



# Yolo County Health Department & Office of Emergency Services **BEING PREPARED FOR EMERGENCIES**

## **DON'T BE AFRAID, BE READY!**

Are you prepared?

Being prepared for *unexpected* Emergencies is a job for **everyone**. These can be natural disasters and/or the result of biological, chemical and radiological weapons. **All** Americans should :

- **Make an Emergency Kit**

- **Make a Plan**

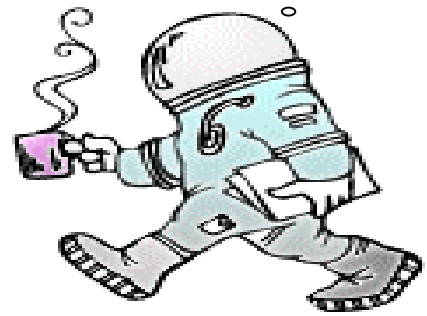
Develop a family communication plan

- **Be Informed**

**Learn** more about emergencies you could face  
And where you can turn for help and information.

Use the **Internet** to locate emergency preparedness information:

- > Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)
- > Yolo County Health Department: [www.yolohealth.org](http://www.yolohealth.org)



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### **Protect Your Health in Important Ways!**

Prevent the spread of disease with proper hand washing and good hygiene. In the case of an emergency always remember these basic guidelines:

- **Always Cover Your Mouth When You Sneeze or Cough.**

- **Don't Share Food and Drinks with Others.**

- **Wash Your Hands Often and Carefully. Use Soap and Scrub hands thoroughly for thirty seconds before Rinsing Clean.**



# ✓ Make an Emergency Kit

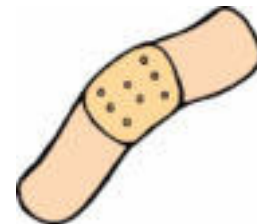


Prepare enough for you and your family to survive on for **AT LEAST THREE DAYS**. (see below for items to include).

You may need to **remain in your home** until the danger from a biological chemical or radiological threat has passed. This is called “**Shelter in Place**”.

Here are some items to include in a home emergency kit:

- ❑ “Special Needs” items for members of your family, formula and supplies for infants, items for older people, or people with disabilities
- ❑ First aid supplies, band-aids, antibiotic ointment, other bandage supplies
- ❑ Prescription medications for any household members
- ❑ Flashlight and Battery-powered radio/television with extra batteries
- ❑ Sleeping bag and walking shoes for each person
- ❑ Water and Food. A gallon of water per person per day should be enough. Canned and dried foods are easy to store and prepare
- ❑ Tools (duct tape, garbage bags—to seal windows and doors, can opener, hammer, screwdrivers, wrench, etc)
- ❑ Cash or traveler’s checks

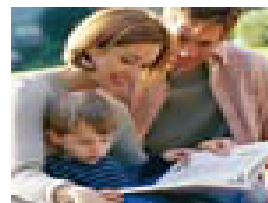


Make sure all household members know where the emergency kit is kept. You should also consider bringing an emergency supply kit to work or leaving one in your car.

## ✓ Make a Plan

Meet with your family.

- Explain how to prepare and respond
- Plan how your family will get back together if separated by disaster.
- Pick two places
  - 1) A location a safe distance away from your home in case of fire.
  - 2) A place outside your neighborhood in case you can't return home
- Choose an **out-of-state** friend or family member as a "check-in contact" for everyone to call

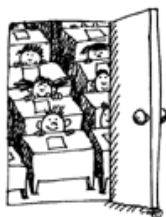


Complete these steps.

- Post emergency numbers by every phone
- Make plans for child in case parents can't get home



Remember to practice and maintain your plan.



## When Your Child is at School

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

Find out where you or a designated person will need to pick up your child.

In the event of evacuation, you will be notified by school officials where and when your child can be picked up, so make certain the school has a way of reaching you. Radio or television stations may also carry instructions. Finally, make sure your child has personal identification and phone numbers to reach family or friends.



## Important Phone Numbers

- American Red Cross  
West Sacramento, Clarksburg, Elkhorn Residents.....916-368-3131  
All other Yolo County Residents...530-662-4669
- Yolo County Health Department.....530-666-8645
- Fire Department of Yolo County.....530-666-8920
- Sheriff's Department Yolo County.....530-861-1300
- CalTrans (Highway Conditions).....1-800-427-7623
- California Poison Control Center.....1-800-876-4766

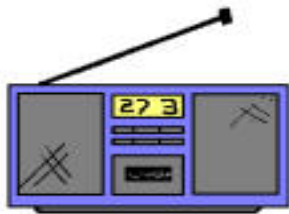
**In Case of a biological, chemical or radiological emergency, authorities  
may direct you to  
SHELTER IN PLACE or EVACUATE.**

**SHELTER IN PLACE** means remaining inside your home or place of work and protecting yourself there.

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If officials advise you to shelter in place:

1. Stay calm.
2. Bring children and pets indoors immediately.
3. Close and lock all windows and outside doors.
4. Turn off all fans, heating and air conditioning systems, close exterior doors and windows.
5. If you have a fireplace, close the damper.



6. Gather your disaster supplies and Battery-powered radio.
7. Go to an interior room ideally without windows. In case of chemical threat, a room above ground is preferable because some chemicals are heavier than air and may seep into the basement.
8. Use duct tape or wet towels to seal doors, windows, vents, and exhaust fans.
9. Listen to the radio or TV for emergency instructions and Shelter in Place until you are told all is safe.