

Santa Barbara
Independent

DISASTERS PREP GUIDE

2020

DISASTER PREP GUIDE

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Santa Barbara is coastal, mountainous, semiarid, and situated close to fault lines. As such, the region has a long history of natural disasters, including storms, wildfire, and earthquakes.

Worsened by drought and high winds, wildfire is our most common natural disaster. In the past three years alone, wildfires have burned hundreds of thousands of acres county-wide, costing hundreds of millions of dollars in damages and firefighting costs.

After those fires burn away the grasses, chaparral, and trees, then come the debris flows, precipitated by ocean-born rainstorms that intensify as they collide with steep mountainsides. We will never forget January 9, 2018. In the smoldering wake of the Thomas Fire — then the largest wildfire in the history of state recordkeeping — a historic storm triggered the deadly I/9 Debris Flow. And just two months ago, the Cave Fire, which raced down Highway I54 and caused evacuations from Ontare all the way to Fairview, created a new threat of debris flows for neighborhoods along creeks below the burn scar.

All of this isn't to strike fear into the hearts of Santa Barbarans. It's only to remind us that we all should prepare ourselves for the inevitable next natural disaster. Don't think it can't happen here. It has. It does. It will again. Fortunately, we are a community full of helpful individuals and public, private, and nonprofit leaders dedicated to making disaster preparedness straightforward and affordable. This guide aims to gather many of those resources into a handy booklet that's easy to understand.

Translation services generously provided by the
City of Santa Barbara Office of Emergency Services.



GET READY . . .

The first and best—and likely the easiest—thing you can do for yourself (and those around you) is to sign up for emergency alerts through readysbc.org. There you will find a step-by-step process to register phone numbers (both cellular and landline) and email addresses to receive warnings, updates, and evacuation notices sent out by the Santa Barbara County Sheriff's Office or Office of Emergency Management. If you need help signing up, please call (805) 681-5526 or email oem@sbcoem.org.

GET SET . . .

Another important step to take is to put together a go-bag or emergency supply kit. This booklet breaks that down on page 4. Think of it as a creative project that will help reduce stress during an evacuation. Don't forget to put this booklet in your kit.

GO!

Have a plan. Have a backup plan. And maybe even another. When it's time to evacuate, you and each member of your household should have an agreed-upon plan on what to do and, if separated, where to meet. Brainstorm different scenarios. Think about where you can spend the night if you have to leave home. Get on the same page; maybe even use the blank space in this booklet to write it down.

Above all, look out for each other, connect with your neighbors, and educate yourself and others.

SOURCES: City of Santa Barbara, County of Santa Barbara, American Red Cross, Federal Emergency Management Agency, California Governor's Office of Emergency Services, National Weather Service, Santa Barbara Humane Society



THE GO-BAG

FEMA calls them emergency supply kits; they're also referred to as go-bags. Either way, the concept is the same: In case of emergency — which could include utility outages, communication disruptions, sheltering in place, or evacuations — it's important to have a cache of water, food, clothing, and related supplies assembled and easy to access. Because there will be delays in service, plan to be on your own for at least 72 hours. Duffels and plastic tubs with lids both work well as go-bags.

TIPS:

Make sure your go-bags are personalized. You can purchase them fully stocked or build your own. Either way, it's important to have essential and personal supplies geared toward the health, safety, and comfort of you and your family.

If you have to leave your home in a hurry and don't have time to pack clothing, grab your dirty clothes basket — it's filled with favorite clothes that fit.

Keep the gas tank in your vehicle at least half full at all times.

Have a go-bag for home, work, and, in case you get stranded on the road during a disaster, in your vehicle.

Maintain your go-bag by reviewing it twice a year, usually when you change the batteries in your home clocks and smoke detectors. Replace expired items as needed and update the bag with different items as your family's needs change. Keep canned food in a cool, dry place and store boxed food in tightly closed plastic or metal containers.



SHELTER

- ✦ Tent
- ✦ Rope
- ✦ Sleeping bags or warm blankets
- ✦ Emergency blanket
- ✦ Tarp and duct tape
- ✦ Camp stove and fuel

DOCUMENTS

- ✦ Contact info for emergency services, family, and friends; include an out-of-state and out-of-area contact
- ✦ Copies of important family documents, such as insurance policies, passports, and other identification, in a sealed plastic baggie; you can also scan your important documents and put them on an encrypted flash drive
- ✦ Cash (small bills), coins, and travelers checks
- ✦ Books, games, pens, and paper
- ✦ Written disaster and transportation plan for vulnerable friends and family who will need help

TOOLS

- ✦ Dust mask
- ✦ Work gloves
- ✦ Wrench or pair of pliers
- ✦ Fire extinguisher
- ✦ Utility knife
- ✦ Matches in waterproof container

MEDICAL

- ✦ First aid kit, with nonprescription pain reliever and Benadryl
- ✦ Sunblock and bug protection
- ✦ Extra prescription eyewear, prescription medication, and a copy of any written prescriptions
- ✦ Backup battery for electrical medical devices

COMMUNICATION

- ✦ Battery-powered and/or hand-crank radio, with extra batteries
- ✦ Flashlight and extra batteries
- ✦ Local roadmaps
- ✦ Whistle (if you need to signal for help)
- ✦ Set of house and car keys
- ✦ Phone charger and external power bank

FOOD & WATER

- ✦ One gallon of water per person per day
- ✦ Three-day supply of nonperishable food and a manual can opener
- ✦ Mess kit, kitchen items, disposable plates, cups, and utensils
- ✦ Plain household bleach and a dropper to disinfect water
- ✦ Water purification tablets

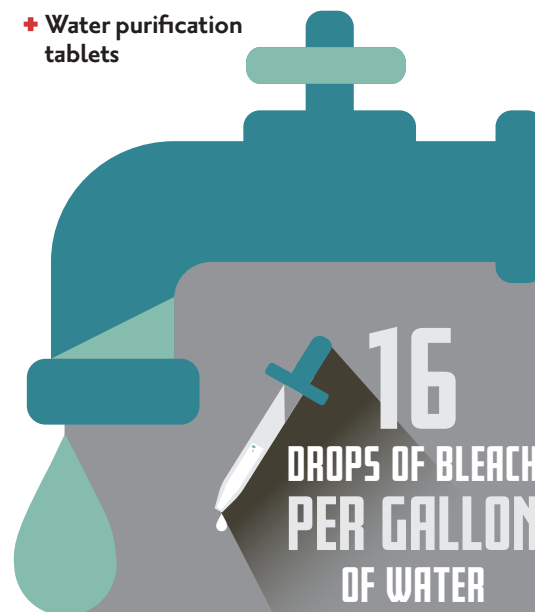
HYGIENE

- ✦ Towels
- ✦ Paper towels, toilet paper, and moist towelettes
- ✦ Garbage bags and plastic ties
- ✦ Extra diapers, infant food, and formula (if necessary)
- ✦ Feminine hygiene items
- ✦ At least one change of clothing and hard-soled shoes

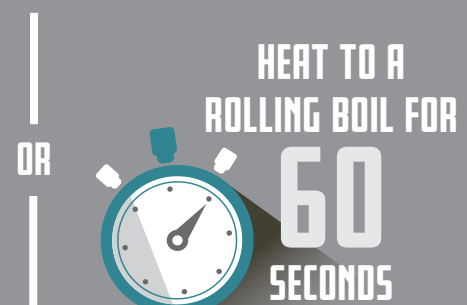


FIRST AID KIT ITEMS:

- TWO PAIRS OF NON-LATEX OR OTHER STERILE GLOVES
- SCISSORS
- STERILE DRESSINGS
- SOAP AND ANTIBIOTIC TOWELETES
- ANTIBIOTIC OINTMENT
- BURN OINTMENT
- ADHESIVE BANDAGES IN A VARIETY OF SIZES
- EYE WASH SOLUTION
- THERMOMETER
- ASPIRIN OR NON-ASPIRIN PAIN RELIEVER
- ANTI-DIARRHEA MEDICATION
- ANTACIDS



HOW TO TREAT DRINKING WATER



STAY INFORMED

During an emergency, Santa Barbara officials and members of the media communicate information and instructions to the public in a number of ways. Here's a list of reliable sources. But remember: Be aware of your surroundings, and if you ever feel in danger, DO NOT wait for an alert to protect yourself.

DIGITAL AND ANALOG

ReadySBC Alerts: This is the county's main public-alert tool. It sends warnings to residents via text messages, emails, cell phone calls, and landline calls. In order to receive these official messages, you must sign up at readysbc.org. Click the red "Register for Alerts" icon at the top of the page. As county officials say: "If we can't reach you, we can't alert you."

Nixle: Nixle is a community information service used across the U.S. that contracts with local public-safety agencies to send alerts to residents through text messages and social media networks. To sign up, simply text your zip code to 888777. Spanish translation is available.

Wireless Emergency Alerts (WEA): WEA is a federal public-messaging tool that allows residents with certain wireless phones and other mobile devices to receive geographically targeted, text-like messages that warn of imminent safety threats. You don't need to sign up for WEA—cell phone companies volunteer to participate in the system, so check with yours to find out if they do.

Emergency Alert System (EAS): EAS messages are transmitted via radio and television by participating broadcasters. They contain an audio message and/or scrolling text. You don't have to sign up to receive these types of alerts, but you do need to be tuned in to a local TV channel or radio station to get them.

MEDIA

Santa Barbara news agencies report on emergencies and frequently re-broadcast official county messages. Here are the region's most trusted sources:

Television: KEYT (Channel 3), KSBY (Channel 6), KAFX (Channel 11), and KCOY (Channel 12)

Print and Online: *Santa Barbara Independent* (independent.com), *EdHat* (edhat.com), *Santa Maria Times* (santamariatimes.com), *Noozhawk* (noozhawk.com)

Radio: KCLU (FM 88.3), KDRW (FM 88.7), KCSB (FM 91.9), KIST (FM 107.7 *Spanish)

RADIO

Radio Ready: When the power is out and the internet is down, a radio may be your last hope for receiving critical information. The county partners with a network of Radio Ready stations to broadcast emergency notices with the help of generators and satellite equipment. Be sure you own a hand-crank or battery-operated radio, and keep extra batteries handy.

FM Stations:

Santa Barbara/South Coast—KCLU 88.3 and 102.3; KOSJ 94.1; KTYD 99.9
Santa Maria—KCLU 89.7 and 92.1; KCBX 99.5
Lompoc—KCBX 95.1
Santa Ynez/Solvang—KCBX 90.9; KSYV 96.7; KRAZ 105.9
Countywide—KSPE 94.5; KIST 107.7 *Spanish

AM Stations:

Santa Barbara/South Coast—KOSJ 1490; KZSB 1290; KCLU 1340
Santa Maria—KTMS 990; KUHL 1440

NOAA Weather Radio All Hazards (NWR): NWR is a nationwide network of radio stations broadcasting continuous weather information directly from the nearest National Weather Service office. To receive the Santa Barbara County broadcast, tune your weather radio to the SAME code: 006083.

SOCIAL MEDIA

Twitter is often the most timely social media tool in a disaster. Here are the accounts to follow:

- + **Office of Emergency Management** (@SBCountyOEM)
- + **County of Santa Barbara** (@countyofsb)
- + **County of Santa Barbara *Spanish** (@csbenespanol)
- + **Santa Barbara County Fire Department** (@SBCOUNTYFIRE)
- + **Santa Barbara Sheriff's Office** (@sbsheriff)
- + **National Weather Service, Los Angeles** (@NWSLosAngeles)
- + **CHP Coastal Division** (@CHP_Coastal)

WEBSITES

There are only a handful to remember:

- + **ReadySBC.org:** The clearinghouse for all official county information. It contains a ton of resources, from guides to maps to important phone numbers and addresses. Whether you're in the mode of disaster prep or recovery, all roads lead to ReadySBC.org.
- + **SantaBarbaraCA.gov:** The City of Santa Barbara's Office of Emergency Services features helpful suggestions on assembling supply kits, preparing your business, shutting off utilities, and so on.
- + **RedCross.org:** Perhaps your best source for general health and safety information in crisis situations. Be sure to search through the Central California Region section as well.
- + **Ready.gov:** The Department of Homeland Security's user-friendly site focused entirely on helping you prepare yourself and your family for any type of disaster.
- + **EarthquakeCountry.org:** The in-depth website for the Earthquake Country Alliance (ECA), a public-private partnership of people, organizations, and regional associations devoted to helping residents get ready for and survive the next Big One.

APPS

- + **Life360:** In a disaster situation, this app will track your movements and automatically send texts to friends and family when you're on the road and when you've reached your destination.
- + **MyShake:** Developed by the UC Berkeley Seismology Lab, MyShake provides early earthquake warnings across California. It sends alerts for magnitude 4.5 quakes or higher, gives damage and shaking reports submitted by other users, and offers the latest information from the U.S. Geological Survey.
- + **GasBuddy:** It's hard to escape disaster without gas. GasBuddy lets you locate the nearest working pump despite the weather and the congestion.
- + **Nextdoor:** A fast and easy way to connect with neighbors to share information and, more importantly, give and receive help.



POWER SHUTOFF READINESS



Santa Barbara's power utilities — Pacific Gas and Electric Company (PG&E) in North County, and Southern California Edison (SCE) in South County — recently developed plans to shut off power during critically hot, dry, and windy weather to reduce the risk of wildfires. A Public Safety Power Shutoff (PSPS) will last as long as the potentially dangerous weather conditions exist, plus the amount of time it takes for utility workers to inspect and repair their equipment in the affected area(s). Residents need to be prepared to endure power outages lasting 5-7 days.

Outages will disrupt phone and internet communications, water and sanitation services, air conditioning, security systems, and transportation. They will also force the closure of retail businesses, grocery stores, gas stations, pharmacies, ATMs, and banks; spoil food and prevent the use of medical devices such as oxygen concentrators; and render useless elevators, garage doors, and electric gates.

BEFORE AN OUTAGE:

- + Buy batteries to meet your needs
- + Gather five days' worth of nonperishable food and water
- + Keep cell phones charged and gas tanks full
- + Have flashlights on hand and avoid using candles
- + Check if your landline works without power; if it doesn't, contact your provider
- + Have an outage plan for your electronic medical devices
- + Install carbon monoxide detectors
- + Monitor the weather and sign up for emergency alerts

DURING AN OUTAGE:

- + Turn off and unplug electrical devices to avoid surge damage
- + Keep fridge and freezer doors closed
- + Eat food from fridge first, freezer second, and nonperishable items last
- + Avoid carbon monoxide poisoning — no BBQs or generators indoors!
- + Check on elderly neighbors
- + Keep emergency lines open; only dial 9-1-1 if you are having an emergency

AFTER AN OUTAGE:

- + Food — when in doubt, throw it out!
- + Discard refrigerated medicine after 24 hours, unless otherwise advised by the label or your pharmacist

To learn more, visit readysbc.org, or contact your power company:

- + Southern California Edison (SCE), sce.com/PSPS, 1 (800) 655-4555
- + Pacific Gas and Electric Company (PG&E), pge.com/wildfiresafety, 1 (866) 743-6589

SHUTTING OFF UTILITIES

GAS: Turn off your gas only if you smell or hear it. If your meter doesn't have an automatic shutoff, use a wrench and carefully give the valve a quarter turn in either direction so that the bar on the valve is perpendicular to the pipe.

ELECTRICITY: To shut off the electricity to your home, turn off individual breakers first, starting from the bottom, then flip the main switch. To turn back on, turn on the main switch first, then the breakers. Do not flip any switches if a gas leak is suspected.

WATER: Your shutoff valve is typically located in your basement, crawl space, or garage, or outside the home by the foundation. While some valves can simply be turned by hand, many require a wrench or a meter key.

INSURANCE REVIEW



Now's the time to make sure your insurance needs are in order, especially your homeowners or renters' policies. Here are a handful of suggestions to get you started:

- + Create a home inventory and store it in a safe location away from your house or apartment. It should include photos of your belongings; information on their make, model, serial number, and purchase price; as well as appraisals of jewelry and art.
- + With your home inventory, store copies of your insurance policy with contact details for your insurance agent
- + Find out whether your policy includes replacement cost or actual cash value (ACV) for losses
- + Talk with your agent to make sure you don't have too much or too little homeowners or renter's insurance
- + Determine if you need a separate flood insurance policy
- + Find out if, following a disaster, your policy requires you to file a claim within a certain timeframe
- + Keep all correspondence and a log of when you speak with your agent or an insurance company representative, and contact the state insurance department if you feel you are being treated unfairly.

DO YOU LIVE IN A RED ZONE?

Following the Thomas Fire and more recent Cave Fire, Santa Barbara County developed interactive storm impact awareness maps that pinpoint properties in “red zones” at risk for flooding and debris flows. Find them at readysbc.org. The sizes of red zones in the Thomas Fire impact map have been greatly reduced from previous years thanks to a healthy regrowth of vegetation. These are not evacuation maps, officials stress. Evacuation areas may include some, none, or all of the red zones, depending on the severity of weather event.

STORM READINESS— READY! SET! GO!

As big rainstorms approach, people in “red zones” may be asked to evacuate.

READY: The first stage of a potential evacuation is a **WEATHER ADVISORY**, which will be issued 48-72 hours before the arrival of the storm. This advisory is the National Weather Service and county storm risk team alerting the community to the storm. Be aware: Closely monitor the storm and have a plan if you’re asked to evacuate.

SET: The next step is the **EVACUATION WARNING**, issued 24-48 hours before the storm. Prepare to leave; arrange transportation for you, your family, and, if necessary, large animals; make arrangements for family members with special needs; confirm your evacuation plan; gather items you’d like to take with you. Check on your neighbors.

GO: Within 24 hours of the arrival of a storm that could pose a risk to life or property, the Sheriff’s Office will issue an **EVACUATION ORDER**, which means it’s time to evacuate if you are in a “red zone.” People who refuse to comply will not be forcibly removed from their homes, but they should not expect rescue or other lifesaving assistance, according to county officials. Flooding and debris flows may close down transportation routes for several days; if you choose to stay, you may become stranded in the disaster area.

✚ If at any time you feel unsafe, take immediate action and do not wait for a notification to evacuate. Officials may only be able to alert the public with just a few minutes’ notice, or none at all.

The National Weather Service sends out four different types of alerts related to flooding and flash flooding. Santa Barbara’s Office of Emergency Management often rebroadcasts these messages. Know the differences:

- ✚ **FLOOD ADVISORY:** Issued when flooding may become a nuisance or significant inconvenience. Be aware.
- ✚ **FLOOD WATCH:** Issued when conditions are more favorable for flooding. It does not mean flooding will occur, but it is possible. Be prepared.
- ✚ **FLOOD WARNING:** Issued when serious flooding is imminent or occurring. Take action.
- ✚ **FLASH FLOOD WARNING:** Issued when a flash flood is imminent or occurring. Take action.





It's normal to feel tense after a disaster. There's no easy solution for coping, but taking the time to calm yourself with relaxation exercises can help you get through the day. You can meditate, stretch, swim, pray, listen to music, spend time in nature, and so on. Here's a quick breathing exercise that helps, too:

- ✦ Take a slow breath in through your nose (for about 4 seconds)
- ✦ Hold your breath for 1 or 2 seconds
- ✦ Exhale slowly through your mouth (over about 4 seconds)
- ✦ Wait 2-3 seconds before taking another breath
- ✦ Repeat for at least 5-10 breaths

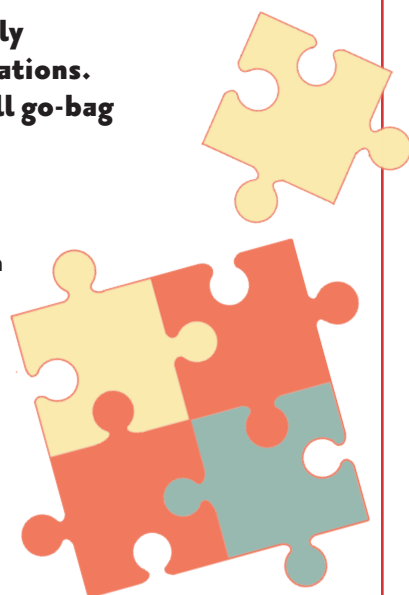
Here are a few tips for helping children cope more long-term:

- ✦ **Give them extra time and attention**—Kids need attention to know they're safe. Talk, play, and, most importantly, listen.
- ✦ **Limit TV time**—While it's important for adults to stay informed about the disaster, TV images and reports may be confusing and frightening for children.
- ✦ **Watch your own behavior**—Make a point of being sensitive to those impacted by the disaster. This is an opportunity to teach your kids that we all need to help each other.
- ✦ **Help your children return to a normal routine**—Children usually benefit from routine activities such as set eating times, bedtime, and playing with others.
- ✦ **Involve kids in volunteer work**—Helping others can give children a sense of control and security.

A Calming Kit can temporarily soothe children in tough situations. (Children should have a small go-bag at school as well.)

Items to include are:

- ✦ Puzzles
- ✦ Small chalkboard or Etch A Sketch
- ✦ Play-Doh or Silly Putty
- ✦ Scratch-and-sniff stickers
- ✦ Snow globe
- ✦ Noise-canceling headphones
- ✦ Small blanket
- ✦ Family photo



WHERE TO GET HELP

Beyond feeling tense, anxiety and depression are common symptoms of trauma-induced stress. Other psychological signs are irritability or anger; self-blame or blaming others; isolation and withdrawal; denial; fear of recurrence; feeling stunned, numb, or overwhelmed; feeling helpless; concentration and memory issues; and relationship problems or marital discord. Physiological symptoms include loss of appetite, headaches, chest pain, diarrhea or nausea, hyperactivity, nightmares, and insomnia. Help is available:

IMMEDIATE RESPONSE

- ✦ **Santa Barbara County Behavioral Wellness**
Toll-Free 24-Hour Access Line—(888) 868-1649
- ✦ **Santa Barbara Response Network**—Contact: Jina Carvalho, (805) 452-6457
- ✦ **American Red Cross**—(805) 687-1331
- ✦ **Hospice of Santa Barbara**—(805) 563-8820

SHORT-TERM SUPPORT

- ✦ **Santa Barbara County Psychological Association**—sbcpa.org
- ✦ **Jewish Family Service of Greater Santa Barbara**
—Contact: Ruth Steinberg, (805) 957-1116
- ✦ **Cottage Health**—(805) 569-7501; cottagehealth.org
- ✦ **Hospice of Santa Barbara**—(805) 563-8820

LONG-TERM SUPPORT

- ✦ **Santa Barbara County Psychological Association**—sbcpa.org
- ✦ **Jewish Family Service of Greater Santa Barbara**
—Contact: Ruth Steinberg, (805) 957-1116
- ✦ **Cottage Health**—(805) 569-7501; cottagehealth.org
- ✦ **Institute for Congregational Trauma and Growth**
—Contact: Kate Wiebe, kwiebe@ictg.org

EVACUATING YOUR PETS THEY NEED A PLAN, TOO

Preparing supplies and arranging safe pet transportation in advance can save critical time during a disaster or evacuation.

CAT & DOG CHECKLIST



Tags/Identification: Make sure your pet is wearing all its identification tags, including name, rabies tag, and registration. Consider microchipping your pet so it can be identified if it ends up at a shelter or veterinary office.

Transportation: Make sure you have a kennel or carrying case handy. It should be labeled with your name and contact info, as well as the name of your pet, in case you get separated. Include necessary leashes or harnesses. If your pet has any critical

medical conditions or behavioral tendencies, these should be noted too.

Food, Water, Medicine: Put together a 3-5-day supply of food, water, and, if needed, medicine, with brief instructions.

Waste: Have supplies to dispose of waste, including plastic bags, litter, and scoopers.

Veterinary Records: Pack a copy of your pet's veterinary records, including vaccination and medical history, as well as your vet's contact info.

Picture: Keep an image of your pet with you for identification purposes in case you get separated.

Lodging: Identify a safe place you can take your pet in case of evacuation. Communicate

with local hotels or animal facilities about their emergency boarding policies. Make sure your pet is up to date on all vaccinations, or it may be turned away from boarding facilities. Identify at least one family member or close friend that could take custody of your pet in case of an emergency.

Comfort Item: Pack your pet's favorite stuffed animal, toy, or blanket to comfort them and keep them occupied. Pets will be distressed in an emergency just like humans.

Emergency Rescue Sticker: These stickers should be placed on the doors of your home to indicate there may be pets inside that need rescuing. They can be ordered online through the ASPCA at aspca.org.

MORE RESOURCES

(*Offers emergency boarding services)

County Animal Services*:
(805) 681-5285; countyofsb.org

County Animal Services Emergency Hotline:
(805) 681-4332

Santa Barbara Humane Society*:
(805) 964-4777; sbhumanesociety.org

Santa Barbara Humane Society Emergency Hotline:
(805) 330-3330

City of Santa Barbara Animal Control*:
(805) 963-1513; santabarbaraca.gov

Earl Warren Showgrounds*:
(805) 687-0766; earlwarren.com

BUNS (Bunnies Urgently Needing Shelter)*:
(805) 683-0521; bunssb.org

VCA Care Specialty and Emergency Animal Hospital:
(805) 899-2273; vcahospitals.com/care

Advanced Veterinary Specialists:
(805) 729-4460; aus4pets.com

LOST YOUR PET?

Call Santa Barbara County Animal Services at (805) 681-5285.
After business hours, call the Santa Barbara Humane Society at (805) 564-6862.

Online, report your lost pet at countyofsb.org.
Visit PetHarbor.com to create lost reports or look for stray animals.

COMMUNICATION TIPS

- + Text is best when using a mobile phone. If you have to make a call, keep it brief. This will minimize network congestion and conserve battery power. Wait 10 seconds before redialing a number. If you redial too quickly, the data from the handset to the cell sites does not have enough time to clear, which clogs the network.
- + Conserve your mobile phone battery by reducing the brightness of your screen, placing your phone in airplane mode, and closing apps you do not need. Keep charged external batteries, a car phone charger, and/or a solar charger available for backup power.
- + Maintain a household landline and analog phone (with battery backup if it has a cordless receiver) that can be used when mobile service is unavailable.
- + If you evacuate and have a call-forwarding feature on your home landline, forward your home line to your mobile phone.
- + Use the internet to communicate by email, Twitter, Facebook, and other social media networks. The internet can also be used for telephone calls through Voice over Internet Protocol (VoIP).
- + If you do not have a mobile phone, buy and keep a prepaid phone card
- + Use a pay phone if available. The line may be less congested because pay phones don't rely on electricity or mobile networks.

GET INVOLVED, GET TRAINED

There's no shortage of volunteer opportunities around. It's the same with CPR, First Aid, and CERT trainings. You just need to know where to look:

CERT TRAINING

The CERT (Community Emergency Response Team) program trains people in basic disaster-response skills, including fire safety, light search and rescue, team organization, and medical operations. Using classroom trainings and in-person exercises, CERT members can help neighbors or coworkers in an emergency when professional responders are not immediately available.

- + **Santa Barbara County Fire Department**
mike.eliason@sbcfire.com; (805) 681-5556
- + **Santa Barbara City Fire Department**
ymcglinchey@santabarbaraca.gov; (805) 564-5711
- + **UC Santa Barbara/Isla Vista**
james.caesar@ucsb.edu; (805) 450-1437
- + **City of Carpinteria**
mimia@ci.carpinteria.ca.gov; (805) 755-4401
- + **City of Goleta**
cert@cityofgoleta.org; (805) 690-5119

- + **City of Lompoc**
C_Ruda@ci.lompoc.ca.gov; (805) 736-4513
- + **City of Santa Maria/City of Guadalupe**
rdugger@cityofsantamaria.org; (805) 925-0951

CPR AND FIRST AID TRAINING

- + **American Red Cross, Central California Region** redcross.org; (805) 687-1331
- + **Channel Islands YMCA Association**
(805) 569-1109; ciymca.org
- + **REI** (805)-560-1938
- + **Stop the Bleed: Safety Matters Certified Training**
cprtrainingsb.com; (805) 705-9222

LISTOS TRAINING

Listos is a basic public education program in emergency and disaster preparedness for Spanish-speaking communities, with a

focus on individuals, their families, and their homes.
cfalistos.org; (805) 284-2045

VOLUNTEER

- + **Santa Barbara County Promoters Network**
sbcpromotersnetwork.weebly.com
- + **Direct Relief International** directrelief.org
- + **American Red Cross, Central California Region**
redcross.org; (805) 687-1331
- + **Habitat for Humanity for Southern Santa Barbara County**
sbhabitat.org; (805) 692-2226
- + **Santa Barbara Bucket Brigade** sbbucketbrigade.org
- + **Santa Barbara Response Network**
sbresponsernetwork.org; (805) 699-5608
- + **Montecito Emergency Response & Recovery Action Group, or MERRAG, pronounced "mirage"** merrag.org
- + **Foodbank of Santa Barbara County** foodbanksbc.org/disasterrelief/

FAMILY EMERGENCY PLAN

Dangerous weather and wildfire can catch anyone off guard. If you and your home face imminent danger, the best course of action is to leave right away. However, there's often enough time to pack your bags and follow a plan. You just need to come up with one first. Follow these 10 steps to create your Family Emergency Plan.

Identify the threats in your specific area:

- ☐ Fire
- ☐ Flooding
- ☐ Debris Flow
- ☐ Tsunami
- ☐ Extreme heat or cold
- ☐ Neighborhood hazards (overhead electrical lines, gas pipelines, chemical storage tanks, etc.)

Pick meeting places:

Outside your home:

Outside your neighborhood:

Know your evacuation route:

Know the location of utility shutoffs:

Water: _____

Gas: _____

Electricity: _____

Know the emergency policies of schools and adult-care centers:

Find safe spots in each room to take cover (under study tables or desks, against interior walls, etc.)

Master bedroom: _____

Kids' room(s): _____

Living room: _____

Kitchen: _____

Dining room: _____

Identify critical medications and medical equipment: _____

Make special provisions for:

Children: _____

Seniors: _____

Pets: _____

People with disabilities: _____

Non-English speaking: _____

Schedule an annual date to update and drill your plan: _____

Select your emergency contacts:

Local

Name:

Address:

Cell phone:

Home phone:

Email:

Out of area

Name:

Address:

Cell phone:

Home phone:

Email:

Out of state

Name:

Address:

Cell phone:

Home phone:

Email: