



## Preparing for a Flood

<p>Basic Steps to take to prepare for a storm:</p>	<ul style="list-style-type: none"> <li>• Learn in advance about your community’s emergency plans, warning signals, evacuation routes, and locations of emergency shelters.</li> <li>• Plan and practice a flood evacuation route with your family. Ask a relative or friend to be the “family contact” in case your family is separated during a flood.</li> <li>• Ensure everyone knows how to reach this contact person.</li> <li>• Identify potential home hazards and know how to secure or protect them before the flood strikes.</li> </ul>
<p>If you are under a flood watch or warning:</p>	<ul style="list-style-type: none"> <li>• Stock up on emergency supplies.</li> <li>• Stay tuned to local radio or television station for updates.</li> <li>• Turn off all utilities at the main power switch and close the main gas valve if evacuation appears necessary.</li> <li>• Have your immunization records handy or be aware of your last tetanus shot, in case you should receive a puncture wound during or after the flood.</li> <li>• Fill bathtubs, sinks and plastic soda bottles with clean water. Sanitize the sinks and tubs first by using bleach. Rinse and fill with clean water.</li> </ul>
<p>Preparing to Evacuate:</p>	<ul style="list-style-type: none"> <li>• Fill your car’s gas tank and make sure the emergency kit for your car is ready.</li> <li>• If no vehicle is available, make arrangements for transportation.</li> <li>• Fill-up clean water containers.</li> <li>• Review your emergency plans and supplies.</li> <li>• Tune in to the radio or television for weather updates.</li> <li>• Listen for disaster sirens and warning signals.</li> <li>• Put livestock and family pets in a safe area. Due to food and sanitation requirements, emergency shelters cannot accept animals.</li> <li>• Adjust thermostats on refrigerators and freezers to the coolest possible temperature.</li> </ul>
<p>Emergency supplies needed:</p>	<ul style="list-style-type: none"> <li>• Several clean containers for water, large enough for a 3-5 day supply of water (about five gallons for each person).</li> <li>• A 3-5 day supply of non-perishable food and a non-electric can opener.</li> <li>• A first aid kit and manual and prescription medicines and special medical needs.</li> <li>• A battery-powered radio, flashlights, and extra batteries.</li> <li>• Sleeping bags or extra blankets.</li> <li>• Water-purifying supplies, such as chlorine or iodine tablets or unscented, ordinary household chlorine bleach.</li> <li>• Rubber boots, sturdy shoes, and waterproof gloves.</li> </ul>

**For more information:**

- Call the County of San Bernardino Department of Public Health, Preparedness and Response Program at 909-252-4406 or visit [www.sbcounty.gov/prp](http://www.sbcounty.gov/prp)
- Call the California Department of Public Health, Emergency Preparedness Office at **1-916-650-6416** or visit [www.cdph.ca.gov](http://www.cdph.ca.gov).
- Call the Centers for Disease Control and Prevention (CDC) at **1-800-232-4636** or visit CDC at [www.emergency.cdc.gov/disasters/floods/](http://www.emergency.cdc.gov/disasters/floods/)