



72 Hour *Plan*

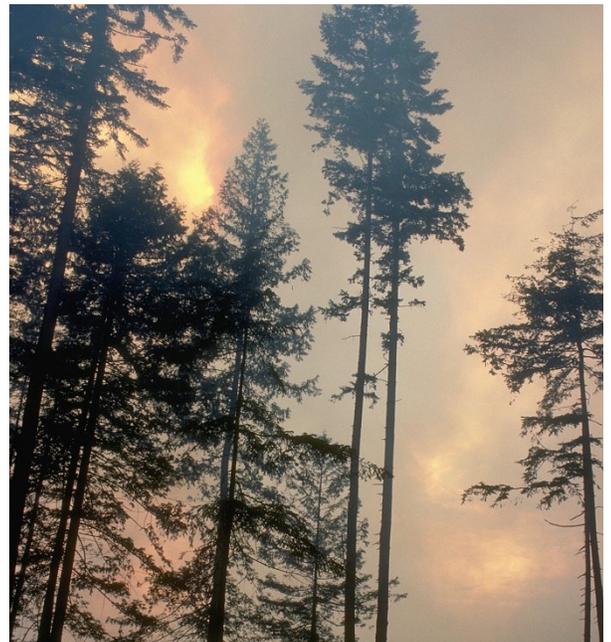
WILL YOU BE PREPARED?

Could you survive for 72 hours?

In a major disaster, it might be several days before vital services are restored.

The Butte County Public Health Department's Emergency Preparedness Program works closely with emergency responders, community partners and the public to engage in comprehensive disaster planning for the County of Butte.

This document provides information and ideas to help prepare your home, work-place, and community for a 72-hour period.



**BUTTE COUNTY PUBLIC HEALTH DEPARTMENT
EMERGENCY PREPAREDNESS**

82 Table Mountain Blvd.
Oroville, CA 95965

<http://www.buttecounty.net/ph/Programs/EmergencyPreparedness.aspx>

Before Disaster Strikes

Steps to Plan and Prepare

- Assemble emergency kits.
- Keep copies of important documents in an offsite location.
- Mark your calendar to review your plan, check supplies, and conduct drills every 6 months.
- Learn how to shut off your utilities.
- Discuss and plan at least 2 exit routes from rooms, home, and neighborhood.
- Choose 2 locations to reunite, one outside your home and another outside your neighborhood.
- Choose a long distance emergency contact in case local service is disrupted.
- Make plans for children in case you are not together when disaster strikes.
- Think about caring for people with special needs.
- Plan to care for your animals.
- Keep the gas tank in your car at least half full.

**MAKE
YOUR
HOME
SAFE**

Are your street #'s visible?

Do you have a landline phone?

Are your smoke alarms working?

Do you have a fire extinguisher?



Are hallways and exits clear?

Are heavy objects strapped down?

Is your water heater braced in accordance with California law?

Household Disaster Kit Checklist

3 Types
of
Kits

Items Needed to Remain in Place

*Essential items marked with an asterisk**

- Sanitation supplies (soap, liquid detergent, unscented bleach with eyedropper, heavy duty garbage bags)*
- First aid kit and handbook*
- Duct tape*
- Personal hygiene supplies (include feminine supplies, diapers, tissues, toilet paper, pre-moistened wipes)*
- Flashlights, battery operated lanterns, portable radio (with extra batteries and bulbs)*
- Plates, utensils, paper towels, etc.
- Manual can opener*, camp stove, grill, foil, fuel for cooking, lighter*, pots, utility knife*, etc.) NEVER BURN CHARCOAL INDOORS
- Warm clothing, rain gear*, sleeping bags*, mats, blankets*, sturdy shoes*, tent or heavy duty plastic sheeting*
- Gloves, goggles, crowbar, hammer, staple gun, wrench
- Permanent marker*
- Whistle*
- Supplies for special needs
- Games, books, movies
- Map of area
- Extra Cash*

One kit for your home

One kit for your car

*One personal GO-bag
for each family mem-
ber in case of evacua-
tion*



*Store your kits in
locations that are
easily accessible,
yet protected from
damage that may
occur to your home*

GO-Bags

In Case of Evacuation

*Essential items marked with an asterisk**

- Food*
- Water*
- First aid kit and handbook*
- 5 day supply of medications and copies of prescriptions*
- Whistle
- Map of area
- Personal hygiene supplies
- Emergency lighting (include extra batteries)
- Garbage bags and baggies
- Change of clothing and sturdy shoes
- Dust mask
- Rain poncho
- Emergency blanket
- Permanent marker
- Lighter and/or waterproof matches
- Utility knife
- Cash in small denominations*
- Copy of health insurance card and identification
- Photos of family for reuniting purposes
- Emergency contact phone numbers*
- Entertainment (especially for children)

*** NEVER leave your GO-Bags unattended in a shelter.**

GO-Bags for Kids

Keep contact information and child's medical information in their bag in case you are separated. Make sure your child's GO-bag is light enough for them to carry.



NEVER lose sight of your child in a shelter.

Emergency Car Kit

In Case You Are Traveling When Disaster Strikes

- First aid kit and handbook
- Hand sanitizer and/or wipes
- Class ABC fire extinguisher
- Portable radio, flashlight and extra batteries
- Non-perishable food and water
- Reflectors/flares
- Tools for minor auto repair, including tire changing
- Short rubber hose for siphoning
- Shovel
- Jumper cables
- Emergency blankets
- Sturdy shoes
- Lighter and/or waterproof matches
- Utility knife
- Other: paper, pencils, maps, tissue, garbage bags and baggies, permanent marker, toilet paper, paper towels

Plan Before Evacuation

PLAN WHERE YOU WILL GO; CHOOSE SEVERAL DESTINATIONS IN DIFFERENT DIRECTIONS.

PLAN DRIVING ROUTES; HAVE MAPS AND ALTERNATE ROUTES.



IF YOU DO NOT HAVE A CAR, KNOW PUBLIC TRANSPORTATION OPTIONS.

Tips on Food Storage

Store 2000 calories per day for adults and 1500 per day for children

- Store *familiar* foods
- Consider dietary restrictions
- Ideal foods do not require refrigeration or cooking
- Watch expiration dates and rotate when necessary
- Include baby food, formula, special needs for seniors
- Store in a cool, dry, dark place
- Keep foods away from petroleum products to avoid absorption of fumes
- Protect from rodents and insects
- Do not consume food from cans showing rust or bulging

In the Refrigerator

AFTER A POWER OUT-AGE, KEEP YOUR REFRIGERATOR DOOR CLOSED AS MUCH AS POSSIBLE. FOOD IN THE REFRIGERATOR SHOULD BE CONSUMED WITHIN 4 HOURS, IN THE FREEZER WITHIN 2 DAYS.



Water Storage

Store at least 1 gallon per person, per day for drinking, plus more for other uses for at least 3 days

- Remember your pets need water too
- Very hot temperatures can double the amount of water needed
- Children, nursing mothers, and people who are sick need more water
- Keep water in its original container, don't re-store once it has been opened
- Bottled water has an expiration date. Rotate stock every 2 to 3 months if the manufacturer has not indicated a date. Water sold in cans, cartons and pouches often have a longer shelf-life (anywhere between 5—50 years) and can be found online.
- Do not store water near toxic substances, vapors may penetrate the plastic
- 1 case of 24 bottles = 3 gallons of water



Heat and Plastic Bottles

TEMPERATURES CONSISTENTLY OVER 120° (FOR EXAMPLE, THE INSIDE OF A CAR) CAN CAUSE A CHEMICAL REACTION WITH PLASTIC BOTTLES AND CAN CAUSE HEALTH PROBLEMS.



DO NOT PURCHASE WATER IN MILK JUG CONTAINERS FOR LONG TERM STORAGE. THE PLASTIC IS MORE POROUS AND WILL BREAK DOWN, ESPECIALLY IN HEAT. KEEP COOL AND ROTATE EVERY 3 MONTHS.

Checklist for Your Pets

Make a 72 hour GO-Bag for each pet

- Sturdy leash and carriers
- Muzzles for dogs
- Grooming supplies
- Paper towels or wipes
- Food, water, and medicine for 1 week (dry bagged food lasts 1 to 1 1/2 years, canned 2 years, vacuum sealed 5 years)
- Non-spill bowls, can opener, and plastic lid
- Sanitation supplies including litter and box if appropriate
- Photos of your pet for reunification
- Crate with bedding
- Emergency contact phone numbers, including vet
- Documentation of immunization records, behavioral problems
- Pet first aid kit and handbook
- Water spray bottle in warmer climates
- Other: portable fencing, treats

Exotic Pets and Livestock

CONSIDER SPECIAL NEEDS OF EXOTIC ANIMALS AND LIVESTOCK. MAKE A PLAN NOW FOR EVACUATION AND/OR POWER LOSS.



RESEARCH OTHER POSSIBLE LOCATIONS FOR YOU AND YOUR PETS TO GO IN AN EMERGENCY. KEEP AN UPDATED LIST OF NEIGHBORS, FRIENDS, HOTELS, ETC.

Information...

Whatever you do, stay calm

- STOP what you are doing. LOOK around you and carefully assess the situation. LISTEN for instructions on the radio or television.
- Cooperate fully with public safety officials.



Know HOW and WHEN to shut off your utilities. NEVER attempt to turn gas back on yourself. CALL the power company if you cannot restore electricity or it seems dangerous. If you suspect damage to water lines, do NOT flush the toilet, but do turn off water so contamination does not occur.

PG&E 24 HOUR EMERGENCY AND CUSTOMER SERVICE (800) 743-5000 OR WWW.PGE.COM

TO CONTACT BUTTE COUNTY PUBLIC HEALTH:

MAIN LINE (530) 538-7581

ENVIRONMENTAL HEALTH (530) 538-7281

ANIMAL CONTROL (530) 538-7409

OR VISIT: [HTTP://WWW.BUTTECOUNTY.NET/PUBLICHEALTH/HOME.ASPX](http://www.buttecounty.net/publichealth/home.aspx)