



# EMERGENCY PREPAREDNESS FOR ALL

Preparedness is everyone's job. Everyone should plan ahead for disasters. In Nevada County, we can have earthquakes, floods, wildfires, and power outages. Any of these disasters can leave families, individuals, and facilities without power, water, food, or transportation for many days. It is important that you know how to prepare for disasters.

This document will guide you on 4 steps to prepare for disasters or emergencies, the actions you need to take now, and how you can use what you prepare.





## Step 1: Find Your Five Trusted Allies and Share Your Plan

Identify five people who will become your trusted allies. Your five trusted allies are people that will check on you and that you can communicate with before, during, and after a disaster or emergency so that they know you are safe or if you need help. Your list of five people should have complete contact information with phone numbers, email, and street addresses. In some events, phones may not be working. In that case, try to make contact through e-mail, text, social media, or in-person.

Do not depend on only one person. People work different shifts, take vacations, and are not always available. Make sure some of the people on your list live close to you and have at least one person who lives out of the area.

When you are creating your contact list of trusted allies, ask each person the best way to contact them. Explain what you are asking them to do for you during a disaster or emergency. Make sure they understand and agree.

### **ACTIONS:**

#### Create your list of five trusted allies:

- Include as many different ways to contact each person as possible: phone numbers, emails, and addresses.
- Contact each person in your group of allies and get their agreement.
- Keep your list updated.

## USE IT

- Make several copies of your list. Keep them where they will be easy to find. For example - on your refrigerator, inside the front door, in your purse or wallet, in your car glove box, saved in your mobile phone or on another electronic device, etc.
- Share a copy with each member of your group of allies.
- Put a copy in a sealed plastic bag in each of your emergency supply kits (go bag, car kit, keep it with you kit, etc.)
- Check in with your trusted allies often, especially on Red Flag Warning days.



When selecting your five trusted allies who know your plan, consider coaches, childcare providers, relatives outside the area, and neighbors on shared evacuation routes. Ask one out-of-state friend or relative to be your trusted ally.

<b>CONTACT NAME*</b>	<b>CONTACT DETAILS (phone, email, etc.)</b>
1.	
2.	
3.	
4.	
5.	

\*Include 1 out of area contact



## Step 2: Prioritize Your Health Needs and Create Lists

These are lists of your medication, disability-related supplies or equipment, and anything else you need daily. Decide what medication and equipment you need every day to be independent. Write down where you keep them and any information about them you may need during a disaster or emergency. This information can be useful to your trusted allies, first responders, or shelter staff. There may be phone apps that you can use to help develop these lists as well as having a written or printed list.

### **ACTIONS:**

#### Create your Medical and Independent Living Needs List

- Make a list of all your medications and their use or dosage.
- Make a list of equipment you need. For example, list equipment to help you hear (like hearing aids), see (like glasses), or get around (like a walker or wheelchair). Also list oxygen equipment and other devices that you need.

### **USE IT**

Make several copies. Keep them with your contact lists where it will be easy to find. Put them on apps in your phone, if possible.



**IMPORTANT MEDICAL AND HEALTH RELATED INFORMATION**

Doctor's name:

Phone number:

Type of Health Insurance:

Policy Number:

Blood Type:

Allergies and sensitivities:

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**MEDICAL AND HEALTH RELATED EQUIPMENT**

- 1.
- 2.
- 3.
- 4.
- 5.

**MEDICATION NAME**

**DOSAGE AND TIME TAKEN**

- 1.
- 2.
- 3.
- 4.
- 5.



## Step 3: Create Your Emergency Supplies Kits

Have you planned for your important needs during a disaster or emergency no matter where you are? These events can occur at anytime and anywhere. You may be at home, at work, on vacation, or just out and about. Keeping important items with you is key to successful disaster planning.

You can use the checklist on the opposite page to assemble your kit.

### **ACTIONS:**

**Pack emergency kits to have in different places:**

- Carry with you
- In your home
- In your car
- In your office

**Suggested items to include in your emergency kit:**

- 3-day supply of non-perishable food and three gallons of water per person
- Credit cards and cash
- Important documents (birth certificates, passports, etc.), contact list, and evacuation routes
- Prescriptions, special medications, first aid kit
- Battery-powered radio and flashlight
- Extra batteries and battery backup for equipment
- Pet & service animal supplies (food, water, carrier, leashes)
- Change of clothing and sturdy shoes for walking
- Grooming utensils and dressing devices
- Hearing devices and extra eyeglasses or contact lenses
- Extra set of car and house keys
- Cell phone charging cord and extra battery
- Breathing equipment and N95 mask
- Walker/crutches/cane/wheelchair and repair kit
- Sanitation and urinary supplies



# EMERGENCY KIT CHECKLIST

Three-day supply of non-perishable food and 3 gallons of water per person

- Map marked with evacuation routes
- List of important numbers in case your cell phone is lost
- Prescriptions, special medications (at least 1-week supply)
- Battery-powered radio
- Extra batteries and backup power
- Pet & service animal supplies (food, water, carrier, leashes)
- Change of clothing, sturdy shoes
- Eating utensils                       Grooming utensils
- Hearing devices                       Extra eyeglasses or contact lenses
- Sanitation and urinary supplies                       Wheelchair and repair kit
- N95 mask     An extra set of car keys
- Credit cards, cash, or checks     Flashlight
- Copies of important documents (birth certificates, passports, etc.)
- Cell phone charging cord and extra battery
- Diaper bag                                       First aid kit
- Breathing equipment     Walker/crutches/cane
- Dentures
- Other: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Step 4: Plan How and When to Evacuate

You do not need to evacuate in all disasters. Make sure you know when to evacuate. Usually a city, county, or first responder will let you know. If it looks dangerous though, use your best judgement. Be familiar with all possible routes out of your home or office and to get out of your neighborhood.

It is important that you plan your evacuation strategy ahead of disasters. Develop a plan for yourself and your animal(s) on what to do: know when to evacuate, where to go, and what to take with you.

Think about how you want to exit your home or your office and make a detailed map about where to go to meet friends, family, or your trusted allies (for home, work, or where you usually are).

Evacuation routes out of your neighborhood will depend on the type of disaster and where it is located. Know all the main routes out of your neighborhood, drive them ahead of time so that you are familiar with them.

### **ACTIONS:**

#### **Register for Alerts and Stay Informed**

It is important to be informed – sign up for local alerts and warnings for your area so you know if and when you need to evacuate. There are also many emergency services apps and trusted news outlets available.

#### **Create an evacuation plan**

Write down your exit plans and evacuation routes in detail and where to meet for home, work, or wherever you usually are, including how you will evacuate and where you will go. If you have animals, include them in your evacuation plan.

Make sure you, your family, and trusted allies have a meet-up location away from your neighborhood in case you are separated in a disaster or emergency.

### **Practice your plan**

- Practice your evacuation plan. Get familiar with it and see if anything should be changed, added, or removed.
- Make sure everybody in your plan knows the plan.



#### **EVACUATION ROUTES: KNOW WHERE TO GO**

Evacuation Route 1:

Evacuation Route 2:

#### **EMERGENCY MEETING PLACE**

Make sure you and your family have a predetermined meet-up location away from your neighborhood in case you are separated in an emergency.

Emergency Meeting Place Location & Phone Number:

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## **Nevada County Emergency Systems**

**CodeRED** is a high-speed mass notification system designed to notify residents in the event of an emergency. We recommend you register to receive all possible alert notifications including: SMS/text, email, landline, cell phone, and TTY.

All CodeRED emergency alert calls will originate from **866-419-5000**. Non-emergency alert calls will originate from **855-969-4636**. Text messages may originate from **218-350-0131**. Please be sure to add all three CodeRED emergency alert numbers to your contacts.

**Encourage everyone in your household to register. If you need help signing up with CodeRED please dial 211 or 1-833-DIAL211 for assistance.**

**No Guarantee** - Monitor local media too. CodeRED emergency alerts only work when cell phone towers and telephone lines are working. There is no guarantee you will receive an alert during an emergency.

### **Listen to the radio:**

KVMR 89.5 FM & 105.1 FM, KNCO 830 AM, KTKE 101.5 FM, and KQMS 1670 AM.

**211** is a free service that connects Nevada County residents with critical non-emergency information before, during, and after a disaster. Before disaster strikes, dial 211 or 1-833-DIAL211 to learn about preparedness resources and enroll in the CodeRED emergency alert system.

During a disaster, call 211 for information on evacuations, shelters, road closures, and more. Trained specialists provide up-to-date official information directly from the Emergency Operations Center. After a disaster, call 211 to connect to resources such as food, shelter, clothing, and recovery programs. Learn more at [211CONNECTINGPOINT.ORG](http://211CONNECTINGPOINT.ORG)

### **Nevada County east of Donner Summit**

If you live in Nevada County east of Donner Summit, make sure you also register for **Nixle** emergency alert notifications. Truckee Police Department and Truckee Fire Protection District routinely provide public messaging and emergency notifications via **Nixle** to update community members.

**REGISTER FOR NIXLE: [LOCAL.NIXLE.COM/REGISTER](http://LOCAL.NIXLE.COM/REGISTER)**

**For more information or trainings,  
please contact any of the following organizations:**

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**FREED Center for  
Independent Living**

435 Sutton Way  
Grass Valley, CA 95945  
Voice: (530) 477-3333  
TTY: (530) 477-8194  
Fax: (530) 477-8184  
Toll free: (800) 655-7732  
Email:  
FREEDGrassValley@FREED.org

**211 Connecting Point**

Toll free: 2-1-1 or 1-833-DIAL211  
Available 24/7  
211ConnectingPoint.org

**Gold County  
Community Services**

Mailing Address:  
PO Box 968,  
Grass Valley, CA 95945  
Physical Address:  
528 Brunswick Road, Grass Valley  
(Glenbrook Station)  
Phone: (530) 615-4541  
E-Mail:  
info@goldcountryservices.org

**Neighborhood Center  
of the Arts**

200 Litton Drive, Suite 212  
Grass Valley, 95945  
Phone: (530) 272-7287

**Sierra Foothills Village**

P.O. Box 1010  
Nevada City, CA 95959  
Phone: (530) 205-3326  
Email:  
info@sierrafoothillsvillage.org

**The Food Bank  
of Nevada County**

Mailing:  
578 Sutton Way #187  
Grass Valley, CA 95945  
Physical:  
310 Railroad Ave.  
Grass Valley, CA 95945  
Phone: (530) 272-3796

## NEVADA COUNTY RESOURCES FOR EMERGENCY PREPAREDNESS

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For more information on Emergency Preparedness for seniors and people with disabilities in Nevada County contact:

### **County of Nevada**

MyNevadaCounty.com

Twitter: @NevadaCountyCA

### **County of Nevada Office of Emergency Services**

ReadyNevadaCounty.org

Twitter: @NevCoOES

### **The Center on Disability/Pacific ADA Center**

555 12 St, Suite 215, Oakland, CA 94607

Phone: 510-285-5600      Hotline: 800-949-4232

emerg2@adapacific.org

<https://www.adapacific.org/emergency-preparedness-publications-resources>

### **FEMA's Ready Campaign**

<https://www.ready.gov/>

### **California's Office of Emergency Services**

<https://www.caloes.ca.gov/individuals-families>

### **California's Health & Human Services Agency**

<https://www.chhs.ca.gov/blog/2019/10/25/public-safety-power-shutoffs-resource-guide/>

### **American Red Cross**

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/disaster-safety-for-people-with-disabilities.html>

### **California Department of Public Health**

<https://www.cdph.ca.gov/Programs/EPO/Pages/PrepareanEmergencySupplyKit.aspx>

### **California Department of Developmental Services' Feeling Safe, Being Safe**

<https://www.dds.ca.gov/consumers/emergency-preparedness/>