

**Contacts to public services and
community information:**

**Tehama County Office of Emergency
Services: (530) 529-7940**

**Public Health Information Line:
(530) 527-6824 or (800) 655-6854**

**CalTrans (highway information):
(800) 427-7623**

**Tehama County Sheriff's Community
Emergency Response Team (CERT):
(530) 529-7900**

**St. Elizabeth's Community Hospital:
(530) 529-8000**

Radio Stations:

KBLF.....AM 1490

KFBK.....AM 1530

KTHU.....FM 100.7

**Only call 911 for serious or life-
threatening emergencies. During a
disaster, the 911 system and local
hospitals might become
overwhelmed. Call local hotlines or
listen to the radio to see if
temporary medical stations for
minor injuries have been established
in your area.**



School Health 2008-2009 pamphlets are
produced by the Tehama County
Department of Education and reviewed by
the county nurses.

**SCHOOL HEALTH
2008-2009**

**Disaster
Preparedness**



*A quick guide for students,
parents and educators on how
to prepare for a disaster*

An Emergency Kit should contain:

In the case of a disaster where schools become closed and students and families are restricted to their homes, it is advisable to create and maintain "Survival Kits" that contain:

- First Aid Kit (see "What Every First Aid Kit Should Have")
- Bottled water for everyone (one gallon per day per person) to last a minimum of three days, preferably to last two weeks
- Fire Extinguisher (multipurpose)
- Non-perishable food
- Gloves (latex and leather)
- Tools: shovel, ax, broom, hammer, wrench, screwdriver, rope, plastic sheeting and tape
- Portable radio with plenty of extra batteries
- Candles and waterproof matches, flashlight with extra batteries
- Sturdy shoes and a change of clothes
- Blankets and sleeping bags
- Knife, toilet tissue, cash, garden hose, tent, games, coins for telephone calls, local maps
- Emergency signaling devices: whistle, light sticks, flashers, reflectors

What Every First Aid Kit Should Have:

- First Aid book
- Scissors, tweezers, pocket knife, needle and thread, and safety pins
- Thermometer
- Antibiotic ointment, hydrogen peroxide (to wash and disinfect wounds) and individually wrapped alcohol swabs
- Aspirin and non-aspirin tablets
- Diarrhea medicine
- Eye drops
- Any prescriptions needed (keep current) including glasses or contact solution
- Bandages: strips, Ace, adhesive tape rolls
- Cotton swabs and gauze pads or rolls
- Bar soap, tissues, paper cups, sanitary napkins
- Sunscreen
- Instant cold packs for sprains and splinting materials
- Plastic bags for ice, disposal and waterproofing

What disasters might strike here in Northern California?

Disasters are uncommon, but being prepared is always a good idea. Here in the northstate we could see any of the following:

Natural Disasters such as an Earthquake, Flood, Wild Fires, Severe Winter Weather, or even Tornados in the valley

Bio-Disasters such as the Pandemic Flu or a Terrorist attack

One of the most important things you can do during a disaster is to stay calm and follow directions of local law enforcement and other professionals. They are trained to keep everyone safe and administer care.

After the disaster, you may need to seek mental health counseling for stress. This is very common and expected after a traumatic experience. Children will especially need to be watched for signs of stress. Contact your school or local doctor to see what services are available.

For more information on disasters and links to services, visit the United States Department of Health and Human Services website at:

<http://www.hhs.gov/children/index.shtml>