Please visit these websites to learn more about or donate to these community-based organizations

SBFoundation.org • AwareandPrepare.org
sbcvoad.org • ReadySBC.org/additional-resources/cltrg/
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 two years alone, wildfires have burned hundreds of thousands of acres countywide, 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, triggered by ocean-born rainstorms that intensify as they collide with steep mountainsides. On January 20, 2017, for example, in the burn scar of the Sherpa Fire, a heavy downpour swept trees, boulders, and vehicles down El Capitan Creek and out to sea. Luckily, nobody was hurt. But the El Capitan Canyon resort shut down for months during extensive cleanup and repair. And who could 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 1/9 Debris Flow. And just last month, on February 2, a storm swept over the Whittier Fire burn scar near Lake Cachuma, producing a debris flow that clogged a culvert; the diverted runoff shut down Highway 154 in both directions for several weeks.

As far as earthquakes go, Santa Barbara hasn’t had a so-called Big One in nearly 100 years. 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.

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 ready.sbc.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@sbcouem.org.

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.

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

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, milk crates, and plastic tubs with lids all 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

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

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

**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

**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 towelettes
- Antacid
- 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**

1. **16 DROPS OF BLEACH PER GALLON OF WATER**

2. Heat to a rolling boil for 60 seconds
**DO YOU LIVE IN A RED ZONE?**

Since recent wildfires and the 1/9 Debris Flow, Santa Barbara County has developed an evacuation map that pinpoints properties in “red zones” at risk for flooding and debris flows. This interactive map — called Debris Flow Risk Areas — is online at readysbc.org/maps/, where you can search street addresses and zoom in along creeks and low-lying areas to see if a specific property has been deemed at-risk.

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.
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: Close monitoring of 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.
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

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 Toll Free 24-Hour Access Line — Contact: (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
+ California HOPE-805 — (805) 845-2973
+ 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@icrg.org

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.
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**

**Aware & Prepare:** 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 ready.sbc.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 graphically 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), KKFX (Channel II), 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.

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

- **FM 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.

**WEB SITES**

There are only a handful to remember:

- **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.

**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)
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; avs4pets.com

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.

LOST YOUR PET?

Call the Santa Barbara Humane Society’s Lost & Found hotline at (805) 681-5285 or after business hours at (805) 564-6862.

Report your lost pet online through Santa Barbara County Animal Services at countyofsb.org.
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. (listos.org; [805] 896-4226 / cafsti.org/programs/alertar-y-preparar-and-listos; [888] 977-1635)

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 (shabitat.org; [805] 692-2226)
✦ Santa Barbara Bucket Brigade (sbbucketbrigade.org)
✦ Santa Barbara Response Network (sbrresponsenetwork.org; [805] 699-5608)
✦ Montecito Emergency Response & Recovery Action Group, or MERRAG, pronounced “mirage” (merrag.org)
✦ Foodbank of Santa Barbara County (foodbanksbc.org/disasterrelief/)

HORSES & OTHER LIVESTOCK

Supplies: All harnesses and a blanket if your animal has one; a three-day food supply; medical records.

Identification: Put your name and contact information on your animal using a livestock crayon, neck band, or labeled halter.

Transportation: Make sure you have a functional trailer and towing vehicle with fully inflated tires. If you do not have a trailer, make arrangements to borrow one or contact the Santa Barbara Equine Assistance & Evacuation Team (805-892-4484; sbequinevac.org)

Preparation: The Santa Barbara Humane Society offers ranch emergency planning assistance. Contact Tim Collins for more information (timcollins@sbbhumanesociety.org)

BIRDS

Supplies: Cage liners; a blanket to place over the cage in case of cold weather; a spray bottle filled with warm water to dampen feathers in case of hot weather.

Identification: A marked leg or information attached to the cage.

RABBITS, GUINEA PIGS & HAMSTERS

Supplies: Extra bedding; a blanket to place over the cage (small mammals are easily startled, and this will help keep them calm); three days’ worth of food; frozen water bottles or other cooling devices (rabbits are very heat-sensitive).

FISH

Supplies: A lightweight evacuation tank or jar; plenty of extra fresh water; “vacation feeders” to supply food for several days; small net.

REPTILES

Supplies: A lightweight evacuation terrarium or container with breathing holes; heating devices/lamps; sturdy bowl to allow your pet to soak in water if needed; a pillowcase for snake evacuation.
Evacuation Checklist

Dangero us weather and wildfire can catch anybody off guard. If you and your home face imminent danger, the best course of action is to leave immediately.

However, there’s often time to pack your bags and load your vehicle with important personal and household items, from keys and cash to hard drives and family photos. To make the process less stressful and more efficient, know before you go. Use this “fill in the blanks” page to put together a prioritized checklist. Then, if you have to leave your home, start at the top of the list and work your way down until your vehicle is full or you have to leave.

However, don’t risk your life or the lives of those evacuating with you while trying to check everything off this list. As they say, it’s just stuff.

☐ _______________  ☐ _______________
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Evacuation Plan:

________________________________________________________________________
________________________________________________________________________

Emergency Contacts:

☐ _______________  ☐ _______________
☐ _______________  ☐ _______________
☐ _______________  ☐ _______________