



4 STEPS TO EMERGENCY PREPAREDNESS FOR ALL

For more information and resources, visit ReadyNevadaCounty.org



Review the **4 Steps to Emergency Preparedness** and consider additional needs before, during, and after an incident regarding maintaining independence, communication, transportation, supervision, and medical care.

STEP 1: FIND YOUR FIVE & SHARE YOUR PLAN



Identify **five people** who will become your trusted allies during a disaster or emergency. Your five allies are people that will check on you and that you can communicate with in an emergency so they know you are safe, or if you need help.

Do not depend on one person alone. People work different shifts, take vacations, and are not always available. Make sure some of the people on your list live close to you and have at least one person who lives out of the area.

When you are creating your list of trusted allies, ask each person the best way to contact them. Explain what you are asking them to do for you during a disaster or emergency. Make sure they understand and agree.

IMPORTANT PHONE NUMBERS

Emergency Meeting Place:

Out of Area Contact Phone:

Work:

School:

Insurance Agent:

Other:

FIVE TRUSTED EMERGENCY ALLIES WHO KNOW OUR PLAN

When selecting your five trusted allies, consider coaches, childcare providers, relatives outside the area, and neighbors on shared evacuation routes. **Ask one out-of-area friend or relative to be your trusted ally.**

Name:	Phone:

STEP 2: PLAN FOR YOUR MEDICAL NEEDS



Think about what medications and equipment you might need to stay healthy and comfortable in the event of an evacuation or during a PSPS. Have at least a **week-long supply** of prescription medicines, along with a list of all medications, dosages, and any allergies.

CREATE YOUR MEDICAL AND INDEPENDENT LIVING NEEDS LIST

▶ IMPORTANT MEDICAL INFORMATION

Doctor's Name & Phone Number:

Type of Health Insurance:

Policy Number:

Blood Type:

Allergies & Sensitivities:

▶ MEDICAL EQUIPMENT

List equipment you need, such as hearing aids, glasses, contacts, walkers, wheelchairs, oxygen equipment, and other devices.

1.

2.

3.

4.

5.

▶ MEDICATIONS & DOSAGES

List your medications, their use, dosage, and time taken.

1.

2.

3.

4.

5.



Make several copies of your list. Keep them handy in your purse, Go Bags, and emergency supply kits. Email yourself the list, or take a picture on your phone to keep a digital record.

If you have concerns about evacuating with an access or functional need, or would like to donate durable equipment in good condition for use in an emergency, please contact:



Voice: (530) 477-3333 | **TTY:** (530) 477-8194 | **Toll Free:** (800) 655-7732

For more information: **FREED.org**

STEP 3: ASSEMBLE GO BAGS FOR YOU & YOUR FAMILY

- Three-day supply of non-perishable food and three gallons of water per person
- Map marked with evacuation routes
- List of important numbers in case your cell phone is lost
- Prescriptions, special medications
- Assistive devices or durable medical equipment
- Battery-powered radio
- Extra batteries
- Pet & service animal supplies (food, water, carrier, leashes)
- Change of clothing
- Sturdy shoes for walking
- Extra eyeglasses or contact lenses
- N95 mask
- An extra set of car keys
- Credit cards, cash, or checks
- Flashlight
- Sanitation supplies
- Cell phone charging cord and extra battery
- Diaper bag
- First aid kit
- Your **Ready, Set, Go! Handbook**



SECURE IMPORTANT DOCUMENTATION FOR RECOVERY

- Maintain copies or digital records of important documents such as:** Proof of residency, ID, passport, green card, birth certificates, insurance policies, tax records, vehicle titles, Social Security cards, Medicare cards, CalFresh Card, military records, as well as real estate and property records, etc.

LOCATION OF GO BAGS

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STEP 4: IDENTIFY YOUR EVACUATION ROUTES

EVACUATION ROUTES: KNOW WHERE TO GO

Be familiar with and practice taking all possible routes away from your home. Be aware of nearby road conditions and potential obstacles, such as locked gates and overgrown vegetation. Talk to your neighbors about evacuation concerns, and work together to mitigate potential hazards.

Evacuation Route 1:

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Evacuation Route 2:

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Evacuation Route 3:

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EMERGENCY MEETING PLACE

Make sure you and your family have a predetermined meet-up location away from your neighborhood in case you are separated in an emergency.

Emergency Meeting Place Location & Phone Number:

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DO NOT WAIT TO EVACUATE IF YOU FEEL UNSAFE.

Late evacuations contribute to traffic jams and put you, your neighbors, and first responders at risk. Leaving early increases your chance of survival. If an evacuation is ordered, every minute counts. Be prepared: know where your Go Bag is, be sure you can open your garage if the power goes out, and keep pets close.