

Emergency Preparedness Guide

Created by the South Lake Tahoe
Emergency Management Community Council

www.SouthTahoeEmergencyGuide.com

**A GUIDE FOR RESIDENTS &
VISITORS IN THE
SOUTH LAKE TAHOE AREA**

Volume 1

WE ALL HAVE A ROLE TO PLAY IN BEING PREPARED!

As all residents of the South Lake Tahoe area learned during June 2007 in the response to the Angora Fire, disasters can happen quickly and the amount of time we have to respond may be short. As a community, many people said they were not prepared or did not know what to do. The members of the Emergency Management Community Council (EMCC) saw this need and worked together to create something specific for our community. This guide has been created to help the local residents of the South Lake Tahoe area be prepared for disasters. The topics and information contained in this guide are specific to the South Lake Tahoe Area. This guide was created by locals for locals. Please make the time to read this document, become informed and be prepared.

The South Lake Tahoe Emergency Management Community Council is a multi-disciplinary emergency responders in the Lake Tahoe Basin which includes El Dorado, Douglas and Alpine Counties. The members collaborate for the community benefit to identify emergency management issues, develop plans based on the National Incident Management System (NIMS), enhance communication and collaboration, carry out planning and exercises, and work with local agencies to develop a unified community approach to emergency management. This is done in cooperation with Barton HealthCare System, Lake Valley Fire District, South Lake Tahoe Fire, Tahoe-Douglas Fire District, Lake Tahoe Unified School District, El Dorado Public Health Department, Search and Rescue, local Law Enforcement and Dispatch, Air Ambulance Service, Environmental Management, Emergency Management Offices (local and state), Tahoe Amateur Radio Association (TARA), South Tahoe Public Utility District (STPUD), American Red Cross and other emergency responders. The EMCC also interfaces with other health care facilities that, although they do not receive emergency patients, may be impacted by disasters.

Sincerely,

Darcie Carpenter, Ph.D.

Chairman, Emergency Management Community Council

Director of Emergency Management and Infection Control

Barton HealthCare System



ARE YOU PREPARED?

In light of the recent disaster events that have occurred in the Lake Tahoe basin, have you given thought on “how can I better safeguard my family, my home, my business when disasters like fires, severe weather, and extended power outages strike?” If so, this brochure is going to help you answer those questions.

It is my honor to have been asked to introduce this disaster preparedness brochure to the public on behalf of the dedicated public safety professionals who helped create it.

I want to extend my sincere thanks and appreciation to the staff of Barton Memorial Hospital and the Emergency Management Community Council (EMCC) for the exceptional leadership they brought to the creation of this highly informative brochure. Barton Hospital and the EMCC worked in a collaborative fashion with Lake Tahoe based public safety agencies (fire, law enforcement, medical services, hospital, environmental management, Red Cross, and numerous volunteer organizations and the Tahoe Daily Tribune) to bring the best practices and lessons learned on how to prevent, minimize, respond to and recover from a disaster event. The participants of this effort, all of whom responded to the Angora Fire, made it a point to focus the brochure on the specific disaster concerns that exist for those residing in and who may visit Lake Tahoe.

It is our hope that people will take a few minutes to read and become better informed on disaster preparedness and take necessary steps to better protect themselves and work alongside their neighbors for a safer community.

This brochure was partially funded through grants from the US Homeland Security and the Federal Emergency Management Agency and other agencies listed on the back cover of this booklet.

Very truly yours,

Jeff Neves
El Dorado County Sheriff/Coroner
Public Administrator



AN OUNCE OF PREVENTION...

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services--water, gas, electricity or telephones--were cut off? Law Enforcement, Fire Department, and Paramedic personnel will be on scene after a disaster, but we cannot reach everyone right away, and our emergency response resources and capabilities will likely be overtaxed.

As a law enforcement veteran with 35 years of service, I've seen first-hand how emergencies and natural disasters can rob families of their homes and belongings, cause major disruptions to businesses, and cost millions of dollars in property damage and economic losses. I also know the negative impacts caused by such events can be greatly reduced if families, businesses, and communities take proactive steps to reduce their vulnerability.

The old adage "an ounce of prevention is worth a pound of cure" rings as true today as it always has. Please take the time to read and familiarize yourself with this brochure. Learn the many ways to prepare yourselves, your families, your businesses and communities for emergency events, and reduce the likelihood of injury, or loss of property or life.

This Emergency Preparedness Guide was created by the South Lake Tahoe Emergency Management Community Council, a collaborative effort between local fire departments, paramedics, law enforcement agencies, hospitals, The Red Cross, environmental management agencies, and a host of volunteer service organizations.

The goal of this Emergency Preparedness Guide is to: 1) raise the public's awareness of the emergency events and potential disasters that threaten them, 2) educate residents and visitors to the Tahoe basin on what they can and should do to better protect themselves and their property, and 3) motivate them to take those steps.

Some of the things you can do to prepare for the unexpected, such as making an emergency supply kit and developing a family communications plan, are the same for any emergency; however, there are important differences among potential emergencies that will impact the decisions you make and the actions you take. By reading this guide, you will learn about potential emergency events that could happen within the Tahoe basin, and the appropriate way to respond to them.

Emergency preparedness is not the sole concern of public service agencies. Citizens themselves must also be informed and ready. Preparing for and knowing what to do during an emergency is crucial, and may make the difference between life and death in such an event.

I encourage you to read this brochure in its entirety, and take the necessary steps described within the guide to be better prepared for any emergency.

Ron Pierini, Sheriff
Douglas County Sheriff's Office



TABLE OF CONTENTS

Introduction Letters i

Table of Contents..... 1

Important Contacts 2

Prepare At Work 3

General Emergency Preparedness 5

Prepare A Disaster Preparedness Kit 6

Family Emergency Planning 7

Preserving Your Family’s Documents 8

Family Communication Plan..... 9

Family Plans & Contacts 10

Family Members Information..... 11

Special Needs and Vulnerable Populations 16

Develop a Pet Plan and Emergency Kit 17

Pet Information..... 18

Weather and Evacuation Terms 19

Extreme Weather 20

Air Quality 21

Wildland Fires 22

Earthquakes 23

Floods 24

Pandemic Flu 25

Terrorism..... 26

Utilities ~ Water & Gas Shut-Offs..... 27

Local Schools..... 28

Emergency Notifications 29

CALSTAR..... 29

Area Maps 30

EMERGENCY - Police - Fire - Ambulance: CALL 9-1-1

NAME	PHONE	WEBSITE
LAW ENFORCEMENT		
South Lake Tahoe Police Department	530-542-6100	www.sltpd.com
El Dorado County Sheriff - South Lake Tahoe	530-573-3000	
California Highway Patrol South Lake Tahoe	530-577-1001	www.chp.ca.gov
Douglas County Sheriff Office	775-782-9935	www.douglascountynv.gov
FIRE PROTECTION		
South Lake Tahoe Fire Dept.	530-542-6160	www.slafd.org
Lake Valley Fire Protection District	530-577-3737	www.lvfpd.org
El Dorado County Fire Protection District	530-644-9630	www.co.el-dorado.ca.us
Tahoe Douglas Fire Protection District	775-588-3591	www.tahoefire.com
US Forest Service		
Cal Fire		
Fallen Leaf CDS Fire Department	530-542-1343	
EMERGENCY MANAGEMENT /WEATHER		
El Dorado County Sheriff Office of Emergency Services	530-621-5655	www.co.el-dorado.ca.us/sheriff
American Red Cross	800-696-3873	www.redcross.org
California Office of Emergency Services	916-845-8510	www.oes.ca.gov
Douglas County Emergency Management Office	775-782-9990	
National Weather Service	530-541-5739	www.nws.noaa.gov
UTILITIES		
South Tahoe Public Utility District	530-544-6474	www.stpud.us
Sierra Pacific Electric	800-782-2506	
Southwest Gas	800-832-2555	
South Tahoe Refuse	530-541-5105	
Charter Communications	877-728-3121	

EMERGENCY - Police - Fire - Ambulance: CALL 9-1-1

NAME

PHONE

WEBSITE

ENVIRONMENTAL MANAGEMENT

El Dorado County Environmental Management	530-573-3450	www.co.el-dorado.ca.us/emd
--	--------------	--

HIGHWAY INFORMATION

Caltrans Highway Information Network	800-427-7623 916-445-7623	www.dot.ca.gov/hq/roadinfo
California Highway Patrol South Lake Tahoe	530-577-1001	www.chp.ca.gov

MEDICAL

Barton Memorial Hospital	530-541-3420 530-542-3000	www.bartonhealth.org
Stateline Medical Center Urgent Care	775-589-8900	
Tahoe Urgent Care	530-541-3277	
CALSTAR (helicopter ambulance service)	800-252-5050	www.calstar.org
El Dorado County Public Health	530-621-6320	www.co.el-dorado.ca.us/publichealth
Poison Control	800-222-1222	
Centers For Disease Control	800-232-4636	www.cdc.gov

MEDIA/TV/RADIO

Tahoe Daily Tribune	530-541-3880	www.tahodailytribune.com
KMTN TV	530-541-8686	www.kmtn.com
KRLT 93.9 FM	530-573-7925	
KOWL 1490 AM		
KTHO 590 AM	530-543-0590	www.KTHOradio.com
Resort Sports Network (RSN)	530-541-7768	www.rsn.com 800-653-0697

ANIMAL SERVICES

El Dorado County Animal Services	530-573-7925	www.co.el-dorado.ca.us/animalservices
Douglas County Animal Control	775-782-9061	

American Red Cross

www.redcross.org

1.800.733.2767

Centers for Disease Control & Prevention

www.cdc.gov

1.800.CDC-INFO (1.800.232.4636)

1.888.232.6348 (TTY)

Department of Homeland Security

www.beready.gov

1.800.BE.READY (1.800.237.3239)

1.866.644.8361 (TTY)

Federal Emergency Management Agency

www.fema.gov

1.800.621.FEMA (1.800.621.3362)

1.800.462.7585 (TTY)



GENERAL EMERGENCY PREPAREDNESS

An emergency can happen anytime. You and your co-workers should know what to do if an emergency happens at work. Even if you think you are not in a disaster-prone area, something like a chemical tanker truck overturning or a flood can prevent you from getting to or from work. No business should operate without a disaster plan. If you are a business owner developing a business disaster plan, consider how the disaster could affect your employees, customers and the workplace. Consider how you could continue doing business if the area around your facility is closed or streets are impassable. Consider what you would need to serve your customers if your facility closed.

EMPLOYEES SHOULD:

- Learn and practice emergency plans.
- Know at least two exits from each room (if possible).
- Be able to escape in the dark by knowing, for instance, how many desks or cubicles are between your workstation and two of the nearest exits.
- Know the post-evacuation meeting location.
- Know the location of fire extinguishers and how to use them.
- Keep a copy of co-workers phone numbers at home.
- Make a list of important personal numbers. Keep a printed list at your desk or near other phones. Do not rely on electronic lists, direct-dial phone numbers or computer organizers that may not work in an emergency.
- Gather personal emergency supplies in a desk drawer. Include a flashlight, walking shoes, dust mask, a water bottle and non-perishable food.
- Report safety system damage or malfunctions.
- Never lock or block fire exits or doorways. However, keep fire doors closed to slow the spread of smoke and fire.
- Make specific plans to help each other. Determine how you will help each other in the event that public transportation is shut down or thoroughways are impassable. Offer to temporarily house, transport or feed your co-workers in case of emergency.

EMPLOYERS SHOULD:

- Ensure that an emergency plan is developed and practiced at least every six months.
- Make specific plans for employees who are disabled or who may require assistance during an emergency.
- Put together an office phone tree. Develop a list of everyone's home phone numbers and who is responsible for making each contact. Provide a copy for each employee.
- Keep a phone list of all key employees with you at all times.
- If you have a voice mail system, designate one remote number on which you can record messages for employees and provide them the number.
- Arrange for programmable call forwarding for your main business lines.
- Leave keys and the alarm codes with a trusted employee in case you cannot get to your facility.
- Backup computer data frequently.
- Purchase a NOAA Weather Radio with a tone alert system.

FAMILY EMERGENCY PLANNING

In the midst of rushing through everyday life, it is important to take a minute to prepare for emergencies. Being prepared helps you and your family minimize the impact of a disaster such as an earthquake or an emergency such as a broken leg. Knowing what to do is your best protection and your responsibility. The best way to make your family and your home safe is to be prepared before disaster strikes. Fill out pages that begin on page 18 with your family and contact information.

- In our area we have the potential of disasters from earthquakes, wildland fire and weather related emergencies. Take time to plan for the problems related to each type of disaster.
- If you have pets make a pet plan. Animals may not be allowed inside emergency shelters due to health regulations.
- Find out how to help elderly or disabled persons in your home or neighborhood.
- Ask about disaster plans at your workplace, your children's school or daycare center and other places where your family spends time.

MAKE A FAMILY EMERGENCY PLAN

- ☐ Meet with household members – Explain the dangers to children and work with them as a team to prepare your family to deal with emergencies.
- ☐ Discuss what to do about power outages and personal injuries.
- ☐ Post emergency telephone numbers near telephones.
- ☐ Learn how to turn off the water, gas and electricity at your home.
- ☐ Decide where to meet – In the event of an emergency you may become separated from family members. Choose a place right outside your home in case of a sudden emergency, like a fire. Choose a location outside your neighborhood in case you cannot return home.
- ☐ Choose an "Out-of-Town" Contact – Ask an out-of-town friend or relative to be your contact in the event of a disaster. Everyone must know the contact's phone number. It is often easier to make a long distance phone call than a local call from a disaster area.
- ☐ Teach children how to make long distance telephone calls.
- ☐ Complete a family communications plan – Your plan should include contact information for family members, work and school.
- ☐ Escape Routes and Safe Places – In a fire or other emergency, you may need to evacuate very quickly. Be ready to get out fast. Be sure everyone in your family knows the best escape routes out of your home as well as where the safe places are in your home for each type of disaster. Draw a Home Family Escape Plan with your family outlining two escape routes from each room.



PRESERVING YOUR FAMILY DOCUMENTS

In a disaster where you might have to leave your home quickly, important documents may be left behind and ultimately destroyed. Before the emergency occurs, decide which records are most essential to you and your family. One factor to consider is how readily a lost record could be replaced. Loss of some records could result in major financial damage (like tax records), or would be irreplaceable (like family photographs and historical documents).

The following is a list of the documents you should safeguard and be able to retrieve quickly to take with you.

- Licenses or other IDs
- Social Security cards
- Passports
- Medical history information and health insurance cards
- Immunization records
- Birth, marriage and death certificates
- Records of bank accounts
- Credit card information
- Insurance policies
- A list of important or valuable belongings
- Wills, contracts, deeds
- Records of stocks, bonds or retirement accounts
- Back up of key computer files



In order to ensure that you can quickly retrieve these documents, it is suggested that you:

- Keep these documents (or copies of these documents) in a water or fire proof container with your disaster kit
- Keep them in a safe place away from home, like a safe deposit box
- Be sure trusted family members know where these items can be found

There are many ways to prepare your essential records for an emergency. Whatever method you use, remember to keep your records updated. At the very least, choose one day each year to make certain they are current and ready to evacuate.

FAMILY MEMBER'S INFORMATION

Family Member #1 Name:

Relationship: (wife, son, etc) _____

Date of Birth:

Blood Type: _____

Closest Relative:

Allergies:

Advance Directive? Yes No

Date of Last:

Tetanus: _____

Pneumovax: _____

Flu Shot: _____

My Doctor's Name & Phone #:

Medical Problems:

Past Surgeries & Dates:

Other:

Photo or I.D. (tape at top)

Thumb Print
 (under photo)

Name of My Medication(s):

Dose (Mg, units, etc.):

How Often:

Why I Take This Medication:

Family Member #1 Name:

Relationship: (wife, son, etc) _____

Date of Birth:

Blood Type: _____

Closest Relative:

Allergies:

Advance Directive? Yes No

Date of Last:

Tetanus: _____

Pneumovax: _____

Flu Shot: _____

My Doctor's Name & Phone #:

Medical Problems:

Past Surgeries & Dates:

Other:

Photo or I.D. (tape at top)

Thumb Print
 (under photo)

Name of My Medication(s):

Dose (Mg, units, etc.):

How Often:

Why I Take This Medication:

SPECIAL NEEDS AND VULNERABLE POPULATIONS

Certain individuals in the community may have special problems to deal with in a disaster, including the elderly, people with medical problems and people with specific disabilities (mobility, visually impaired, hard of hearing, developmental or cognitive disabilities). If you have a family member who is one of these individuals, there are special considerations to think about and plan for before a disaster occurs.

- If the family member has medications or equipment that they are dependent on, plan to bring those items with you if an evacuation is necessary.
- Special consideration needs to be given to medical equipment that needs power. Availability, storage and movement of oxygen tanks needs to be evaluated for individuals who are required to be on oxygen.
- Shelters will not have additional medication or medical equipment available. Documentation about insurance and medical conditions should also accompany the person.
- Plan ahead for transportation needs for family members with special needs. Transportation for the general public in an emergency evacuation may not be suitable for their situation.
- If the family member has special dietary needs, bring these special foods and supplements with you.
- Many special needs populations are easily upset and stressed by sudden and frightening changes. Plans should be made to ensure that a caregiver or trusted family member is able to stay with them at all times during an evacuation.



DEVELOP A PET PLAN & EMERGENCY KIT

Pack Your Pet's Emergency Kit Now!

Those who evacuated during the Angora Fire of Summer 2007 know how important it is to have the entire family - including pets - ready to "Go Now!" That means having food, water and comfort items pre-packed. It means being prepared to keep your pets safe in an open field or in temporary housing. Here's how to outfit your pets for seven unexpected days away from home and supplies.



1. Obtain individual crates or carriers large enough for safe confinement. Pet should be able to stand, turn around and lie down. Smaller dog crates can hold a cat along with a small litter pan.
2. Pre-pack and store the crate and a separate container with: Favorite type of toy and bedding; extra collar or harness with leashes for both dogs and cats; bowls; food (dry or self opening cans) and bottled water; cleaning supplies; cat litter and scoop; plastic dog waste bags; a pet first aid kit.
3. Pack a watertight bag with: Instant ID tag for temporary phone number in case of evacuation; current close up pet photo; copy of up to date vaccination records; medications and medical records; phone list including local and out of area veterinarians and boarding kennels, pet friendly housing alternatives, neighbors and your local animal control.

Important: boarding facilities and pet friendly shelters require proof of current rabies, distemper, parvo and bordatella vaccinations. Put a family member in the pet photo for proof to claim a rescued pet.

4. Four times a year, rotate medications and food in airtight, waterproof containers. Freshen bottled water just for pets. A rule of thumb for dogs is one gallon per day for a forty pound dog and one quart per day for each cat.

Other Considerations:

- For the special needs of birds, fish and exotics: You may need a generator and fuel for temperature control; safe handling equipment and other life saving items.
- Microchip for permanent ID.
- Let pets become familiar with their crate. It can be an extra bed or safe haven.
- Establish a plan on how the pets will be gathered and who will take the pre-packed pet supplies.
- Establish a plan with neighbors, friends, family. Agree to look out for each other's pets if someone is absent when disaster strikes.
- At the first news of disaster, get pets inside. Remember that your distress communicates directly to your pets. Leash them immediately; put pets in their carriers and put the carriers into the car.
- Never leave your pets behind. If you must do so, do not tie them up. Leave lots of water in containers. Immediately call your local animal control to request pet rescue when it is safe. Phone lines will be busy or out of order. Current ID tags and pet photos are critical in getting your pet back to you.

PET INFORMATION ~ Number of Pets in Household _____

Family Veterinarian: _____ Vet's Phone: _____

Boarding Kennel: _____ Phone: _____

YOUR PET INFORMATION

Pet #1

Type (circle): Dog Cat Fish Bird Horse
Other _____

Name: _____

Date of birth _____

Health Problems _____

Medications/Dose/When given _____

Special Instructions _____

Pet #2

Type (circle): Dog Cat Fish Bird Horse
Other _____

Name: _____

Date of birth _____

Health Problems _____

Medications/Dose/When given _____

Special Instructions _____

Pet #3

Type (circle): Dog Cat Fish Bird Horse
Other _____

Name: _____

Date of birth _____

Health Problems _____

Medications/Dose/When given _____

Special Instructions _____

Suggested Pet Travel and Emergency Kit

- Veterinarian Name and Phone Number
- Collar or Harness with Current Personal ID Tag
- Short and Long Leashes
- Food Dish
- Water Dish
- Bottled Water
- Food (and can opener if needed)
- Medications and Instructions
- Health and Rabies Certificate
- Favorite Toys and Chew
- Carrier or Crate (sized for pet to stand up and turn around)
- Blanket and/or Bed
- Litter and Litter Pan
- Pooper Scooper and Plastic Bags
- All Surface Cleaner-Deodorizer (such as XO) and Paper Towels
- Color Pet Photo and Description (in case of loss)
- Grooming Comb, Brush, Towels
- First Aid Kit: gauze pads and roll; tape; bandages; hydrogen peroxide; antibiotic ointment; muzzle; tweezers; small, blunt-ended scissors; cold pack; thermometer (Cats and Dogs Normal Range: 100-102.5 degrees).



Available from the Lake Tahoe Humane Society and S.P.C.A.

Free Emergency Kit Plan with Instant Pet ID Tag
Pet First Aid Kit with adjustable Fanny Pack for purchase

Call 530-542-2857

Visit www.laketahoehumaneandspca.org

Lake Tahoe Humane Society and S.P.C.A.

P.O. Box PET, S. Lake Tahoe, CA 96158

IS IT A WEATHER WATCH OR A WEATHER WARNING?

A watch is intended to provide lead time for those who need to set their plans in motion. A watch means that hazardous weather is possible in and close to the watch area.

A warning means that weather conditions pose a threat to life or property; people in the path of the hazard need to take protective action.

These terms are used for Thunderstorms, Flashfloods and Floods.

WINTER STORMS – WATCHES & WARNINGS

- **Winter Storm Watch** – Conditions are favorable for hazardous winter weather conditions including heavy snow, blizzard conditions, significant accumulations of freezing rain or sleet and dangerous wind chills. The watches are usually issued 12 to 36 hours in advance.
- **Winter Storm Warning** – Hazardous winter weather conditions that pose a threat to life and/or property are occurring, imminent or likely. The term winter storm warning is used for a combination of two or more of the following winter weather events: heavy snow, freezing rain, sleet and strong winds. The following event-specific warnings are issued for a single weather hazard: blizzard warning, heavy snow warning, ice storm warning.
- **Snow Advisory** – Snowfall roughly half the amount required for a winter storm warning.
- **Blizzard Warning** – Sustained winds or frequent gusts to 35 miles per hour or greater and considerable falling or blowing snow are expected to prevail for three hours or longer.

EVACUATION TERMS

- **Exclusion Zone** – An area established by the commander in charge of the disaster scene into which entry is temporarily forbidden due to extreme danger. Only official responder vehicles are allowed entry until the situation is deemed safe again for private vehicle traffic.
- **Evacuation Advisory** – An advisory is issued when there is reason to believe that the emergency will escalate and require mandatory evacuations. An advisory is meant to give residents as much time as possible to prepare transportation arrangements.
- **Voluntary Evacuation** – Is used when an area is going to be impacted and residents are willing and able to leave before the situation gets worse. This is helpful for residents with medical issues, people with pets and those who will have difficulty making travel arrangements.
- **Mandatory Evacuation** – Public Safety officials have the authority to order mandatory evacuations. If this ever occurs, you **MUST** leave the area **IMMEDIATELY**; your life is in danger. Under these circumstances the situation is severe and you may not have time to gather special belongings or paperwork, every minute you delay could increase your danger. Please do not take this order lightly; it is for your safety. Remember to follow any instruction you receive from a law enforcement officer or fire official.

EXTREME HOT WEATHER

Summer heat can be dangerous, especially when temperatures are 10 or more degrees above the average high for that time of year and last several days. Older people, infants, people with chronic health conditions and people working outdoors are at the highest risk when exposed to extreme heat. Staying cool and making simple changes in your fluid intake, activities and clothing during hot weather can help you remain safe and healthy.

Safety Tips for Everyone

Drink plenty of fluids, such as water and low-calorie sports drinks. Avoid caffeine and alcohol. (Consult with your doctor if you have been prescribed a fluid-restricted diet or diuretics).

Stay indoors in an air-conditioned building. If you do not have an air conditioner, visit a friend or neighbor with air conditioning or go to a shopping center or public library for a few hours.

Wear lightweight, light-colored, loose-fitting clothes.

Pace yourself and avoid heavy exertion in the heat.

If you must be out in the heat, limit your outdoor activity to morning and evening hours.

Check in on neighbors, relatives and friends, particularly those who may be isolated.

Never leave a child or an animal in a parked vehicle, even for a few minutes. Temperatures can quickly rise to dangerous levels in a matter of minutes.

For more information and additional tips to stay cool and healthy during extreme hot weather, visit www.co.el-dorado.ca.us/publichealth or www.cdc.gov.

EXTREME COLD WEATHER

Exposure to cold temperatures, whether indoors or outside, can cause life-threatening health problems. Whenever temperatures drop decidedly below normal and as wind speed increases, heat can leave your body more rapidly. These weather-related conditions may lead to serious health problems especially hypothermia and frostbite. Some things you can do to protect yourself and others from extreme cold are:

Be prepared for isolation in your home. Check your disaster supply kit for food and water. Install a smoke detector and a battery-operated carbon monoxide detector.

Travel only when absolutely necessary. Listen to road advisories. Make sure your car is winterized and have an emergency kit in the vehicle, which includes water, food, blankets, flashlight, sand or kitty litter, shovel, ice scraper, tow chain, and flares. Let someone know your route and destination. If you do get stuck, stay with your vehicle.

Stay indoors and dress warmly. Eat regularly and drink liquids such as warm broths or juices. Avoid caffeine and alcohol.

Be aware of the dangers of carbon monoxide. Clear all vents of snow accumulation. Do not use unvented heating appliances inside the home.

Natural gas and liquid petroleum gas (propane) installations are at risk due to heavy and deep snow conditions. Keep natural gas meters free of snow and ice build up. Heavy icicles or large accumulations of snow from eaves can severely damage regulators if they are not protected.

Avoid exertion. Cold weather puts an extra strain on the heart. If you must do outdoor chores, dress warmly and work slowly.

AIR QUALITY

Smoke from wildfires is a mixture of gases and fine particles from burning trees and other materials. Smoke can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung disease.

Some things you can do to protect yourself from wildfire smoke are:

- Pay attention to local air quality reports. Listen and watch for news or health warnings about smoke. Pay attention to public health messages about taking additional safety precautions.
- Refer to visibility guides. South Lake Tahoe has a monitor that measures the amount of particles in the air. There are also guidelines to help people estimate the Air Quality Index (AQI) based on how far you can see.

Visibility Range	Health Category	Health Effects
10 + miles	Good	None
5-10 miles	Moderate	Usually sensitive people should consider reducing prolonged or heavy exertion.
3-5 miles	Unhealthy for Sensitive Groups	Sensitive people should reduce prolonged or heavy exertion.
1.5-2.5 miles	Unhealthy	Sensitive people should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.
1-1.25 miles	Very Unhealthy	Sensitive people should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.
< 0.75 miles	Hazardous	Sensitive people should remain indoors and keep activity levels low. Everyone else should avoid all physical activity outdoors.

- If you are advised to stay indoors, keep indoor air as clean as possible. Keep windows and doors closed unless it is extremely hot outside. Run an air conditioner if you have one, but keep the fresh-air intake closed and the filter clean to prevent outdoor smoke from getting inside.

WILDLAND FIRES

Wildland fires continue to be the largest threat to the South Lake Tahoe Basin. During a fire emergency, safety of lives is the number one priority. In order for the Fire Districts to effectively work to control the fire or protect homes, it is best if citizens are safely evacuated. Protecting your life is the highest priority and if you, your family and neighbors are in a safe place, the responders have accomplished the most important goal.

WHAT TO EXPECT DURING WILDLAND FIRES

- Wildland fires can start and move very quickly. Smoke and embers will be moved by the wind created by the fire. The situation can change in minutes. Listen to the radio or television for updates and be ready to leave if necessary.

BEFORE A WILDLAND FIRE OCCURS

- Preparation is key to a successful evacuation and now is the time to plan on what you are going to do if ordered to leave your home. Plan your evacuation route; if possible map out at least two routes out of your neighborhood. Have your evacuation kit and necessary items in a known location and ready to go.
- For help with defensible space, contact the City of South Lake Tahoe Fire Department at 530-542-6180 or Lake Valley Fire Protection District at 530-577-2447 or 530-577-3737.

DURING A WILDLAND FIRE

- Stay calm and do not panic. You will think more rationally if you remain calm. Keep family members and pets together. Wear long pants, long sleeved shirts made from natural fibers, and boots or sturdy shoes for protection from heat. Check for EAS Alerts on KRLT 93.5 FM, KTHO 590 AM or KOWL 1410 AM. If advised to evacuate, **DO SO IMMEDIATELY**. Drive slowly, turn on your vehicle headlights and stay as far to the right of the road as possible.
- If evacuation routes are blocked you may be required to stay in your home during the fire. If you shelter in place, stay away from windows, move to an interior room or hallway. If the house does catch fire there will still be time to get out. Do not try to leave until after the fire has passed and you can safely drive to a shelter location.
- In the event of an evacuation, do not leave sprinklers on unattended, as it will deplete water supplies necessary to fight the fire.

For more information about fire preparedness and response, go to: <http://livingwithfire.info/tahoe>



WHAT TO EXPECT IN AN EARTHQUAKE

During an earthquake the “solid” earth moves like the deck of a ship. The actual movement of the ground is seldom the direct cause of death or injury. Most casualties result from falling objects and debris because the shocks can shake, damage or demolish buildings. Earthquakes may also trigger landslides, cause fires and disrupt utilities.

BEFORE AN EARTHQUAKE

- Check your home for potential hazards. Place large and heavy objects on lower shelves. Securely fasten shelves to walls. Brace or anchor high or top-heavy objects. Strap water heaters to keep them from falling.
- Know where and how to shut off electricity, gas, and water at main switches and valves. Have the proper tools close by so that there is no delay when it is time to shut off the utilities.
- Hold occasional drills so each member of your family knows what to do in an earthquake.
- Have your Disaster Supply Kit ready and accessible.

WHAT TO DO DURING AN EARTHQUAKE

- First and foremost, stay calm. Think through the consequences of any action you take.
- If you are inside, stay inside; take cover under a heavy desk or table. Stand under a supported doorway or along an inside wall away from any windows.
- If you are outside stay there, stay away from tall buildings, look up and watch for falling objects. If you are in a moving car, safely stop the car and remain inside.

WHAT TO DO AFTER AN EARTHQUAKE

- Check yourself and people nearby for injuries. Provide first aid if needed. Be prepared for additional earthquake shocks called “aftershocks”. These are smaller than the main shock, but some may be large enough to cause additional damage or bring weakened structures down.
- Check gas, electric, and water lines. If damaged, shut off valves. Turn off appliances. Do not light matches or candles. Check for natural gas leaks by odor only. If a gas leak is detected, open all windows and doors. Leave immediately and do not reenter the building until a utility official says it is safe.
- Check your home for damage and approach chimneys with caution. If there is any question of safety, leave your home and do not reenter until the item can be checked. Open any closet and cupboards cautiously due to falling objects.
- Do not flush toilets until sewer lines are checked.
- Check with neighbors to see if your assistance is needed.

WHAT TO EXPECT DURING A FLOOD EVENT

Flash floods, abundant rain and rain-on-snow events can occur throughout the area. In many places these events cause small creeks to overflow and homes in low-lying areas can experience some localized flooding. In addition, scientists have determined that an earthquake or landslide event into Lake Tahoe could trigger a seiche or series of lake waves much like a tsunami.

BEFORE A FLOOD

- Check drains and drainage to divert water away from your home. Build barriers and landscape around your home to reduce or stop floodwaters and mud from entering. Keep snow and ice cleared from drains.
- Plan for evacuation including where you are going to go and the route you will follow.

DURING A FLOOD

- In the event of a seiche, remember that additional waves will follow the first one and may be even larger and more destructive.
- Do not try to drive or walk through flooded areas. Water can be deeper than it appears and water levels rise quickly. If your car stalls in floodwater, get out quickly and move to higher ground.
- Listen for updates from the radio and television. Know the location for sandbags and sand. Contact local authorities and notify them of the location of the flooding. If necessary, turn off utilities before problems escalate.



Photo courtesy Truckee River Flood Project

AFTER THE FLOOD

- Prior to entering a building, check for structural damage. Make sure it is not in danger of collapsing. Electrical power and natural gas or propane tanks should be shut off to avoid fire, electrocution or explosions. Watch for electrical shorts or live wires.
- Avoid floodwaters; water may be contaminated with oil, gasoline or raw sewage.
- Listen for news reports to learn whether the water supply is safe to drink.
- Wash your hands frequently with soap and clean water if you come in contact with floodwaters.

PANDEMIC INFLUENZA (PANDEMIC FLU)

A pandemic influenza (flu) is a global outbreak of disease that occurs when a new influenza virus emerges in the human population, causes serious illness in people and then spreads easily from person to person worldwide. Pandemics are different from seasonal outbreaks or “epidemics” of influenza.

Depending on the strength of the strain, it can cause many people to become severely ill or die. It may cause a short supply of food, goods and services if many workers stay at home or travel is restricted. Medical services will certainly become overwhelmed.

The flu spreads mainly through coughing and sneezing. People can also leave the virus on things they touch if they have flu germs on their hands. Catching the flu from an infected animal is rare but if a flu (like Avian Flu) evolved so it could infect humans, it could start a pandemic.

Flu pandemics have happened before. Experts believe that another pandemic is likely. Flu viruses are easily spread. With modern travel, viruses can circle the globe faster than ever.

Take steps to help avoid getting or spreading flu germs:

Stay home when you are sick.

Wash your hands often and well.

Cover your cough and sneeze.

Teach children how to protect themselves.

Be prepared. Develop preparedness plans as you would for other public health emergencies.

Stock up on supplies at home. Make sure your home is well stocked with non-perishable food items and plenty of bottled water for all family members and pets. For a pandemic flu, a minimum of a two-week supply is recommended.

Get available flu shots.

Stay informed about pandemic influenza and be prepared to respond. Health officials will announce a pandemic and provide guidance.

Support prevention and control actions recommended by your public health officials and providers.

To learn more about pandemic flu, go to www.pandemicflu.gov



TERRORISM

Terrorism is defined as the unlawful use of violence, or the threat of it, to scare or intimidate people or governments.

There are four general types of terrorism:

Conventional – such as bombing or hijacking

Chemical – use of poisons or chemicals (nerve gas)

Biological – use of bacteria, viruses or other harmful organisms

Radiological – use of nuclear or radiological materials

Terrorists tend to strike targets that are highly populated (large cities, airports, tourist attractions, major events), business centers (government buildings, financial districts, military bases, transportation or power plants) and institutions (schools, hospitals).

Terrorist incidents usually happen without warnings. Here are some safety tips:

- If you are in public, be aware of your surroundings. Know where emergency exits are located.
- Never leave shopping bags or luggage unattended.
- Stay calm. Exit a public place as soon as it is safe to do so. Do not try to rescue people in a public building.
- If at home, stay alert and listen for instructions given on the radio or television. Have a plan in case you are told to evacuate or to shelter in your home.

Talk to your children about the subject. Avoid stereotyping. Explain that only a few “bad” people are behind terrorist attacks. Let them know that they are safe and that your family is prepared if anything happens.

You may never be impacted by a terrorist incident but it pays to be aware. Let common sense be your guide.

WATER UTILITIES

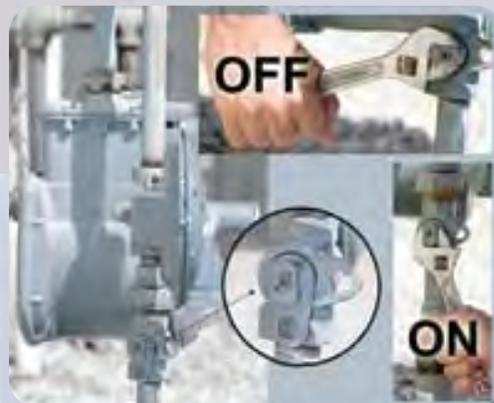
The most likely event to effect water utilities would be extreme weather, particularly extreme cold temperature events. The following suggestions will minimize damage to property and furnishings in the event of frozen pipes.

- Insulate exposed pipes and faucets.
- Mark your home shut-off valve.
- Regularly shovel a path to your shut-off valve.
- If you do not have a home shut-off valve, consider installing one. Most water utility providers will waive shut-off/turn on charges upon proof of installation.
- Fill holes in doors, windows, and walls near water pipes.
- Look for Underwriters Laboratory (UL) seal of approval on any electrical products. Remember, heat tape products won't work during power outages.
- Do not leave water running to prevent frozen pipes. It doesn't always work, can cause water damage to your home and wastes a valuable natural resource.
- If your pipes do freeze, open a faucet near the frozen point to release water vapor from the melting ice. If you know where the frozen spot is, wrap the pipe with towels and repeatedly pour hot water over the towels. **Never use a flame or a hair dryer to thaw pipes – the risks of fire or electrocution are too great!**
- If your pipes break, shut off your water using your home shut-off valve to control flooding and water damage. If you do not have a home shut-off, call your water service provider for an emergency shut-off.

HOW TO TURN OFF GAS

Make sure all family members know how and when to shut off the gas supply.

- If you smell gas after an earthquake, shut off the main gas valve.
- Use a wrench to turn the valve either way until it is perpendicular to the pipe.
- Attach the wrench to the gas meter with a wire.
- Be aware that once your gas is turned off, it is advisable to contact your gas provider to turn the gas back on because all of the pilot lights will need to be relit.



YOUR LOCAL SCHOOLS

Both Lake Tahoe Unified School District and St. Theresa School subscribe to a communication service, Blackboard Connect. This enables school administrators to record and send personalized voice messages to thousands of students, parents and staff in minutes. The Blackboard Connect service provides schools with the ability to communicate emergency information as well as improve awareness, increase involvement and audit communication on a regular basis. Keeping your child's emergency card information updated with correct phone contacts is vital to you receiving information accurately and efficiently. If you have further questions about this service, please contact your child's school.

All schools diligently practice emergency procedures. The accountability and safety of all children and adults on our campuses are of utmost concern. Schools need your cooperation during an emergency situation. During an emergency, your child is well cared for by trained individuals. In order to keep your child safe, we need your assistance in several ways.

- Do not contact your child or hold a conversation with your child on a cell phone. As you know, cell phone usage in an area can quickly become overwhelmed. School personnel may need the ability to use cell phone service during that emergency.
- Do not phone the school. School personnel will need all available phone lines to conduct calls to emergency personnel needed at that time. The schools' emergency phone system, Blackboard Connect, will automatically phone the primary numbers you provided on your child's emergency card with important information.
- Do not drive to the school. Your good intentions could actually cause a traffic issue for the emergency agencies assisting the school.
- Do turn to your local radio or television stations for emergency information. Public Information Officers for the schools and emergency response agencies will post information quickly and regularly.
- Do ensure that the Emergency Card information for your child is accurate and current throughout the school year. Once our Student / Parent Reunification process begins, students will ONLY be released to the individuals who:
 1. Have current legal identification such as a driver's license, state issued identification card, or passport. Please know ahead of time that even if school staff is familiar with you, this is a legal matter and will be followed.
 2. Are listed on the release portion of the Emergency Card. Under no circumstances will a student be released to anyone not currently listed on the emergency card. Keeping this information updated is of the utmost importance and it's your responsibility.



EMERGENCY NOTIFICATIONS

Since no single method of communication is fail-safe, regional public safety officials use a combination of four methods to keep the public informed during an emergency.

1. Local government Public Information Officers (PIO) gather key information from first responders and elected officials and produce press releases that are then broadcast by local media outlets.
2. Emergency Managers can initiate the Emergency Alert System (EAS). This system interrupts local radio and television broadcasts with emergency alerts and instructions to the public.
3. First Responders and credentialed volunteers can go door-to-door alerting citizens of impending hazards.
4. Reverse 911 System can be used to automatically telephone residents and relay emergency information. (The Reverse 911 System is a computer system that calls telephones in a particular geographic area and plays a recorded message. However, there are two issues to consider - availability of electric utility power and ability of the system to contact a particular telephone.)

In an emergency, the electric utility power may fail at any time. This means that any telephone which relies on electric utility power to function will not work.

Again, there is no guarantee that every citizen can be contacted, but with these four methods, regional officials can quickly notify large sections of the local population.

The Emergency Alert System (EAS) Local Primary Stations

In an emergency tune in to: KOWL 1490 AM, KRLT 93.9 FM or KTHO 590 AM

CALSTAR Membership Program

California Shock Trauma Air Rescue (CALSTAR) is a non-profit air ambulance service that is mission driven, not profit driven. Their shareholders are the communities they serve. While they hope you never need to fly with CALSTAR, they understand the ramifications an air ambulance transport can mean financially. The average cost of an air ambulance transport is \$25,000. Few families are prepared for large medical bills – even when you are insured. CALSTAR offers an affordable answer. A CALSTAR member pays only their deductible. They bill the insurer (if there is one). CALSTAR members will not incur any additional costs associated with the air ambulance transport. CALSTAR memberships are available to anyone – even if you are uninsured. Corporate membership programs are also available at group rates. To become a member, or for more information, please visit their website, www.CALSTAR.org or call-1-888-207-LIFE (5433).



Important Emergency Locations

Animal Shelters

- 1 El Dorado County Animal Shelter, 1120 Shakori Dr
- 2 South Lake Tahoe Humane Society & SPCA, 1221 Emerald Bay Rd
- 3 Lake Tahoe Wildlife Care, 1485 Cherry Hills Cir,

City of South Lake Tahoe

- 4 Administration Center Council Chambers, EOC, 1901 Airport Rd.
- 5 Airport, 1901 Airport Road
- 6 South Lake Tahoe Recreation Complex, 1180 Rufus Allen Blvd.

Douglas Offices

- 7 Constable, 175 Highway 50, Stateline, NV
- 8 Library, 233 Warrior Way, Zephyr Cove, NV
- 9 Kahle Community Center, 236 Kingsbury Grade, Stateline, NV

El Dorado County Offices

- 10 Coroner/Medical Examiner, El Dorado County Coroner
c/o El Dorado County Sheriff, 1360 Johnson Blvd.
- 11 Environmental Management Dept., 3368 Lake Tahoe Blvd.
- 12 Health Department, 1360 Johnson Blvd., Suite 103
- 13 Library, 1000 Rufus Allen Blvd.

Fire Departments

South Lake Tahoe Fire Department

- 14 Fire Station #1, 1252 Ski Run Blvd.
- 15 Fire Station #2, 2951 Lake Tahoe Blvd.
- 16 Fire Station #3, 2101 Lake Tahoe Blvd.
- 17 Fire Station #4, 1901 Lake Tahoe Blvd. (Lake Tahoe Airport)

Lake Valley Fire Protection District

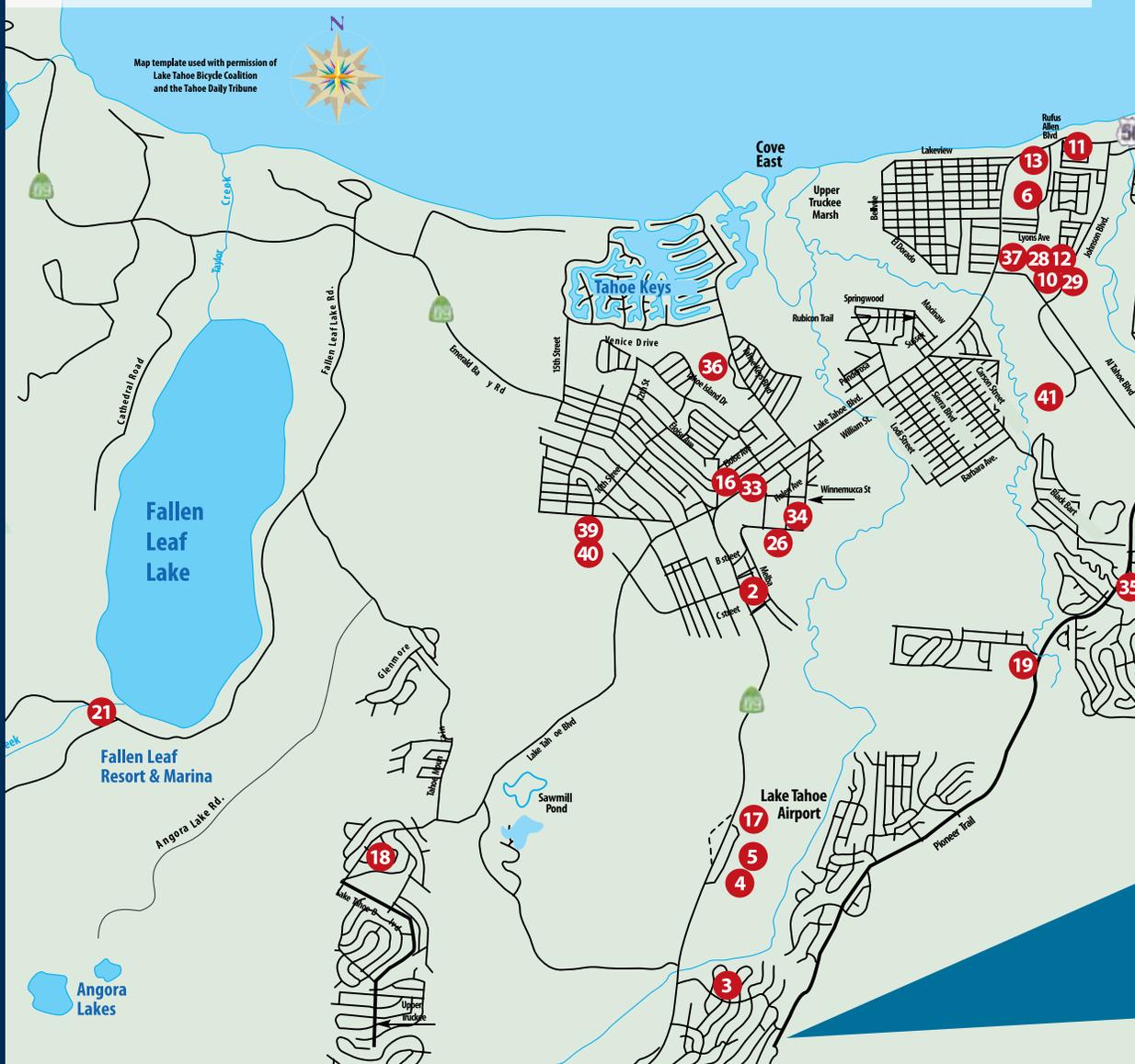
- 18 Fire Station #5, 1009 Boulder Mtn. Court
- 19 Fire Station #6, 1286 Golden Bear Trail
- 20 Fire Station #7, 2211 Keetak St

Fallen Leaf CSD Fire Department

- 21 Fire Station #9; 241 Fallen Leaf Rd

Tahoe Douglas Fire Protection District

- 22 Fire Station #1, 702 Kingsbury Grade, Stateline, NV
- 23 Fire Station #3, 193 Elks Point Road, Zephyr Cove, NV
- 24 Fire Station #4, 875 US Hwy 50, Zephyr Cove, NV
- 25 Fire Station #5, 1803 US Hwy 50, Glenbrook, NV



Important Emergency Locations, continued

Hospital

26 Barton Memorial Hospital, 2170 South Avenue

Law Enforcement

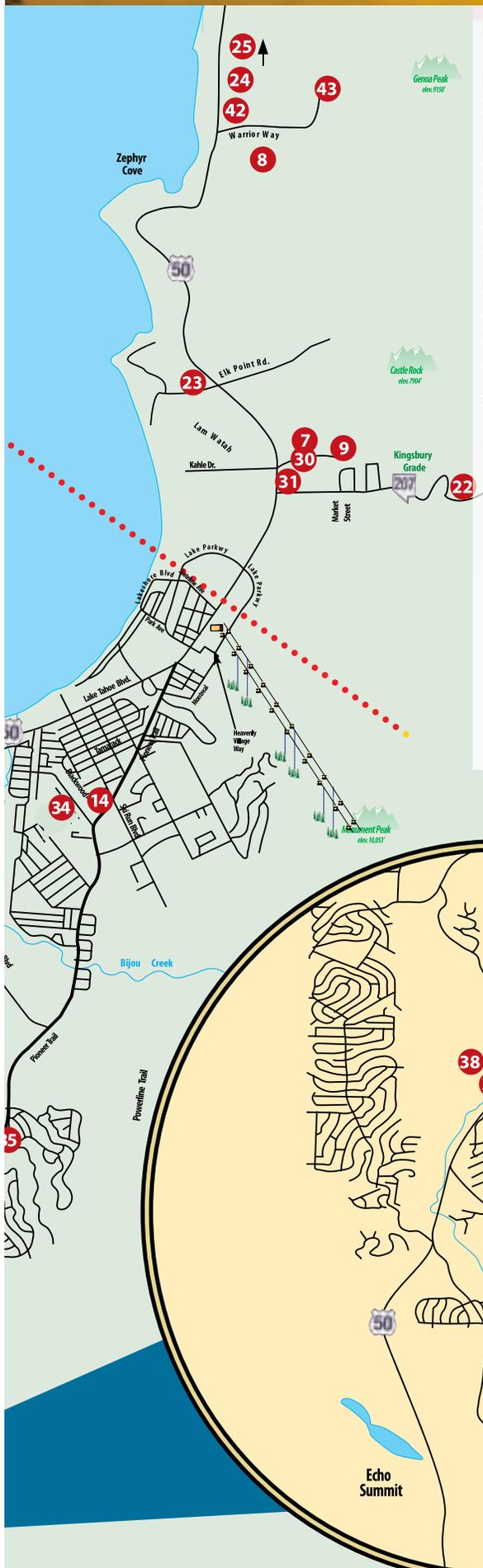
- 27 California Highway Patrol, 2063 Hopi Avenue
- 28 El Dorado County Sheriff, 1360 Johnson Blvd.
- 29 South Lake Tahoe Police Department, 1352 Johnson Blvd.
- 30 Douglas County Sheriff, Lake Tahoe Substation, 175 Highway 50, Stateline, NV

Medical Clinics

- 31 Stateline Medical Center, 155 Highway 50, Stateline, NV
- 32 Barton Community Clinic, 2201 South Avenue
- 33 Tahoe Urgent Care, 2130 Lake Tahoe Blvd

Schools

- Lake Tahoe Unified School District, 1021 Al Tahoe Blvd.
- 34 Bijou Community Elementary School, 3501 Spruce Avenue
- 35 Sierra House Elementary, 1701 Remington Trail
- 36 Tahoe Valley Elementary, 943 Tahoe Island Drive
- 37 South Tahoe Middle School, 2940 Lake Tahoe Blvd.
- 38 Lake Tahoe Environmental Science Magnet School, 1095 San Bernadino Ave.
- 39 Mt. Tallac High School, 1735 Lake Tahoe Blvd.
- 40 South Tahoe High School, 1735 Lake Tahoe Blvd.
- 41 Lake Tahoe Community College, One College Drive
- Douglas County Schools
- 42 Zephyr Cove Elementary School, 226 Warrior Way, Zephyr Cove, NV
- 43 George Whittell High School, 240 Warrior Way, Zephyr Cove, NV



**Created by the South Lake Tahoe
Emergency Management Community Council**

Supporting Partners:

Barton HealthCare System

Cal EMA - California Emergency Management Agency

El Dorado County Office of

Emergency Management Services

Nevada Department of Emergency Management

El Dorado County Sheriff

Tahoe Regional Planning Agency

American Red Cross

CALSTAR

City of South Lake Tahoe

El Dorado County Environmental Management

El Dorado County Public Health

Lake Tahoe Humane Society and S.P.C.A.

Lake Valley Fire Protection District

MontBleu Resort Spa & Casino

Soroptimist International of Tahoe Sierra

South Lake Tahoe Fire Department

South Lake Tahoe Police Department

South Lake Tahoe Rotary

South Tahoe Public Utility District

Tahoe Daily Tribune

Tahoe Douglas Fire Protection District

"This document was prepared under a grant from FEMA's Grant Programs Directorate, U.S. Department of Homeland Security. Points of view or opinions expressed in this document are those of the authors and do not necessarily represent the official position or policies of FEMA's Grant Programs Directorate or the U.S. Department of Homeland Security."