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SBFoundation.org • AwareandPrepare.org sbcvoad.org • ReadySBC.org/additional-resources/cltrg/



DISHSTER PREP GUIDE

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anta 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 Febru-

ary 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 I54 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.

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.

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



SOURLES: 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

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

MEDICAL

+ Books, games, pens, and paper

DOCUMENTS

and out-of-area contact

+ Contact info for emergency services,

+ Copies of important family documents,

family, and friends; include an out-of-state

such as insurance policies, passports, and

and put them on an encrypted flash drive + Cash (small bills), coins, and travelers checks

other identification, in a sealed plastic baggie; you can also scan your important documents

- + 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

COMMUNICATION

- Battery-powered and/or handcrank radio, with extra batteries
- Flashlight and extra batteries
- Phone charger
- Local roadmaps

+ Towels

- Whistle (if you need to signal for help)
- Set of house and car keys

HYGIENE

+ Paper towels, toilet paper, and moist towelettes

+ Extra diapers, infant food, and formula (if necessary) Feminine hygiene items

hard-soled shoes

Garbage bags and plastic ties

At least one change of clothing and

FOOD & WATER

- + One gallon of water per person per day
- and a manuel can opener
- + Mess kit, kitchen items, disposable plates, cups, and utensils
- Plain household bleach and a dropper to disinfect water
- tablets

- + Three-day supply of nonperishable food
- Water purification

OR

FIRST AID

KIT ITEMS:

TWO PAIRS OF NON-LATEX OR OTHER STERILE GLOVES

SOAP AND ANTIBIOTIC TOWELETTES

STERILE DRESSINGS

ANTIBIOTIC OINTMENT

ADHESIVE BANDAGES

EYE WASH SOLUTION

ASPIRIN OR NON-ASPIRIN

ANTI-DIARRHEA MEDICATION

THERMOMETER

PAIN RELIEVER

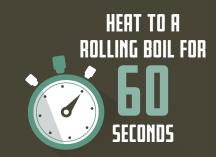
ANTACIDS

IN A VARIETY OF SIZES

BURN OINTMENT

SCISSORS

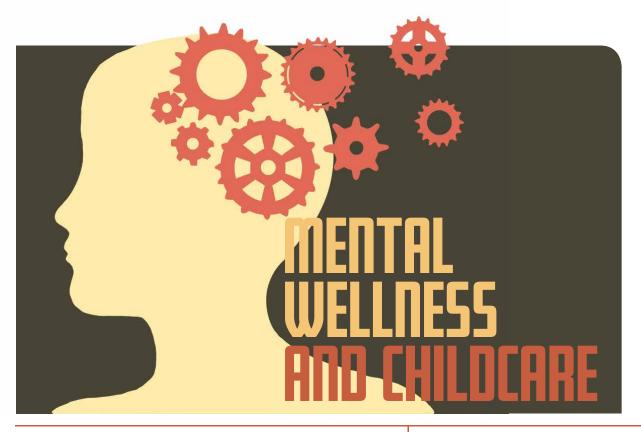
OF WATER



5







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 I 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, $\ensuremath{\mathsf{TV}}$ 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.
- wwInvolve 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 Toll Free 24-Hour Access Line -Contact: (888) 868-1649
- + Santa Barbara Response Network—Contact: |ina 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-III6
- + 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-III6
- + Cottage Health—(805) 569-7501; cottagehealth.org
- Institute for Congregational Trauma and Growth



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 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), KKFX (Channel II), and KCOY (Channel I2)

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 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)

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
- *** RedCross.org!** Perhaps your best source for general health and safety information in crisis situations. Be sure

- * 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.



MARCH 7, 2019 +

EUACUATING YOUR PETS THEY NEED A PLAN, TOO Preparing to can save cr

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

CAT & DOG CHECKLIST



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

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.

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.

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; sbequineevac.org)

Preparation: The Santa Barbara Humane Society offers ranch emergency planning assistance. Contact Tim Collins for more information

(timcollins@sbhumanesociety.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).

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.

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 (arodriguez@cityofgoleta.org; [805] 961-7571)

- 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

(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.

(listos.org; [805] 896-4226 / cafsti.org/programs/alertar-y-preparar-andlistos; [888] 977-1635)

UOLUNTEER

- 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 (sbresponsenetwork.org; [805] 699-5608)
- ◆ Montecito Emergency Response & Recovery Action Group, or MERRAG, pronounced "mirage" (merrag.org)
- Foodbank of Santa Barbara County (foodbanksbc.org/disasterrelief/)

THE THE PREPAREDNESS GUIDE + SANTA BARBARA INDEPENDENT

EVACUATION CHECKLIST

angerous 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.

	-
Evacuation Plan:	
Emergency Contacts:	