

## Prepare an Emergency Kit

Prepare to meet the needs of a family member or friend who has specific needs. Prepare emergency kits for all emergencies with the following items:

- Two weeks supply of nonperishable food and manual can opener.
- Two weeks supply of water (one gallon of water per person, per day).
- Prescribed medication.
- First aid kit.
- Fire extinguisher.
- Portable, battery-powered radio or television with extra batteries.
- Flashlight with extra batteries.
- Matches in a waterproof container.
- Whistle, extra clothing and blankets.
- Tools and a map of the local area.
- Special needs items for infants, older adults, pets, etc.
- Sanitation and hygiene items (e.g. hand sanitizer, moist towelettes and toilet paper).
- Photocopies of identification, important documents and credit cards; cash and coins.
- Eyeglasses, contact lens and solution.
- Prepare a detailed emergency list including family, friends and doctor's names.

**Specific consideration for people with disabilities:**

- Emergency plan/kit specific to your unique needs.
- Extra eyeglasses, batteries, hearing aid and mobility aid.
- Prepare a list of important information, including a list of prescribed medication, dosage, special equipment and instructions.

## Resources

### OC Links

(855) OC-Links or (855) 625-4657

TDD Number: (714) 834-2332

[www.ochealthinfo.com/bhs/about/pi/oclinks/](http://www.ochealthinfo.com/bhs/about/pi/oclinks/)

Monday - Friday, 8:00 a.m. to 6:00 p.m.

### Centralized Assessment Team

(Emergency Psychiatric Evaluation)

(866) 830-6011

7 days a week, 24 hours a day

### 24 Hour Suicide Prevention

(877) 7 CRISIS or (877) 727-4747

[www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)

### NAMI WarmLine

Non-crisis support

(877) 910 WARM or (877) 910-9276

[www.namio.org](http://www.namio.org)

Monday - Friday, 9:00 a.m. to 3:00 a.m.

Saturday - Sunday 10:00 a.m. to 3:00 a.m.

### Orange County Information Line

Dial 211

[www.211OC.ORG](http://www.211OC.ORG)

### SAMHSA

24 Disaster Distress Helpline

800-985-5990 or

Text TalkWithUs to 66746

[www.disasterdistress.samhsa.gov/](http://www.disasterdistress.samhsa.gov/)

### OC Health Care Agency

Health Disaster Management

[www.healthdisasteroc.org/](http://www.healthdisasteroc.org/)

## County of Orange Health Care Agency



### County of Orange Health Care Agency Behavioral Health Services Disaster Response

405 W. 5th Street. Suite 550  
Santa Ana, CA 92701

<http://ochealthinfo.com/bhs>

## County of Orange Health Care Agency



### Wildfire Emergency



### Behavioral Health Services Disaster Response

405 W. 5th Street. Suite 550  
Santa Ana, CA 92701

<http://ochealthinfo.com/bhs>

### Mission Statement

*Making Orange County a safe, healthy, and fulfilling place to live, work and play, today and for generations to come, by providing outstanding, cost-effective regional public services.*

### What Is a Wildfire Emergency?

More and more people are making their homes in woodland settings - in or near forests, rural areas, or remote mountain sites. There, homeowners enjoy the beauty of the environment but face the very real danger of wildfire.

Every year across our Nation, some homes survive - while many others do not - after a major wildfire. Those that survive almost always do so because their owners had prepared for the eventuality of fire, which is an inescapable force of nature in fire-prone wildland areas. Said in another way - if it's predictable, it's preventable!

Wildfires often begin unnoticed. These fires are usually triggered by lightning or accidents. They spread quickly, igniting brush, trees, and homes. Reduce your risk by preparing now - before wildfire strikes. Meet with your family to decide what to do and where to go if wildfires threaten your area. Follow the steps listed below to protect your family, home, and property.

[www.ready.gov/wildfires](http://www.ready.gov/wildfires)



### Before a Wildfire

- Build an emergency kit for your household, including all indoor and outdoor pets/animals
- Prepare your home for a wildfire
- Plan your water needs
- Create and practice an evacuation plan

### During a Wildfire

#### Stay Informed

- Pay attention to weather forecasts
- Listen for advice from local authorities

#### Protect yourself from smoke

- Limit time outdoors
- Avoid burning candles, using gas stoves, or vacuuming
- Do not use dust masks as they retain harmful particles

#### Evacuate safely

- Create a disaster plan
- Complete a checklist of necessary items
- Practice your plan

#### Stay healthy during power outages

- Exercise food safety
- Utilize safe drinking water
- Be aware of power line hazards
- Limit overexposure to media
- Ask for emotional and medical assistance as needed

[www.bt.cdc.gov/disasters/wildfires](http://www.bt.cdc.gov/disasters/wildfires)



### After a Wildfire

- Utilize resources for food, shelter, medical interventions, and other support
- Do not return to evacuated areas until officials indicate that it is safe to do so
- Contact family and friends for support
- Identify emotional reactions to the fear of being personally affected by the fire.
- Offer comfort and support to your children and pets. Pay attention to any behavioral changes, as this is a good indicator that they may be experiencing anxiety and fear
- Maintain a routine
- Find ways to relax that do not include alcohol or drug use
- Participate in activities you enjoy
- Realize that you cannot control everything
- Stay focused on personal strengths

### Common Reactions

- Fear of dying, if close to the fire
- Sadness and/or grief for animals affected by the fire
- Concern about the safety of the environment
- Anger at perpetrators
- Hopelessness and sadness
- Anxiety
- Sleep disturbance
- Social isolation or withdrawal

#### Long-Term Impact

If you or a loved one have difficulty coping during this period of uncertainty, consider seeking professional help.

### Tips for Coping

#### Coping Strategies for Children and Teens

- Give honest age-appropriate information
- Help them express their feelings
- Encourage small children to express their feelings by drawing
- Maintain parent, child and family routines and provide structure to their day
- Limit media exposure to avoid unnecessary anxiety and fear

#### Coping Strategies for Adults

- Remember that physical and emotional reactions to fear of being affected by a wildfire are normal
- Focus on your strengths
- Talk about your feelings
- Become involved in the recovery process. Helping others heal can be beneficial to one's own recovery (don't forget to offer care to your pets)
- Accept help from family, friends, co-workers and clergy
- Make time for recreation and relaxation

### Stay Informed

- Listen to the television and radio for instructions regarding evacuations, public health concerns and safe travel
- If an evacuation is ordered, the announcement will include information regarding evacuation routes and shelter locations. Evacuate quickly and follow all instructions
- If ordered to "shelter in place," stay in your current location (e.g. home, business, etc.) until ordered or permitted to leave