by an emergency official.
- ❖ Are in immediate danger.
- ❖ Smell gas or smoke.
- ❖ See fire.

Be Prepared To Evacuate:

- ❖ Secure your home: close and lock windows and doors, and unplug appliances before you leave. Authorities will instruct you if it is necessary to turn off utilities.
- ❖ Wear sturdy shoes and comfortable, protective clothing such as long pants and long-sleeved shirts.
- ❖ Bring your Go Bag with you when you evacuate.
- ❖ Know your workplace evacuation plan.
- ❖ Know your child's school evacuation plan.
- ❖ Remember, evacuation routes change based on the emergency so stay tuned to the City's emergency radio station 1500 AM, or access www.yubacity.net, or KUBA 1600 AM, or television Channel 19 for emergency updates, bulletins, and evacuation instructions.

See *Emergency Preparedness Advice* on Page 2.

Shelter In Place

When evacuation to shelters is neither appropriate nor possible, you may be asked to stay where you are. Sheltering in place is an effective way to protect you in many emergencies involving contaminated air. However, you should only do so if directed by emergency officials.

If You Are Asked To Shelter In Place:

- ❖ Go inside your home or the nearest appropriate facility (school, library, place of worship, etc.).
- ❖ Take shelter in a room that has few doors or windows. Ideally, a room to shelter in place should allow at least 10 square feet per person
- ❖ Seal all doors and windows.
- ❖ Turn off all ventilation systems.
- ❖ Do not use the phone – keep the phone line available for emergency calls.
- ❖ Stay tuned to your radio or television for emergency information and updates.
- ❖ Make use of your Go Bag and Emergency Supply Kit.

See *Emergency Preparedness Advice* on page 2.

Disaster Sheltering

Some emergencies may require that you leave your home and travel to an emergency shelter. The City has a list of shelter sites appropriate for various types of disasters. Local officials will inform you when sheltering is necessary.

- ❖ If you can, try to seek shelter with friends or relatives outside the affected area.
- ❖ City-run shelters can be set up in schools, municipal buildings and places of worship. They provide basic food, medicine and water. If possible, bring clothing, bedding, bathing and sanitary supplies, special food and pre-filled prescriptions and other medications to shelters.
- ❖ Alcoholic beverages, firearms and illegal substances are not allowed in emergency shelters.
- ❖ You cannot bring pets to shelters. Only service animals are allowed.
- ❖ See **Tips For Pet Owners** on page 18 if you have pets.
- ❖ Take your Go Bag to the shelter with you.

Disaster Sheltering Guidelines

- ❖ Cooperate with shelter managers and other people in order to make a difficult situation less stressful.
- ❖ Remember, shelter sites change based on the emergency so stay tuned to the City's emergency radio station 1500 AM or access www.yubacity.net, or KUBA 1600 AM, or television Channel 19 for emergency updates, bulletins and evacuation guidelines.

Utilities Disruptions

Utilities disruptions are an occasional inconvenience of the modern age.

If You Lose Phone Service:

- ❖ Use your cell phone, or borrow one from a friend or neighbor if possible, and call your provider to report the outage.
- ❖ If you have a cordless phone, keep in mind you may lose service during a power outage. It is a good idea to have a phone that does not rely on electricity.

If You Smell Gas:

- ❖ Do NOT smoke or light lighters or matches. If the odor is very strong, do not use your phone or operate any light switches or electrical devices – any spark could cause a fire.
- ❖ Open windows.
- ❖ Evacuate immediately and call 9-1-1.

Water And Sewer-Related Problems:

It is always a good idea to have a supply of bottled water in the house.

- ❖ If you see water coming up from the ground or roadway, or suspect a water main break, call 822-4626 to reach the Department of Public Works. For service after hours or on the weekends, contact the Yuba City Police Department at 822-4660. Be prepared to provide the following information on the phone: a description of the condition, what is being affected (street, cellar, basement, etc.), the exact location of the problem, and your name, address and telephone number.

- ❖ If you have no water or very low water pressure, call 822-4626 to reach the Department of Public Works. For service after hours or on the weekends, contact the Yuba City Police Department at 822-4660.
- ❖ If authorities determine that there is a concern about drinking water quality, you will be advised of what actions to take. In some cases, you may be told not to use the water for cooking or drinking purposes unless it is boiled, treated with bleach or iodine, or disinfected by other means. In an extreme case, you may be told not to use the water for cooking, drinking, hand washing or bathing purposes.
- ❖ If there is a drought, authorities will advise you to conserve water. Please restrict your water use as much as possible. If the drought worsens, mandatory drought restrictions can be imposed. Conservation measures can slow the depletion rate of the stored water and potentially postpone or eliminate the threat of serious water shortages.

*Robert A. Eplett/OES CA
California Governor's Office of
Emergency Services*



If There Is A Power Outage:

- ❖ Call your power provider immediately to report the outage. Pacific Gas & Electric 24-hour hotline: 1-800-743-5000.
- ❖ Disconnect or turn off all appliances that would otherwise go on automatically when service is restored. If several appliances start up at once, they may overload the electric circuits.
- ❖ In order to prevent food spoilage, keep refrigerator and freezer doors closed as much as possible. Each time the door is opened; heat enters and speeds up the thawing process.
- ❖ Stay indoors if possible. If you must go outside, stay away from downed and dangling power lines. Treat all downed lines as if they are dangerous.
- ❖ Keep a battery-operated radio on for updates on the restoration process.
- ❖ If you lose power and/or heat in the winter, insulate your home as much as possible.
- ❖ Do not burn charcoal indoors and do not use your kitchen gas range to heat rooms as this can lead to a fire or a hazardous smoke conditions.
- ❖ Do not use generators indoors. Without proper ventilation they can create carbon monoxide.

Hazard-Specific Information

The following contains information about specific emergencies that may affect Yuba City.

Weather Disasters

Weather is monitored closely by various government agencies. Severe weather should be taken seriously – it can be dangerous and harm both you and your property.

Severe Weather: Thunderstorms, Flash Flooding & Tornadoes

In A Thunderstorm

- ❖ Avoid handling metal, electrical equipment, telephones, bathtubs, water faucets and sinks because lightning can follow the wires and pipes. Be especially careful with televisions.
- ❖ If there is a severe thunderstorm, take cover immediately in a stable facility, but avoid trees.

In A Flash Flood

- ❖ Seek high ground. Never attempt to drive your vehicle through standing water.

In A Tornado

- ❖ Go to your basement or the lowest point of your residence. If you cannot find shelter, take cover in a ditch or other recessed area.

If you are asked to evacuate, do so immediately.

National Weather Service

Severe Thunderstorm Watch: There is potential for thunderstorms to form that can produce wind gusts greater than 58 mph and/or hail greater than $\frac{1}{2}$ of an inch in diameter.

Freezing Rain Advisory: Minor accumulation of ice due to freezing rain is expected.

Winter Weather Advisory: A minor accumulation of snow, sleet and freezing rain is expected.

Severe Thunderstorm Warning: A Severe thunderstorm is occurring.

Snow Advisory: Accumulations of one to four inches expected within a 12-hour period.

Tornado Watch: A tornado could form in the next few hours.

Blizzard Warning: Strong winds, blinding driven snow and dangerous wind chill are expected in the next

several hours.

Tornado Warning: A tornado has been reported and/or the National Weather Service radar has detected a tornado or tornadic signature.

Winter Storm Watch: Significant accumulation of snow and/or ice is possible within 36 hours.

Flash Flood Watch: Localized flooding due to heavy rainfall is imminent.

Winter Storm Warning: A storm with six or more inches of snow/sleet/freezing rain within a 24-hour period is expected.

Flash Flood Warning: Localized flooding due to heavy rainfall is imminent.

See the National Weather Service website at www.weather.gov for more information.

Some Measures To Help You Weather Major Storms:

- ❖ Shutter or board windows.
- ❖ Secure outdoor objects such as lawn furniture or garbage cans that could blow away and cause damage or injury.
- ❖ Stay clear of downed power lines.
- ❖ In extreme conditions, consider shutting off power and appliance gas switches to prevent damage to your appliances.

During Severe Weather

- ❖ Dress appropriately.
- ❖ Stay updated by watching TV or listening to the radio. The National Weather Service broadcasts forecasts, warnings and other information 24 hours a day. Special weather radios are available at local retail stores.

Heat Terms:

Heat Wave: Prolonged period of excessive heat often combined with excessive humidity.

Excessive Heat Watch: A long-term alert for excessive heat.

Heat Index: Number of degrees Fahrenheit that indicates how it feels when relative humidity is factored into air temperatures.

Ozone Advisory: Issued when ozone levels are expected to exceed 0.08 parts per million of ozone over an eight-hour period. People should limit their outdoor activity and those with respiratory problems (such as asthma) should be especially careful and avoid strenuous activity.

Heat Advisory: When the heat index exceeds 100°F for less than three hours a day for two consecutive days.

Excessive Heat Warning: When the heat index is expected to exceed 115°F or when it exceeds 100°F for three or more hours for two consecutive days.

Extreme Heat

During the summer months, Yuba City residents are especially vulnerable to the hazards created by hot weather. The asphalt, concrete and metal that make up the City absorb heat and make it difficult for the City to cool down. This is known as the “heat island effect”. See **Utilities Disruptions** on page 4.

Heat waves are particularly dangerous for children, the elderly and the infirm. Please make sure to check on your neighbors and offer them assistance.

The terms listed below describe the illnesses that extreme heat can cause. Heat-related illnesses can become medical emergencies – call 9-1-1, especially in the case of heat stroke.

Heat Cramps:

Heat cramps are muscular pains and spasms resulting from heavy exertion. Although heat cramps are the least severe heat-related illness, they are an early signal that the body is having trouble coping with heat and should be treated immediately with rest and fluids. Stretching or direct pressure can also reduce cramps. Unless very severe, heat cramps do not require emergency medical attention.

Heat Exhaustion:

Heat exhaustion occurs when body fluids are lost through heavy sweating due to vigorous exercise or working in a hot, humid place. Symptoms include: sweating; pale, clammy skin; fatigue; headache; dizziness; shallow breaths; and a weak or rapid pulse. Victims of heat exhaustion are tired but not confused. The condition should be treated with rest in a cool area, drinking water or electrolyte solutions, elevating the feet 12 inches, and further medical treatment in severe cases. If not treated, the victim's condition may escalate to heat stroke. If the victim does not respond to basic treatment, seek medical attention.

Heat Stroke:

Also called “sunstroke”. The victim’s temperature control system, which produces sweat to cool the body, stops working. The skin is flushed, hot and dry, and body temperature may be elevated. The victim may also be confused, develop seizures, breathe shallowly and have a weak or rapid pulse. This is the most serious heat-related illness and people exhibiting these symptoms should seek emergency medical attention.

Follow These Tips To Stay Cool:

- ❖ Stay out of the sun. When in the sun, wear sunscreen (at least SPF 15).
- ❖ Wear lightweight, light-colored, loose-fitting clothes that cover as much skin as possible to prevent sunburn.
- ❖ Give your body a chance to adjust to extreme temperature changes.
- ❖ Drink plenty of non-alcoholic, non-caffeinated fluids.
- ❖ Use shades or awnings.
- ❖ Consider going to public pools and air-conditioned stores and malls.
- ❖ Find a cooling center when the heat index is predicted to be dangerously high.

Extreme Cold & Freezing Weather

From time to time, the Yuba-Sutter region experiences periods of extremely cold and freezing weather. Extended periods of extreme low temperatures can have an adverse effect on the plumbing of many residential homes and commercial buildings. In newer homes, the plumbing runs through the structure's attic. Under extended freezing temperatures, plumbing can burst causing significant water damage to a structure and the owner's belongings. During periods of freezing nighttime temperatures, property owners should leave a faucet on allowing water to trickle overnight thereby making water move through the structures pipes. Also, allowing the heat of the home to warm the attic further helps to avoid unnecessary and expensive damage from burst pipes.

Flood

Floods are among the most frequent and costly natural disasters in terms of human hardship and economic loss. Knowing what to do before, during and after a flood is important to the safety of your family, home and economic security.

Historically, the Sacramento Valley region has had to deal with floods and the threat of flooding since recorded time. Indian legends told of great floods that forced man and beast to coexist in the Sutter Buttes until floodwaters receded back within the riverbanks. More recently, the Yuba-Sutter region remembers too well the 1955 Christmas Eve flooding in Yuba City, the 1986 Linda flood, and the 1997 bi-county evacuation and subsequent flooding in Yuba County and Meridian in Sutter County.

Floods are the most common and widespread of all natural hazards. Slow-rise floods develop over a period of days, but flash floods can result in raging waters in just a few minutes. Water runs off steeper ground very rapidly, causing natural drainage systems to overflow with rushing flood waters and a deadly cargo of rocks, mud, smashed trees and other debris. Remember – even very small streams, gullies, creeks, culverts, dry streambeds or low-lying ground that may appear harmless in dry weather can flood. Wherever you live, be aware of potential flooding hazards. If you live in a low-lying area, near water or downstream from a dam, you must be prepared for floods.

What To Do Before a Flood

Know the terms that warn of potential flooding conditions, which will be broadcast on radio and television:

- ❖ Flood forecasts mean rainfall is heavy enough to cause rivers to overflow their banks or melting snow is mixing with rainfall to produce similar effects.
- ❖ Flood warnings or forecasts of impending floods describe the affected river or lake, the severity of flooding (minor, moderate or major) and when and where the flooding will begin.
- ❖ Flash flood watches mean heavy rains are occurring or expected to occur that may cause sudden flash flooding in specified areas. Be alert to the possible emergency, which will require immediate action.
- ❖ Flash flood warnings are announced when flash flooding is occurring or imminent along certain streams and designated areas. Immediate action to reach a place of safety must be taken by those threatened.

Keep a stock of food that requires no cooking or refrigeration. Store drinking water in clean, closed containers. Remember, your electric power, gas and water services may be disrupted. Keep a portable, battery-operated radio, emer-

gency cooking equipment and flashlights in working order; stock extra batteries. Have on hand first aid supplies and any medicines your family may need. Consult Page 3 for recommended Emergency Supply and Go Bag checklists.

Find out if you live in a flood-prone area and what the average flood depths in your community are.

- ❖ You may need to store materials like sandbags, plywood, plastic sheeting and lumber to protect your house from floodwaters and to make quick repairs after a severe storm. Sand and sandbags may be available at designated city facilities during heavy storms and times of flood threats.
- ❖ Contact your insurance agent or the Yuba City Fire Department for information.

Identify dams in our area. Be aware of what could happen if they fail. Become familiar with local emergency action plans. Learn where to find alternate shelter in the event an evacuation is ordered. Be prepared for evacuation. Stay tuned to Yuba City's emergency radio station 1500 AM or access www.yubacity.net, or KUBA 1600 AM, or television Channel 19 for emergency updates, bulletins, and evacuation instructions. Consult Page 4 for Evacuation information.

Know the elevation of your property in relation to nearby streams, rivers and dams so that you will know if the flood elevations forecast will affect your home and property. Call the Yuba City Fire Department for help.

- ❖ The emergency plans for Yuba City and Sutter County all use the same emergency staging levels for Feather River flood threats (Marysville and Yuba County use different river measurements for their emergency plans). The flood warning stages are reported by elevation (feet) above sea level, as measured at the Yuba City side of the Fifth Street Bridge. Yuba City's elevation varies but is generally about 50 feet above sea level. The top of the west Feather River levee has an elevation of 83.5 feet above sea level. The following warning stages for the Feather River are used by Yuba City and Sutter County's emergency organizations.

Warning Stage	Elevation	Description
Stage I	60	Pre-emergency. River level is at 60' and forecast to rise. Feather River flows over the banks of the main channel at this elevation. River is monitored on a 24-hour basis.
Stage II	65	Warning Stage. River level is at 65' and forecast to rise. River is monitored at a minimum of twice a day with a levee patrol.
Stage III	70	Full Alert Stage. River level is at 70' and forecast to rise. Flooding is possible, but not probable. River is monitored on an hourly basis by levee patrols.
Stage IV	75	Emergency Stage. River level is between 75' – 77' and forecast to rise. Flooding is expected in south areas of the County. Hourly levee patrols continue.
Stage V	77	Evacuation Stage. River level is at 77' and forecast to rise. The river poses a significant flood threat. Hourly levee patrols continue.

Contact your insurance agent or local government to discuss flood insurance coverage. Flood losses are not covered under normal homeowners' insurance policies. Flood insurance is available to residents of the City of Yuba City through the National Flood Insurance Program. Get coverage early – there is usually a waiting period before it takes effect.

If You Are Advised To Evacuate

The amount of time you will have to evacuate your home or community depends on the disaster. Slow-rise floods may allow for a few hours to prepare to evacuate, while hazardous materials accidents or terrorist attacks may allow you only moments to leave. This means you must prepare yourself now, because once you need to evacuate, it may be too late to collect even the most basic necessities. Consult Page 2 for recommended Emergency Supply and Go Bag checklists.

- ❖ Secure your home before leaving. Move essential items and furniture to the upper floors or above potential floodwaters. Lock doors and windows. Turn off utilities at the main switches or valves. Disconnect electrical appliances, but do not touch any electrical equipment if you are wet or standing in water.
- ❖ Make sure you have enough fuel in your car – during emergencies, filling stations may not be operating – and follow recommended evacuation routes. Do not try to find shortcuts on your own.
- ❖ Leave early enough to avoid being marooned by flooded roads. Be on the alert for washed-out roadways and bridges. Many roads parallel streams and other drainage channels and may be swept away or covered by floodwaters.
- ❖ Avoid driving through flooded intersections. Overwhelmed storm drainage lines can cause manhole covers to be dislodged. If you drive into one of these open service access holes, your vehicle may incur severe body and suspension damage.
- ❖ Don't drive into flooded areas. If floodwaters rise around your car, abandon it and move to higher ground - do so quickly. You and your vehicle can be quickly swept away as floodwaters rise.
- ❖ Leave a note on your house to advise authorities that you have evacuated. Also see **Tips For Pet Owners** on page 18.
- ❖ Monitor your radio for information on evacuation routes and emergency shelter location.

*Robert A. Eplett/OES CA
California Governor's Office of
Emergency Services*



Evacuation periods can last for hours or several days. For part, or all, of this time, you may be responsible for your own food, clothing and other supplies until help arrives or utilities are repaired. Some mass shelters, such as those operated by the Red Cross, will be prepared to feed and house you and your family.

Fire

If your smoke detector goes off or if you notice a fire, remain calm. Do not try to fight a major fire.

- ❖ If your clothes catch on fire, Stop where you are, Drop to the ground, and Roll over and over to smother the flames.
- ❖ Feel doors with the back of your hand before you open them. If they are hot, find another way out of your residence. When exiting, stay as close to the floor as possible – smoke and heat rise and the air is clearer and cooler near the floor. Close doors behind you.
- ❖ If you are unable to get out of your home for any reason, stay near a window and close to the floor. Close the door and stuff the bottom with a towel to avoid smoke. If possible, signal for help by waving a cloth outside the window.
- ❖ Call 9-1-1 from a safe place such as a neighbor's house.
- ❖ Do not stop to get anything.
- ❖ If you live in an apartment building and the fire is NOT in your apartment, evacuate if safe.
- ❖ To prevent fires, keep an ABC fire extinguisher and working smoke detectors in the house. Check batteries twice a year at daylight-saving times.
- ❖ Consider renter's insurance if you rent an apartment.

Also see **General Emergency Response** on page 3.

Earthquakes

Although earthquakes are uncommon in Yuba City, tremors occasionally occur and residents should be prepared. Note that after an earthquake your utilities may be disrupted.

In The Event Of An Earthquake:

- ❖ Drop to the floor.
- ❖ Take cover under a solid piece of furniture or next to an interior wall. Cover your head and neck with your arms.
- ❖ Hold on to a sturdy piece of furniture and be prepared to move with it. Stay where you are until the shaking stops.
- ❖ Be prepared for aftershocks, which often follow an earthquake.

See also **General Emergency Response** on page 3.

Carbon Monoxide

Dangerous levels of carbon monoxide – a colorless and odorless gas - can be produced from improperly vented furnaces, plugged or cracked chimneys, water heaters, fireplaces, stoves and tail pipes. Barbecues used indoors to provide heat for a home are dangerous to the health and safety of the home's inhabitants. Symptoms of carbon monoxide poisoning are flu-like and may include headache, dizziness, fatigue and vomiting.

If You Suspect Carbon Monoxide Poisoning:

- ❖ Call 9-1-1.
- ❖ Open windows.
- ❖ Get the victim to fresh air immediately.
- ❖ Call your local utility.

Also see **Fire** on this page and **General Emergency Response** on page 3.

Disease Outbreaks & Biological Events

There are treatments for many diseases and biological agents. Yuba City has established plans for responding to potential situations involving disease outbreaks and biological events in cooperation with County, State and Federal agencies.

- ❖ Sutter County Health Department may distribute medicine or a vaccine to those who are at risk. This course of action will be decided based on the specific health hazard. To distribute treatment or vaccines, the City may open Points of Dispensing (POD) locations where treatment will be provided. In the event that POD's are activated, you may find the one closest to you by listening to local media or accessing www.yubacity.net.

Radiation Exposure

Small amounts of radiation are considered safe. In the unlikely event that Yuba City became exposed to unsafe levels of radiation, due to a terrorist attack using a "dirty bomb", there are steps you can take to reduce your exposure.

- ❖ If you are outside, get inside. Remove all clothing and wash thoroughly.
- ❖ If there's an event indoors, try to get out of the building without passing through the contaminated area. If you cannot escape, it may be better to move as far away from the event as possible and shelter in place. See **Shelter In Place** on page 3.
- ❖ In the unlikely event of radiation exposure, the Sutter County Health Department may distribute Potassium Iodine (known as KI). This is a kind of salt that can prevent damage to your thyroid gland only if you are exposed to radioactive iodine. It will not help you in other radioactive environments. KI is generally only recommended for children, adolescents, pregnant women and others with growing thyroids. Only one dosage should be taken every 24 hours.

Also see **General Emergency Response** on page 3 and **Thoughts On Terrorism** on page 14.

General Guidelines to Minimize Your Exposure To Radiation:

- 1) **Time:** Radioactive materials become less radioactive over time. Stay inside until authorities alert you the threat has passed.
- 2) **Distance:** The greater the distance between you and the source of the radiation the better. Authorities may call for an evacuation of people from areas close to the release.
- 3) **Shielding:** Put as much heavy, dense material between you and the source of the radiation as possible. Authorities may advise you to stay indoors or underground for this reason. Close and seal your windows and turn off any ventilation.

Building Collapses Or Explosions

Building collapses or explosions can be the result of structural damage or sabotage. Either way, the set of rules below apply.

If You Are In A Building Collapse Or Explosion:

- ❖ Get out as quickly and calmly as possible.
- ❖ If you can't get out of the building, get under a sturdy table or desk.

If You Clean Up Debris:

- ❖ Wear gloves and sturdy shoes.
- ❖ Sort debris by type (wood, appliance, etc.).
- ❖ Do not touch debris that has utility wires in it.
- ❖ Do not move debris that is too large or too heavy. Ask for help from neighbors, friends, and recovery workers.

If There Is A Fire:

- ❖ Fires often occur after a building explosion. Also see **Fire** on page 11.

If You Are Trapped By Debris:

- ❖ Cover your nose and mouth with a cloth or clothing.
- ❖ Move around as little as possible to avoid kicking up dust, which is harmful to inhale.
- ❖ If possible, use a flashlight so that you can see your surroundings.
- ❖ Tap on a pipe or wall so rescuers can hear where you are. Use a whistle if one is available. Shout only as a last resort as shouting can cause you to inhale dangerous amounts of dust.

Also see **General Emergency Response** on page 3.

Hazardous Materials Or Chemical Spills

We use hazardous materials in our homes and businesses every day. Small spills occasionally occur, but these incidents generally cause the public little difficulty other than traffic delays. In the event of a major spill authorities will instruct you on the best course of action; however you should heed the precautions listed below.

For domestic incidents you can consult the Poison Control hotline at 1-800-876-4766, or call 9-1-1.

General Guidelines:

- ❖ Stay upwind of the material if possible.
- ❖ Seek medical attention as soon as possible if needed.
- ❖ If there's an event indoors, try to get out of the building without passing through the contaminated area. Otherwise, it may be better to move as far away from the event as possible and shelter in place. See **SHELTER IN PLACE** on page 4.
- ❖ If exposed, remove outer layer of clothes, separate yourself from them, and wash yourself.
- ❖ In some circumstances, after being exposed to hazardous materials, it may be necessary to be "decontaminated." Specially trained emergency personnel will perform decontamination procedures, which may include the removal of personal items and cleansing of exposed areas of the body. They will provide for medical attention if necessary.

Also see **General Emergency Response** on page 3.

Thoughts On Terrorism

A terrorist's primary objective is to create fear. With accurate information and basic emergency preparedness, you can fight back. Keep in mind that accidents can sometimes appear to be terrorist events and vice versa. Your response should be similar in either case.

Know The Facts And Be Responsible:

- ❖ Know the facts of a situation and think critically. Confirm reports using a variety of reliable sources of information, such as the government or media.
- ❖ Do not spread rumors.
- ❖ Do not accept packages from strangers and do not leave luggage or bags unattended in public areas such as the airport.

Explosions:

- ❖ See ***Building Collapses*** or ***Explosions*** section on page 13.

Biological Attacks:

- ❖ A biological attack occurs when a terrorist intentionally causes a disease epidemic.
- ❖ See ***Disease Outbreaks & Biological Events*** section on page 12 for specific information on this type of emergency.

Chemical Attack:

- ❖ The intentional release of hazardous materials constitutes an act of terrorism; however accidents involving hazardous materials may also occur. Your course of action should be the same in either case.
- ❖ See ***Hazardous Materials or Chemical Spills*** section on page 13 for specific information on this type of emergency.

Radiological Attacks:

- ❖ Radiological attacks occur when radioactive material is intentionally released.
- ❖ Radiological Dispersion Device (RDD): An RDD is designed to scatter amounts of radioactive material over a wide area. The further the material disperses, the less harmful it is. In most cases, the amount of material is unlikely to be lethal.
- ❖ “Dirty Bomb”: A Dirty Bomb is a kind of RDD that combines conventional explosives and radioactive material. The explosive is intended to scatter the radioactive material. More damage and casualties may result from the explosion than from the radiation itself.
- ❖ See the ***Radiation Exposure*** section on page 12 for more information.

A Parcel Or Letter May Be Considered Suspicious When It Has More Than One Of The Following Characteristics:

- ❖ Handwritten or poorly typed address, incorrect titles or titles with no name, or misspellings of common words.
- ❖ Addressed to someone no longer with your organization or not addressed to a specific person.
- ❖ Strange return address or no return address.

- ❖ Marked with restrictions, such as “Personal,” “Confidential” or “Do not X-ray.”
- ❖ Excessive postage.
- ❖ Powdery substance on the outside.
- ❖ Unusual weight given its size, lopsided, or oddly shaped.
- ❖ Unusual amount of tape on it.
- ❖ Odors, discolorations or oily stains.

If You Receive A Suspicious Package Or Envelope:

- ❖ PUT IT DOWN – preferably on a stable surface.
- ❖ Cover it with an airtight container like a trash can or plastic bag.
- ❖ Call 9-1-1 and alert your building’s security officials.
- ❖ Alert others to the presence of the package and evacuate the area.
- ❖ Wash your hands with soap and water if you have handled the package.
- ❖ Make a list of the people who were in the room or area where the suspicious package was recognized, and give it to authorities.
- ❖ Do not stray far from the area if you believe you have been exposed.

If You Receive A Bomb Threat:

- ❖ Ask the caller as many of the following questions as possible:
 - 1) When is the bomb going to explode?
 - 2) Where is the bomb right now?
 - 3) What does the bomb look like?
 - 4) What kind of bomb is it?
 - 5) Where are you calling from?
 - 6) Why did you place the bomb?
- ❖ Keep the caller on the line for as long as possible and try to write down or record the conversation.
- ❖ Write down the exact time and length of call.
- ❖ Listen carefully to the caller’s voice and background noise.
- ❖ After you hang up, call 9-1-1 ***immediately.***

If You Have Information About Potential Terrorism, Call 9-1-1.

*Robert A. Eplett/OES CA
California Governor’s Office of
Emergency Services*



Information For You & Your Loved Ones

For Household Emergencies

- Use the website and phone numbers listed in Emergency & Disaster Preparedness Links on page 18 to learn about more ways to protect yourself and your household in an emergency.
- Take a first-aid or CPR class to learn how to help family and neighbors if they are injured.
- Install smoke and carbon monoxide detectors in all areas of your home and check them regularly to make sure they are working.
- Change batteries in smoke and carbon monoxide detectors and check on emergency supplies twice a year during daylight-saving times.

Seniors & People With Disabilities

Seniors and people with disabilities may need to take additional steps to prepare for emergencies. If you or someone in your household has special needs, consider the following tips when preparing your disaster plans.

- ❖ Keep a 7-14 day supply of necessary medications on hand at all times.
- ❖ Develop a personal emergency plan for each place where you spend time – at home, work, school, and in the community.
- ❖ Evaluate your capabilities, limitations, needs and surroundings to determine what type of support you may need in an emergency.
- ❖ Include your home care attendant and other people in your network in your planning process.
- ❖ If you are dependent on electricity for your wheelchair, breathing machine or any other life-sustaining device, plan for a loss of power. Consult your power provider.
- ❖ The hearing impaired may need to make special arrangements to make sure they receive emergency warnings.
- ❖ Mobility impaired people may need assistance to get to a shelter or to evacuate from buildings. Keep in mind elevators will not work in a power outage. Technologically dependent people should check in with 9-1-1 or their doctors.
- ❖ People with special dietary needs should have an adequate emergency food supply.
- ❖ It is a good idea to write down your support needs and numbers. Medical conditions, medications and dosages, allergies, special equipment, medical insurance, and Medicare insurance cards, as well as personal and medical contact details are important to have available. Keep this list with you in emergencies and supply a friend with a copy.
- ❖ If you have a service animal, make sure that it is registered with a service tag.

Mental Health

Disaster victims are likely to experience at least one of several emotional responses: anger, fatigue, loss of appetite, sleeplessness, nightmares, depression, inability to concentrate, hyperactivity, or increased alcohol or drug use.

Mental Health Experts Suggest A Number Of Ways To Relieve The Symptoms Of Emotional Distress:

- ❖ Talk about your feelings with family, friends, and neighbors. These people are good medicine, and sharing common experiences helps people overcome anxiety and feelings of helplessness.
- ❖ Get back into daily routines as soon as you can, and try to maintain a healthy diet and get plenty of sleep.
- ❖ Get some physical exercise every day.
- ❖ If you continue to have the symptoms described above for an extended period of time, think about consulting a mental health professional.

Parents & Families

Include your children in planning for an emergency. Teach them how to get help and what to do in different situations. Practice your family emergency plan with your children and quiz them about preparedness information.

Every Child Should Know:

- ❖ Family contact information for use in an emergency.
- ❖ Never to touch wires lying on the ground or hanging from poles.
- ❖ How to identify the smell of gas. Tell them that if they smell it, they should tell a grown-up or leave the building.
- ❖ How and when to call 9-1-1.

Information To Know About Your Child's School Or Day Care Facility:

- ❖ Find out what your child's school does in the event of an emergency and know the school's emergency plans.
- ❖ Find out where you can pick up your child during an evacuation.
- ❖ Ensure that the school has up-to-date contact information for you and at least one other relative or friend.
- ❖ Find out if you can authorize a friend or relative to pick up your children in an emergency if you cannot.

Go Bag:

- ❖ Pack child care supplies as well as games and small toys in your family's Go Bag.

Reassurance:

- ❖ Children are particularly vulnerable to emotional stress after a disaster and may exhibit excessive fear of the dark, crying, fear of being alone and constant worry. Reassure children that they are safe. Encourage them to talk about their fears, emphasize that they are not responsible for what happened, and comfort them.

For more information, see **Emergency Preparedness Advice** on page 2 and refer to **Emergency & Disaster Preparedness Links** on page 22.

Non-English Speakers

Non-English speakers should consider their special needs in an emergency.

- ❖ Make special preparations to get the information and special assistance you may need in advance.

Tips For Pet Owners

Pet owners should include provisions for their pet in a household disaster plan. Please note that pets are not allowed in shelters (only service animals are allowed in shelters). Therefore, it is important that you have a plan for your pet in the case of an evacuation.

Pet Emergency Planning Tips:

- ❖ Contact friends or relatives outside your area to see if they would be willing to accommodate you and your pets in an emergency. Also, ask a neighbor, friend or family member if they will look after your pet if you cannot return home due to a disaster.
- ❖ See if your veterinarian or groomer provides shelter for animals during an emergency.
- ❖ Transport your pets in a carrier for the duration of the disaster. This makes pets feel safer and more secure.
- ❖ Know your pets' hiding places so that you can easily find them in times of stress.
- ❖ Make sure each pet has a license and ID tag.

Assemble A “Pet Survival Kit” That Can Be Ready To Go If You Are Evacuating Your Pet To A Kennel Or To Friends Or Family. You Should Include:

- ❖ Water, food and containers.
- ❖ A leash/muzzle/harness.
- ❖ A copy of all current vaccination and health records, license numbers and microchip numbers.
- ❖ Medication for your pet (if needed).
- ❖ A pet carrier or cage (a luggage carrier can be used to wheel the carrier around).
- ❖ Plastic bags for pick-up.
- ❖ Photo of your pet.

How You Can Help The City

Many of the tips in this package are designed to help you and your household. Here's what you can do to help the City recover from all kinds of emergencies.

Make A Donation:

- ❖ Making a financial contribution to a volunteer agency involved in disaster relief is often the most sensible and efficient way of helping people in need after a disaster.

Before donating any goods, including food or clothing, wait for instructions from local officials or check with a specific organization. Unneeded items overwhelm the recovery effort and may go to waste.

Become A Volunteer:

- ❖ After a disaster, before going directly to volunteer at a relief organization, hospital or a disaster site, wait for instructions from local officials, or check with specific organizations.
- ❖ Be patient. In the immediate disaster response period there are often many people waiting to volunteer. There may be a greater need for volunteers during the recovery period, weeks and months after disaster strikes.
- ❖ It is best to affiliate with a recognized disaster volunteer organization such as the Red Cross or the Salvation Army before a disaster happens.

Registered Disaster Service Worker Volunteer Program

- ❖ In a major disaster, especially one without warning, it may be impossible for local public safety personnel to meet all the immediate emergency needs of the City's disaster organization. Under those circumstances, community volunteers will play an important role in helping the City respond to the emergency and in recovering from the disaster.
- ❖ California law provides for a classification of volunteer known as a "Registered Disaster Service Worker Volunteer". These volunteers are "persons who have chosen to volunteer their time to assist a disaster or emergency services agency in carrying out the responsibilities of that agency". To qualify, they must be officially registered with the City's Disaster Council, and not receive any pay, monetary or otherwise, for the service being provided. The State of California provides workers' compensation insurance coverage in the event the Disaster Service Worker volunteer is injured while performing assigned disaster duties. The City of Yuba City is looking for volunteers with specific skills and experience that enhance its emergency capabilities.
- ❖ For information on how to become a Registered Disaster Service Worker Volunteer, contact the Yuba City Fire Department at (530) 822-4686.

Trauma Intervention Program (TIP)

- ❖ The Trauma Intervention Program (TIP) is a simple idea that produces a profound outcome. At every emergency incident, there are people who

are not physically damaged, but are emotionally traumatized. TIP sends specially trained citizen volunteers to respond to emergency scenes within 20 minutes of dispatch to provide emotional and practical support to those people affected by the event. Volunteers are available 7 days a week, 24-hours a day.

- ❖ Locally, TIP people serve all law enforcement and fire departments, hospitals, and ambulance services in Yuba, Sutter and south Butte Counties. There is an average of 40 volunteers throughout the year with the local organization. TIP responds to 35-40 calls per month.
- ❖ Citizens 14 years of age and older can join TIP by attending a 55-hour training academy and passing a Department of Justice background check. Each volunteer then agrees to be on call for three 12-hour shifts per month and attend a monthly 3-hour continuing education meeting.
- ❖ For further information on the TIP program, contact 673-9300.



Yuba-Sutter Domestic Animal Disaster Assistance (YSDADA)

- ❖ Yuba-Sutter Domestic Animal Disaster Assistance (YSDADA) is a local volunteer organization created to provide evacuation assistance and shelter for domestic animals in the Yuba-Sutter area during a disaster.
- ❖ YSDADA will work jointly with governmental, non-governmental, and private agencies and organizations and the public in the Yuba-Sutter area to promote the safety and well being of domestic pets and farm animals affected by a governmentally-declared disaster. The organization provides these animals with emergency evacuation, temporary shelter, veterinary care, and identification for re-uniting animals with their owners. These goals are accomplished by utilizing volunteers, who have completed the accredited disaster preparedness training. YSDADA also provides public awareness to the needs of animals during a disaster, and educates agencies and animal owners about the importance of pre-disaster preparedness.
- ❖ For further information on how to become a volunteer member, contact YSDADA at 674-1190 or at ysdada@jps.net.

*Robert A. Eplett/OES CA
California Governor's Office of
Emergency Services*

We Thank Our Local Partners

Rideout Emergency Department

726 4th Street • Marysville

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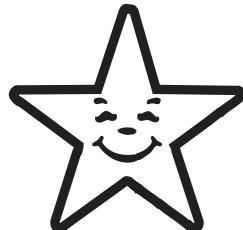
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Yuba City, CA 95991
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Doug Sloan, Vice President and General Manager • 743-6933
David Rodriguez, Environmental Compliance Specialist • 749-4217
Jackie Sillman, Recycling Coordinator • 749-4220

Emergency and Disaster Preparedness Links

Learn More About Emergency Preparedness And Emergency Management

Local Emergency Preparedness

City of Yuba City
www.yubacity.net

Yuba City Fire Department
(530) 822-4686
www.yubacityfire.org

Yuba City Police Department
(530) 822-4660
www.ycpd.org

Sutter County Emergency Services
(530) 822-7400
www.suttercounty.org

American Red Cross - Three Rivers Chapter
(530) 673-1460

Salvation Army
(530) 671-7283

Business & Industry Preparedness

Disaster Plan for Small Business
www.tnema.org/Library/Plans/BUSDISGD.PDF

Shelter in Place Plan
www.tnema.org/Library/Plans/ModelSIP.pdf

Emergency Management Guide for Business and Industry
www.tnema.org/Library/Plans/bizindst.pdf

American Red Cross – Business & Industry
www.redcross.org/services/disaster

Developing a Preparedness Plan and Conducting Emergency Evacuation Drills
www.tnema.org/Library/Plans/Nfpa-Evac.pdf

General Emergency Preparedness

California Office of Emergency Services
www.oes.ca.gov

California Department of Forestry and Fire Protection (CDF)
www.fire.ca.gov

Federal Emergency Management Agency (FEMA) Offices
1-800-480-2520
www.fema.gov

U.S. Department of Homeland Security
1-800-BE-READY (1-800-237-3239)
www.ready.gov
www.dhs.gov/dhspublic

U.S. Center for Disease Control & Prevention
1-800-311-3435
www.cdc.gov

Weather Forecast Information

National Weather Service
www.nws.noaa.gov

The Weather Channel
www.weather.com

For Parents And Families

Federal Emergency Management Agency (FEMA)
www.fema.gov/kids/

American Red Cross
1-530-673-1460
www.prepare.org

Yuba City And Emergencies

Contacting The City In Emergencies

Call 9-1-1:

- When you are in immediate danger or witness a crime in progress.
- For a serious injury or medical condition.
- Any other situation needing urgent attention.

Do NOT call 9-1-1 for non-emergencies or to report a power outage (to allow telephone capacity for emergency calls).

Emergency Telephone Tips:

If you call 9-1-1, specify the type of emergency (fire, medical, police) and be prepared to answer questions. During a medical emergency, turn a light on so that emergency responders can find your home.

- During emergencies, please use the telephone only when absolutely necessary to keep the lines free for emergency calls. If you have broadband Internet access, use www.yubacity.net and the City's emergency radio station 1500 AM, KUBA 1600 AM, and television channel 19 for emergency updates and possible evacuation orders.

Yuba City has plans for emergencies and dedicates important resources to emergency preparedness. Plans include information on sheltering, evacuation, public safety, public information, transportation and other issues, which ensure the City recovers from disasters quickly and safely.

During an emergency, the City activates the Emergency Operations Center (EOC). The EOC is an emergency facility staffed by representatives of City, State and Federal agencies as well as private and non-profit organizations. These representatives coordinate the most effective response to emergencies.

Who Is Involved In Local Emergencies?

City Council: Elected officials provide leadership and valuable information on possible damage in the City and feasible solutions to problems. They can also pass emergency legislation to deal with the situation at hand.

City Manager: The City Manager is the City's designated Director of Emergency Services. Under his direction, the Yuba City Fire Department, in conjunction with other City operating and support departments, develops emergency preparedness plans, readiness and specialized training programs and exercises, and public outreach efforts to educate the public and business community.

City Departments and Employees: All officers and employees of the City are designated as Registered Disaster Service Workers, and are responsible for the protection of life and property in the City during an emergency or disaster. The City organization plans and trains annually to prepare for the eventuality of a disaster hitting our community. The City works closely with the County of Sutter and other bi-county governmental and school agencies, as well as private sector businesses, to assure an efficient and effective emergency response for the safety of our residents.

Local Businesses and Non-Profits: Community volunteer organizations and local businesses play a vital role in the City's response and recovery from an emergency. These entities help assess the emergency situation and help the City make decisions to ensure the continuity of government and provide services to those affected.

You: You have a responsibility – disasters can affect everyone. It is important that you are prepared and understand your responsibilities during a disaster. When you are prepared, you become part of the solution.

Emergency Reference Card

Household Emergency Information

Contact information for household members. Please fill this section in and keep it up to date.

Household Members Information

Name	Date of Birth
Evacuation Location	
Medical Information	
Work, School, Other Address	Phone
Name	Date of Birth
Evacuation Location	
Medical Information	
Work, School, Other Address	Phone
Name	Date of Birth
Evacuation Location	
Medical Information	
Work, School, Other Address	Phone
Name	Date of Birth
Evacuation Location	
Medical Information	
Work, School, Other Address	Phone

Household Information	Name	Phone	Policy #
Doctor(s)			
Pharmacist:			
Medical Insurance:			
Homeowners/Rental Insurance:			
Other:			

Emergency Information

Fire Department	Phone
Police Department	Phone

Household Disaster Plan Wallet Cards

Fill these cards out for you and your family members to carry with you.



Household Disaster Plan

Home Meeting Address:

Home Meeting Phone:

Neighborhood Meeting Address:

Neighborhood Meeting Phone #:

More on back



Household Disaster Plan

Home Meeting Address:

Home Meeting Phone:

Neighborhood Meeting Address:

Neighborhood Meeting Phone #:

More on back



Household Disaster Plan

Home Meeting Address:

Home Meeting Phone:

Neighborhood Meeting Address:

Neighborhood Meeting Phone #:

More on back



Household Disaster Plan

Home Meeting Address:

Home Meeting Phone:

Neighborhood Meeting Address:

Neighborhood Meeting Phone #:

More on back



Household Disaster Plan

Home Meeting Address:

Home Meeting Phone:

Neighborhood Meeting Address:

Neighborhood Meeting Phone #:

More on back



Household Disaster Plan

Home Meeting Address:

Home Meeting Phone:

Neighborhood Meeting Address:

Neighborhood Meeting Phone #:

More on back

Household Disaster Plan Wallet Cards

Fill these cards out for you and your family members to carry with you.



Household Disaster Plan

Out of State Contact Name:

Contact Address:

Contact Phone:

Other Information:

More on back



Household Disaster Plan

Out of State Contact Name:

Contact Address:

Contact Phone:

Other Information:

More on back



Household Disaster Plan

Out of State Contact Name:

Contact Address:

Contact Phone:

Other Information:

More on back



Household Disaster Plan

Out of State Contact Name:

Contact Address:

Contact Phone:

Other Information:

More on back



Household Disaster Plan

Out of State Contact Name:

Contact Address:

Contact Phone:

Other Information:

More on back



Household Disaster Plan

Out of State Contact Name:

Contact Address:

Contact Phone:

Other Information:

More on back