

# Flood

## Preparedness Checklist

Flooding is a temporary overflow of water onto land that is normally dry. Floods can result from rain, snow, coastal storms, storm surges, overflows of rivers, and dam failure. Floods can be dangerous. People die by drowning when they don't evacuate before floodwaters come or when they enter floodwaters. Floods can damage buildings and roads, cause power outages, and create landslides. Floodwaters carry waste and pollute drinking water. Flooding can develop slowly or quickly. Flash floods can be sudden and violent. Climate change increases our risk of many types of flooding. But we can take action to prepare. Prepare now to protect yourself and your loved ones.



## What to Do: Before



### Understand Your Flood Risk

- Learn about the types of flooding that can impact your home and community. Types of flooding include flash floods, river floods, storm surges, coastal floods, burn scars, debris flows, ice/debris jams, snowmelt, dry wash, dam breaks, and levee failures.
- Reach out to your local office of emergency management for advice.
- Know your home and community's flood risk. Visit the FEMA Flood Map Service Center and search for your home using your address.

- River floods: Know if you are in an area that is prone to river floods. Review your evacuation plan so that you can leave quickly if officials advise you to evacuate.
- Storm surge: Be prepared to evacuate immediately if local officials advise. A storm surge can cause water levels to rise quickly and flood large areas in just minutes.
- Coastal flooding: Be prepared to evacuate immediately if local officials advise. Move inland before flooding begins.



### Make Plans to Stay Safe

- Flash floods can be sudden and violent. You may have little to no warning. Designate a place on higher ground that you can get to quickly. Plan to move to higher ground before flooding begins.

## What to Do: During



### Turn Around! Don't Drown!

- Never walk, swim, or drive through floodwater. Just 6 in (15 cm) of fast-moving floodwater can knock you over, and 12 in (30 cm) can carry your vehicle away.

## What to Do: After



### Prevent Injuries

- Understand the dangers you may face and keep your loved ones safe.
- If you evacuated, wait for officials to say it is safe before going home.
- Avoid fallen power lines, poles, and wires. They can electrocute you.
- Watch out for falling trees and other debris.
- Use flashlights or battery-powered lanterns, rather than candles, to reduce fire risk.
- Many injuries happen during cleanup. Wear protective equipment, like boots, long pants, work gloves, eyewear, and an N95 respirator to protect your lungs. Follow the advice of local public health officials.
- Learn how to use equipment safely. Do not touch electrical equipment if it is wet or if you are standing in water because you could get electrocuted.
- Cleaning up is a big job. Take care of yourself. Work with a partner and take frequent breaks.



### Protect Your Health

- Flooding can contaminate drinking water. Check with your local public health department about drinking water safety.
- Don't get sick from eating spoiled food. Throw out food that got wet or warm. When in doubt, throw it out!
- Stay away from floodwaters. They may contain sewage, sharp items, and chemicals that can make you ill.



### Take Care of Yourself

- It's normal to have a lot of bad feelings, stress or anxiety.
- Eat healthy food and get enough sleep to help you deal with stress.
- You can contact the Disaster Distress Helpline for free if you need to talk to someone. Call or text **1-800-985-5990**.

Prepare so you can protect.

| For more information, visit [redcross.org/prepare](https://redcross.org/prepare)

| Download the Emergency App



# Power Outage

## Preparedness Checklist

A power outage is when the electrical power goes out. Planned or unexpected, it can last for days or longer. Lighting, refrigeration, water, air conditioning, the internet, and medical equipment may not work. Climate change is making extreme weather events more frequent. These weather events can stress our electrical grids and lead to more power outages. But we can take action to prepare. Prepare now to protect yourself, your loved ones, and your home.



## What to Do: Before



### Know and Plan for your Personal Electrical Needs.

Evacuate means going from an unsafe place to a safe place.

- Take an inventory of your essential electrical needs. Then consider how you would live without them when the power goes out. Make a plan for the essentials.
  - How will I stay warm or cool?
  - How will I make food or have clean water?
  - How will I communicate with others?
  - How will I run any needed medical equipment?
- If you need to keep medications cool or have medical devices that need power, discuss a backup plan with your doctor.
- It may not be safe to stay home, have a plan to evacuate safely.



### Create a Support Network

- Identify trusted individuals that can help you or that need your help.
- Know how to contact them. Keep a paper copy of your contact list.
- Know how to help each other. Support may include:
  - Help staying at home or evacuating.
  - Bringing food or needed supplies.



### Plan to Stay Connected

- Sign up for free emergency alerts from your local government.
- Plan to monitor local weather and news.

- Have a backup battery or a way to charge your cell phone.
- Have a battery-powered radio during a power outage.



### Learn Emergency Skills

- Learn First Aid and CPR.
- Be ready to live without power, gas, and water.
- Plan for backup power.



### Gather Emergency Supplies

- Gather food, water, and medicine. Stores and pharmacies might be closed. Organize supplies into a Go-Kit and a Stay-at-Home Kit.
- Go-Kit: at least three days of supplies that you can carry with you. Include backup batteries and chargers for your devices (cell phone, CPAP, wheelchair, etc.)
  - Stay-at-Home Kit: at least two weeks of supplies.
  - Plan to use coolers and ice to keep food cold. Make sure you have a thermometer so that you can check the temperature of your fridge.
  - Have a 1-month supply of medication in a child-proof container and medical supplies or equipment.
  - Keep personal, financial, and medical records safe and easy to access (hard copies or securely backed up). Consider keeping a list of your medications and dosages on a small card to carry with you.

## What to Do: During



### Monitor Alerts

- Listen to the radio and monitor your cell phone for local information and alerts.



### Keep Food Cold and When in Doubt, Throw it Out

- Eat your fresh, perishable foods first.
- Avoid opening your refrigerator and freezer to keep food cold. Use coolers with ice if necessary.
- Measure the food temperature in your refrigerator and freezer with a thermometer. Throw out perishable food that has been warmer than 40 degrees F.
- Ask your healthcare provider or doctor about refrigerated medicines.



### Prevent Power Overloads and Fire Hazards

- Unplug appliances and electronics to avoid damage from power surges.

- Use flashlights, not candles.
- Turn off the utilities only if you suspect damage or if local officials instruct you to do so. Your gas line can only be turned on by a professional.
- Contact a professional if you have problems once the utilities are back on.



### Prevent Carbon Monoxide Poisoning

- Do not use a gas stove to heat your home.
- Do not use outdoor stoves indoors for heating or cooking.
- If using a generator, keep it outside in a well-ventilated area away from windows.



### Decide if you Need to Stay or Go

- Evacuate if your home is too hot or too cold, or if you have medical devices that need power.
- Communities often provide warming or cooling centers and power charging stations.

## What to Do: After



### Stay Safe

- Avoid damaged or fallen power lines, poles, and downed wires. They can electrocute you.
- Avoid electrical shock in flood areas. Do not go into flooded areas or use any electrical equipment that may have been underwater.
- Be aware of carbon monoxide poisoning. Do not use gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, tent, or camper — or even outside near an open window. Carbon monoxide can't be seen or smelled, but it can kill you fast. If you start to feel sick, dizzy, or weak, **get to fresh air right away — do not delay.**



### Take Care of Yourself

- It's normal to have a lot of bad feelings, stress, or anxiety.
- Eat healthy food and get enough sleep to help you deal with stress.
- You can contact the Disaster Distress Helpline for free if you need to talk to someone. Call or text **1-800-985-5990**.

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# SANDBAG DISTRIBUTION LIST

## Monterey County Public Works

COUNTY FIRE STATIONS	ADDRESS	PHONE NO.	EMAIL ADDRESS
<b>Aromas Fire (CDF)</b>	492 Carpenteria Rd., Aromas	831-726-3130	<a href="mailto:beu.aromasstn@fire.ca.gov">beu.aromasstn@fire.ca.gov</a>
<b>Big Sur (BSVFB)</b>	47911 Hwy 1 (Post Ranch Inn) Mailing: PO Box 520 Big Sur CA 93920	831-667-2113 (Office) 831-869-6547 (Cell Ph-Chief Matt Harris)	<a href="mailto:info@bigsurfire.org">info@bigsurfire.org</a>
<b>Cachagua Fire Protection District</b>	37200 Nason Rd.	831-659-7700	<a href="mailto:feedback@cachaguafireprotectiondistrict.com">feedback@cachaguafireprotectiondistrict.com</a>
<b>Cypress Fire District at Rio Rd.</b>	3775 Rio Rd., Carmel, CA 93923 Fire Station Captain: Jeff Siracusa	831-624-4511	<a href="mailto:beu.rioroadstn@fire.ca.gov">beu.rioroadstn@fire.ca.gov</a>
<b>Carmel Highlands (CDF)</b>	Attn: Capt. Daniel Fry 73 Fern Canyon Rd., Carmel, CA 93923 (Fern Canyon Rd. @ Hwy 1, Carmel Highlands)	831-624-2374	<a href="mailto:buddy.bloxham@fire.ca.gov">buddy.bloxham@fire.ca.gov</a>
<b>Calfire at Cachagua (CAL FIRE San Benito Monterey Unit)</b>	Fire Chief: George Nuñez 16650 Cachagua Rd. Carmel Valley CA 93924	831-659-2626	<a href="mailto:george.nunez@fire.ca.gov">george.nunez@fire.ca.gov</a>
<b>GREENFIELD FIRE DISTRICT:</b> Monterey Co. Special District	Fire Chief: Jim Langborg 380 Oak Ave., Greenfield, CA 93927	831-674-5484	<a href="mailto:jlangborg@ci.greenfield.ca.us">jlangborg@ci.greenfield.ca.us</a>
<b>NORTH COUNTY FIRE DISTRICT:</b> Headquarters 831-722-7833	<b>#1</b> 11200 Speegle St., Castroville, CA 95012 <b>#2</b> 17639 Pesante Rd. Salinas, CA 93907 (Prunedale NCFPD— Pesante @ Hwy 101) <b>#3</b> 301 Elkhorn Rd., Royal Oaks, CA 95076 (Pajaro)	831-633-2578	<a href="mailto:admin@ncfpd.org">admin@ncfpd.org</a>
<b>MONTEREY COUNTY REGIONAL FIRE DISTRICT</b>	<b>#1</b> Toro Park – 19900 Portola Dr., Salinas, CA 93908 (Administration)	831-455-1721 831-455-1828	<a href="mailto:kkuntz@mcrfd.org">kkuntz@mcrfd.org</a>
	<b>#2</b> Chualar Station – 24581 Washington St., Chualar, 93925 (Washington St. @ Jackson St.)	831-679-2323	
	<b>#3</b> 31 Laureles Grade Rd., Salinas, CA 93908 (Laureles Grade @ Hwy. 68, Salinas)	831-455-1828	<a href="mailto:kkuntz@mcrfd.org">kkuntz@mcrfd.org</a>
	<b>#4</b> Village Station - 26 Via Contenta, Carmel Valley, CA 93924	831-659-2021	<a href="mailto:dsargenti@mcrfd.org">dsargenti@mcrfd.org</a>
	<b>#5</b> Mid Valley Station - 8455 Carmel Valley Rd., Carmel, CA 93924 (Carmel Valley Rd @ Schulte Rd, Carmel Valley)	831-624-5907	
	<b>#6</b> Santa Lucia Preserve Station – 73 Rancho San Carlos Rd., Carmel, CA. 93923	831-624-7334	
	<b>#7</b> East Garrison Station – 13630 Sherman Blvd., Marina CA 93933	831-384-0113	
<b>South Monterey Co. (CDF) King City</b>	401 Canal St., King City	831-385-6437	<a href="mailto:beu.kingcitystn@fire.ca.gov">beu.kingcitystn@fire.ca.gov</a>