



*From the Yuba City Fire Department...*

# **Family Disaster Planning and Preparedness: Get Ready**

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# You Can... Prepare For Disaster



*The Yuba City Fire Department and Fire Analyst III William Fuller have provided the core of this Family Disaster Preparedness Guide. The 13 county health departments of OES Region III are grateful to the Yuba City Fire Department and Fire Analyst William Fuller for the reproduction of their work to be shared by all Californians. You can view the original guide developed specifically for Yuba City at:*

*[http://www.yubacity.net/documents/Disaster\\_Preparedness\\_Guide.pdf](http://www.yubacity.net/documents/Disaster_Preparedness_Guide.pdf)*

We now 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 1996 Northern California found itself on the receiving end of torrential rains brought on by what meteorologists called the "Pineapple Express." Wave after wave of tropical moisture stretched to the Hawaiian Islands and days of relentless heavy rain resulted in one of the biggest mass evacuations in California history. As we faced similar flooding at the end of 2005, the fear of a flood and the uncertainty of leaving one's home are still fresh in the memories of residents of Butte, Colusa, Glenn, Siskiyou, Sutter and Yuba Counties. The events of 9/11, the threat of earthquakes and other natural disasters and concerns about a new strain of avian influenza should be a wake up call to all of us to plan ahead, be prepared.

*Be Prepared* 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 your local health department for information about specific hazards in your area and to volunteer to help make your community better prepared. The 13 Northern California counties that comprise OES Region III are in the process of developing the "Medical Reserve Corps" (MRC) of Far Northern California. The goal is to have the organization incorporated as a non-profit entity and a structure in place by April 1, 2006 so volunteer recruitment can begin. The MRC provides the means to pre-register and provide training for local active and retired doctors, nurses, respiratory therapists, paramedics EMTs and others with medical expertise as well as non-medical support staff to help respond when a disaster strikes. We all have a personal responsibility to be ready, *Be Prepared!*

# 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 emergency kit when you change your clocks during daylight-saving time.

## *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.

- 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 or even a friend or relative's home likely outside the disaster location.
- 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-area or out-of-state friend or relative that household members can call if separated during a disaster.
- When local phone circuits are busy, long-distance calls may be easier to make. This out-of-area or out-of-state contact can be an important way of communicating between household members.
- Account for everybody's needs especially seniors, people with disabilities and those with language barriers.
- 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.

## Your “Go Bag”

- Copies of your important documents in a waterproof and portable container (insurance cards, birth certificates, deeds, photo ID’s, important telephone numbers, 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. Remember, if electrical power is lost, ATMs may not work.
- 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.
- Cell phone charger.

# 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 7.

- One gallon of drinking water per person per day. If you get your water from your own well and live in an area prone to power, you probably already have commercially available 2.5 gallon plastic water dispensers.
- 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.
- In you home, make sure you have an extra fire extinguisher, and working smoke and carbon monoxide detectors.
- Childcare supplies, infant food, or other special care items.
- Other supplies and tools.

# Emergency Response



## When Calling 911

- **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 unless there are downed electrical lines.**
- **Contact your utility company directly 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 an emergency, turn a light on so that emergency responders can find your home.**

***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 or County 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 or are alerted to do so by the activation of the Emergency Alert System on your radio or TV.
- 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 your local radio station. In large scale emergencies, the Emergency Alert System may be activated. Find out which local radio station would be the best source for emergency information. Keep your radio tuned to your LOCAL radio station for the latest emergency information. At the request of the California Office of Emergency Services, your local station will provide critical information, emergency warnings, updates, bulletins, and evacuation instructions.

## **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.).

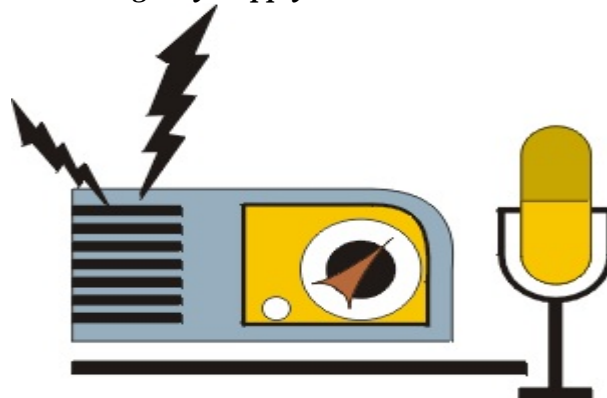
- Take shelter in a room that has few doors or windows. Ideally, a room to shelter in place should allow at least 10 square feet per person.
- Seal all doors and windows.
- Turn off all ventilation systems.
- Do not use the phone – keep the phone line available for emergency calls.
- Stay tuned to your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

## Disaster Sheltering

Some emergencies may require that you leave your home and travel to an emergency shelter. 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.
- Ideally they will be able to 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.

***Take your Go Bag and Emergency Supply Kit into 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 location of the emergency so stay tuned to your radio.

# Utilities Disruptions

Utilities disruptions may be widespread during a disaster and may pose serious danger locally.

## **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, 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 use your cell phone or a neighbor's phone to 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 your local Department of Public Works.
- For service after hours or on the weekends, contact your local police or fire department.

## **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.
- Your name, address and telephone number

## **Water Emergencies and Preparedness Guide**

- If you have no water or very low water pressure, call your local Public Works Department.
- For service after hours or on the weekends, contact your local police or fire agency.
- 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 extreme cases, 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.

In areas where tap water is not chlorinated or where sanitation is poor, there are several alternative methods for ensuring water is safe to drink. These include boiling the water, chemically disinfecting it, filtering it, using various combinations of the previously stated methods, or buying bottled water. Remember: if the tap water is not safe to drink in the area you are visiting, do not use it to reconstitute juice, baby formula or to rinse fresh fruits and vegetables. Also avoid ice made from tap water. Below we describe ways to make sure water is safe to drink.

### **Bottled Water**

Bottled water is a recommended alternative to tap water. Before drinking, be sure the beverages be sure all bottled beverages have fully sealed caps. If seals are not intact, the bottles may have been refilled and may be contaminated.

### **Boiling Water**

Boiling water is the best method for making water safe to drink. Boiling water as recommended will kill bacterial, parasitic, and viral causes of diarrhea. Adding a pinch of salt to each quart will improve the taste.

### **Directions for Boiling Water**

- Boil water vigorously for 1 minute and allow it to cool to room temperature (do not add ice).
- At altitudes greater than 6,562 feet (>2,000 m), boil water for 3-10 minutes or use chemical disinfection after water has been boiled for 1 minute.

### **Chemical Disinfection**

If boiling water is not possible, chemical disinfection with iodine (e.g., Globaline, Potable-Aqua, or Coghlan's, found in pharmacies and sporting goods stores) is another method for making water safer to drink. Cryptosporidium (a parasite that can cause diarrhea) and other coccidian parasites (e.g., Cyclospora, Toxoplasma) might not be killed by this method. Cloudy water should be strained through a clean cloth into a container to remove any sediment or floating matter, and then the water should be treated with iodine.

## Directions for disinfecting water with iodine tablets

1. Follow the tablet manufacturers' instructions.
2. If water is cloudy, double the number of tablets.
3. If water is extremely cold, less than 5° C (41° F), an attempt should be made to warm the water, and the recommended contact time (standing time between adding a chemical disinfectant to the water and drinking the water) should be increased to achieve reliable disinfection.

<b>Water Purification by Boiling or Bleach</b>		
<b>Boil water for 1 full minute or follow treatment below</b>		
	<b>For clear water</b>	<b>For cloudy water</b>
<b>Water</b>	<b>Bleach</b>	<b>Bleach</b>
<b>1 quart</b>	<b>2 drops</b>	<b>4 drops</b>
<b>1 gallon</b>	<b>8 drops</b>	<b>16 drops</b>
<b>5 gallons</b>	<b>½ tsp</b>	<b>1 tsp</b>
<b>Shake vigorously and let set 30 minutes before use.</b>		

## Portable Water Filters

Certain types of portable water filters can also remove some types of infectious agents from drinking water. Water filters can be effective in removing Giardia cysts. However, most of the portable filters on the market do not effectively remove viruses. Therefore, in addition to filtration, chemical disinfection of water may be needed to make water safe for drinking. See the CDC links below for more information.

[http://www.cdc.gov/ncidod/dpd/parasites/cryptosporidiosis/factsht\\_crypto\\_prevent\\_water.htm](http://www.cdc.gov/ncidod/dpd/parasites/cryptosporidiosis/factsht_crypto_prevent_water.htm)

[http://www.cdc.gov/ncidod/dpd/parasites/giardiasis/factsht\\_giardia.htm#wellwater](http://www.cdc.gov/ncidod/dpd/parasites/giardiasis/factsht_giardia.htm#wellwater)

For additional information

<http://www.cdc.gov/ncidod/dpd/healthywater/index.htm>

or to learn how to disinfect well drinking water contact your local health department and speak to one of the Registered Environmental Health Specialists.

# Electrical Power Outages

- Contact your local utilities company.
- Keep the number in your list of emergency telephone numbers. If your power company's emergency number is not listed below find out what the number is and keep it handy.
  - Pacific Power 1-888-221-7070
  - Pacific Gas and Electric 800-743-5000
  - Redding Electric Utility 245-7000
  - SMUD 1-888-456-7683
  - Southern California Edison 1-800-611-1911
- Again, make sure you have the emergency telephone number for YOUR local utility company.
- 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 electrical 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 speeding up the thawing process.
- Stay indoors if possible. If you must go outside, stay clear of downed or dangling power lines. Treat all downed lines as if they are dangerous.
- Keep a battery operated radio on for updates.
- If you lose power and or heat during the winter, close all room doors and insulate your home as much as possible.
- Do not burn charcoal barbeques indoors as they produce deadly carbon monoxide.
- Using your gas range can also be dangerous, especially if not properly vented.
- Using your gas range for heat may increase the risk of fire and carbon monoxide poisoning.



*Did you know that you can buy radios and flashlights, even cell phone chargers with batteries that can be recharged by using a hand crank?*



# Emergency Preparedness: Prevention at Home

For Household Emergencies:  
An Ounce of Prevention is  
Worth a Pound of Cure  
Be Prepared...

- Take a First-Aid and CPR class



- Learn First Aid 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.
- Install fire extinguishers in your home and make sure all household members know where they are and how to use them.
- Change batteries in smoke and carbon monoxide detectors and check on emergency supplies twice a year when changing clocks for daylight-saving and standard times.

# Family Disaster Preparedness and Planning



## What Parents & Families Can Do:

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.
- Don't forget to 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.

# Disaster Related



## Mental Health Issues

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.
- Get involved. Working to aid in disaster relief or clean up efforts can provide a feeling of worth, increased well being and empowerment. Further, active involvement allows us to attain a sense of control and routine.
- If you continue to have the symptoms described above for an extended period of time, think about consulting a mental health professional.

It is not uncommon for people to experience anxiety and sleep disorder following a traumatic event. These are normal reactions. There are some things we can do to reduce these symptoms. The development of healthy coping mechanisms such as physical activity (jogging, walking, swimming, basketball, golf) or participating in an enjoyable activity (cooking, painting, sewing, going to a movie) are critical to healthy healing following a psycho traumatic incident or events.

# Seniors & People with Disabilities



## Information for You & Your Loved Ones

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.
- If your county has a medically fragile registry - get enrolled.



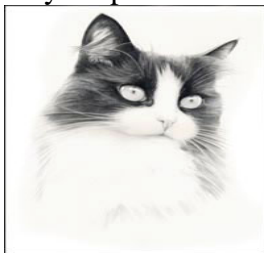
# Caring for Pets in a Disaster

## 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.
- See Wildland Fire Safety for Livestock and Pets in the *Fire* Section.
- Know the telephone number for your local animal control department and contact them ahead of time if you have questions.

# How You Can Help

## What we can do individually...

### **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:**

In a major disaster, especially one without warning, it may be impossible for local public safety personnel to meet all the immediate emergency needs. Under those circumstances, community volunteers will play an important role in helping the City and County respond to the emergency and in recovering from the disaster.

- California law provides for a classification of registered volunteer known as a “Disaster Service Worker”.
- These volunteers are persons who have chosen to volunteer their time to assist in a disaster or assist emergency service agencies in carrying out the responsibilities of that agency.
- Registered Volunteer Disaster Service Workers do not receive any monetary compensation for their services.
- The State of California provides Workers’ Compensation Insurance coverage in the event the registered volunteer is injured while performing assigned disaster duties.
- **If you are a licensed or certified medical, law enforcement or fire professional, part time or retired...Contact your local health department about becoming a member of your community’s Medical Reserve Corps.**
- 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.

# Additional Emergency and Disaster Preparedness Links

## **Shelter in Place Plan**

[www.tnema.org/Library/Plans/ModelSIP.pdf](http://www.tnema.org/Library/Plans/ModelSIP.pdf)

## **Emergency Management Guide for Business and Industry**

[www.tnema.org/Library/Plans/bizindst.pdf](http://www.tnema.org/Library/Plans/bizindst.pdf)

## **American Red Cross – Business & Industry**

[www.redcross.org/services/disaster/0,1082,0\\_606\\_000.html](http://www.redcross.org/services/disaster/0,1082,0_606_000.html)

## **Developing a Preparedness Plan and Conducting Emergency Evacuation Drills**

[www.tnema.org/Library/Plans/Nfpa-Evac.pdf](http://www.tnema.org/Library/Plans/Nfpa-Evac.pdf)

## **General Emergency Preparedness**

### **California Office of Emergency Services**

[www.oes.ca.gov](http://www.oes.ca.gov)

## **California Department of Forestry and Fire Protection (CDF)**

[www.fire.ca.gov](http://www.fire.ca.gov)

## **Federal Emergency Management Agency (FEMA) Offices**

1-800-480-2520

[www.fema.gov](http://www.fema.gov)

## **U.S. Department of Homeland Security**

1-800-BE-READY (1-800-237-3239)

[www.ready.gov](http://www.ready.gov)

[www.dhs.gov/dhspublic](http://www.dhs.gov/dhspublic)

## **U.S. Center for Disease Control & Prevention**

1-800-311-3435

[www.cdc.gov](http://www.cdc.gov)

## **Weather Forecast Information**

### **National Weather Service**

<http://weather.noaa.gov/>

## **The Weather Channel**

[www.weather.com](http://www.weather.com)

## **For Parents and Families**

### **Federal Emergency Management Agency (FEMA)**

[www.fema.gov/kids/](http://www.fema.gov/kids/)

## **American Red Cross**

1-530-673-1460

[www.prepare.org](http://www.prepare.org)