



## General Information

### Know Your Risks:

Do you live near a flood plain, earthquake fault or high fire danger area?

Are you prepared for an unexpected human-made disaster?

Does your neighborhood or community have an evacuation plan?

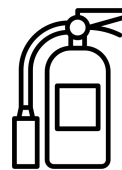
Talk to your kids about what the risks are where you live and what your family will do if disaster strikes.

### Plan Essentials:

- Sign up for local emergency alerts
- Have two evacuation routes
- Know the proper evacuation procedures and routes as determined by your local OES office
- Your plan needs to tell everyone:
  - Where to meet if you have to evacuate
  - Who you have identified as an out-of-area family contact
  - Know how to get emergency information in your community

### To Do:

- Create and practice your emergency plan
- Have a 3 day supply of water, non perishable foods, blankets, kid friendly activities
- Replace stored water every 3 months and stored food every 6 months
- Test and recharge your fire extinguishers according to manufactures instructions
- Test your smoke alarms monthly and change the batteries once a year
- Be prepared to stay or go in an emergency
- Make a “ready to stay” kit
- Plan to go without power (flashlights + extra batteries)





## Kids, Pets + Those with Disabilities

### Kids:

Quiz your kids every  
**6 MONTHS**  
to remind what to  
do in case of an  
emergency.



Can they call  
911 and identify  
their location?

### Checklist:

- 3 day supply of extra water
- Formula, bottles, food + juices
- Clothing
- Disposable diapers + baby wipes
- Medications
- Strollers, wagons, blankets, + travel cribs
- Update child's emergency cards at school

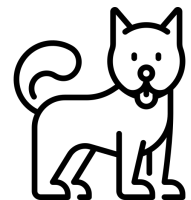


### Loved Ones:

Keep in mind the needs of infants, seniors, and those with disabilities or medical considerations. Make sure that you have items such as medications, oxygen tanks, or other medical supplies for these family members.

### Pets:

- Food, water + bowls
- Medications + medical records
- First aid
- Collar/harness + leash
- Crate/carrier + blankets
- Disposable litter trays + garbage bags
- Photo of pet
- Toys
- Animal tags with contact info
- Be familiar with local shelters





# Emergency Preparedness



## Checklist

- Food + Water
- Medications + medical devices
- Personal Protective Equipment (PPE)
- Cash
- Fuel
- Phones + chargers
- Battery-operated radio
- Extra batteries +portable power banks
- Flashlight
- Change of clothes / jacket
- Blankets
- Toiletries
- Hazard awareness
- Emergency / evacuation plan
- Emergency / first aid kit
- Copies of important documents (insurance, ID cards, etc.)
- Important phone numbers (insurance, credit card companies, utilities, medical, family)

### Additional Resources:

[Ready.gov](http://Ready.gov)

[Sacramento-alert.org](http://Sacramento-alert.org)

[SacramentoReady.org](http://SacramentoReady.org)

[CDC.gov](http://CDC.gov)

[RedCross.org](http://RedCross.org)

[SacOES.org](http://SacOES.org)

### Questions?

Contact Community Services at:

P: 916-859-4155

E: [communityservices@metrofire.ca.gov](mailto:communityservices@metrofire.ca.gov)