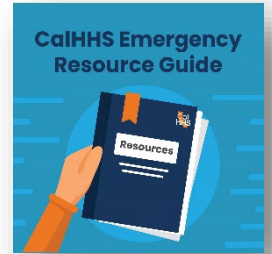


CalHHS at CA.gov Emergency Resources [Website Link](#)

Looks like we have a break from our torrential rains this past week. It's a good time to prepare for the next storm by developing a personal emergency plan. Review California Health & Human Services Agency's Emergency Resource Guide so you're ready when disaster strikes!



As we have seen, extremely dangerous storms have impacted California this week, bringing with them the threats of high winds, severe flooding, and landslides, along with snow and blizzard conditions at higher elevations.

CalHHS Emergency Resource Guide

The California Health and Human Services Agency (CalHHS) has developed an Emergency Resource Guide to share information to help Californians prepare for and handle emergencies, including winter storms.

The guide offers suggestions to prepare a personal emergency plan, how to prepare medical devices that require electricity, and information about available mental, social, and health care services.

CALL TO ACTION In an emergency, we all have a responsibility to check on our family, friends, and neighbors, especially older individuals, those with disabilities, and our children. Please take a moment to check-in on each other, especially the most vulnerable among us. We are stronger together.

Older Californians, individuals with disabilities, and those with medical needs are most vulnerable. If they must leave their homes, please be sure they:

- Have a list of contacts who know them.
- Have their current medications, and a list of their medications.
- Have their medical equipment, if possible, including equipment that needs power supply.
- Have their dentures, eyeglasses, hearing aids and any supplies needed for multiple days.

Personal Emergency Plan

If you are supporting people with Access and Functional Needs (i.e. people with disabilities, older adults, children, individuals with limited English proficiency, and individuals who are transportation disadvantaged), please download the Personal Emergency Plan so that they can prepare and be ready in the event they lose power or need to evacuate. Having a plan is important for any emergency.

Focus your efforts on **Wellness Checks** for your populations. Our state has been through a lot, and we are stronger together. Please encourage others to use these resources to check on neighbors, family, and friends.

Wellness Checks 101

- During inclement weather, the priority should be on (1) ensuring people's safety in emergencies and (2) making it easier for them to proactively access shelter and other resources by removing all possible barriers.
- We recommend that our community partners proactively check in on consumers who are older, have disabilities, are unhoused, and/or have chronic health conditions that may put them at risk.
- We also ask that you reach out to consumers to connect them to resources as necessary. As the winter storms continue, some consumers may find it more difficult to sustain health, well-being, and safety.

Prepare an Emergency Supply Kit [Link to Kit](#)

Be prepared to use what you have on hand to make it on your own for at least three days, maybe longer. While there are many things that might make you more comfortable, think first about fresh water, food and clean air. Put together two kits. In one, put everything needed to stay where you are and make it on your own. The other should be a portable version you can take with you if you must get away.