



SACRAMENTO COUNTY
OFFICE OF EMERGENCY SERVICES

COMMUNITY LEADER TOOLKIT 2022-2023



SACRAMENTO
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Community Leader Toolkit

Welcome to the Sacramento Empowered Community Leader Toolkit by the Sacramento County Office of Emergency Services (SacOES). This toolkit has been created to help community leaders and organizations encourage Sacramento residents to better deal with weather events and the ramifications of Public Safety Power Shut-Offs (PSPS). It's simple and easy for Sacramento residents to learn how to self-prepare for forecasted weather emergencies.

As trusted leaders and community connectors, your help is critical in promoting and inviting community members to get involved. Weather events and PSPS are manageable with the right preparation. By always staying prepared as a community, we can protect ourselves, our loved ones, and our neighbors during severe weather.

Within this Sacramento Empowered Community Leader Toolkit, you will find the following resources to educate and encourage community members to learn about severe weather preparation:

- Emergency Kit 411
- Prepare Your Family for Power Outages Tips
- Social media posts and graphics
- Eblast content for emails and e-newsletters
- Videos
- PSPS Resources
- Advertising Specialties item request form



Connect With Us On Social Media

If a severe weather event or PSPS event is likely to occur, SacOES is your go-to emergency response authority for information. Make sure your organization is following SacOES so when an emergency does occur, you can easily retweet and share all SacOES updates.

Pro Tip: don't forget to use our campaign hashtag, #SacEmpowered

CAMPAIGN HASHTAGS

#SacEmpowered

CAMPAIGN URL

SacramentoReady.org

CAMPAIGN FACEBOOK

[/SacramentoOES](https://www.facebook.com/SacramentoOES)

CAMPAIGN INSTAGRAM

[@SacCountyOES](https://www.instagram.com/SacCountyOES)

CAMPAIGN TWITTER

[/SacramentoOES](https://twitter.com/SacramentoOES)

CAMPAIGN NEXTDOOR

[/CampaignNextDoor](https://www.nextdoor.com/CampaignNextDoor)



Are You Prepared?

In 2019, California experienced historical, record-breaking severe weather causing the creation of Public Safety Power Shut-offs (PSPS) and the general need for more emergency preparedness. California's wildfire season and storms with atmospheric rivers caused conditions with the ability to create significant dangers for residents. A few measures can be taken to be prepared.

What is a Public Safety Power Shutoff (PSPS)?

As severe weather becomes more and more common throughout Northern California, our community has had to adapt, in order to keep itself safe. Regardless of your power supplier, your Sacramento County friends and neighbors might not know about the resources available to them during a power outage, a PSPS, or any emergency. Help out your community, especially the most vulnerable members, by spreading the word in any way you can. Knowing what to do during an emergency will keep us all safe. If we are prepared, we can lessen the burden on emergency responders, leaving more resources to support the most vulnerable populations in our community.



Prepare. Don't React.

In case the power goes out:

- If you have access, check your fuse box or circuit breaker. If you do not have access to your fuse box or circuit breaker, contact your neighbor or power company to see if the outage is limited to your own home.
- Turn off computers, stereos, televisions and appliances you were using when the power went off. Leave one light turned on so you know when your power is restored.
- Avoid opening the refrigerator and freezer doors. Food will remain fresh for up to four hours after the power goes off. If you know power outages may happen, freeze water in containers to keep food cooler longer.
- Consider using a portable power supply or generator to power key items. Connect directly to devices you need to power, not to your house. Generators should only be used outside and not after 10 p.m. Do not use a generator or charcoal in a home or garage.



Create an Emergency Kit

As a result of all of these changes, we want to make sure that ourselves and our loved ones are prepared for whatever the elements throw our way. In the event of a PSPS or an extreme weather event, an Emergency Kit can make you feel more comfortable during the hours or days to come.

Emergency kits do not need to be expensive. You may already have many items in your home. Make emergency kit building fun and go on a scavenger hunt! Here's some basic items to keep in your kit to get you started. For a full list of emergency supplies, check out the next page!



ESSENTIALS

- 3-day supply of water (1 gallon of water per person and pet per day)
- 3-day supply of non-perishable food and a manual can opener
- A change of clothes, shoes, and glasses
- First aid kit and medications
- Batteries and Flashlight
- Portable charger, and device charging cords
- Family needs: Diapers, wipes, formula, assistive devices, and supplies for pets
- Keep cash in small bills to buy needed supplies. Power outages may disrupt ATMs and store electronic purchasing. ATMs use electricity.

TIPS

- Keep your car's fuel tank at least half full. Gas stations use electricity to power pumps
- Use social media and texting to communicate with friends and family since landline and cell phones may not work. Report your status to an out of town friend or family member since out of area calls are more likely to go through.



Printable Emergency Kit Flyer

Build your family's emergency kit, and personalize it for your families needs with this helpful tipsheet. Download this flyer and place in your emergency supplies kit for a full list of emergency supplies, tips, and essentials.



DOWNLOAD HERE



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Emergency Kit

CREATE AN EMERGENCY KIT AND PERSONALIZE IT FOR YOUR FAMILY'S NEEDS.
CHECK EVERY SIX MONTHS TO BE SURE YOUR KIT STAYS UP-TO-DATE.

Basic Kit

- Flashlight and extra batteries
- First aid kit and first aid reference material
- Radio (Wind-up or battery-operated, with extra batteries)
- Local maps
- Water (One gallon per person and pet per day for at least three days)
- Food (At least a three-day supply of non-perishable food)
- Whistle, to signal for help
- Dust mask, to help filter contaminated air
- Moist toiles, garbage bags and plastic ties, for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener
- Contact information for family and friends
- Infant formula and diapers
- ATM and credit cards and Cash and change
- Prescriptions (enough for a week), along with a list of medications and dosages for each family member and the reason for use
- Eye glasses, hearing aids, and other assistive devices (e.g. cane, walker, etc.)

Additional Items to Consider

- Portable phone
- Personal hygiene items (e.g. toothbrush, toilet paper, etc.)
- Mylar blanket
- Copies of important documents in a waterproof, portable container (e.g. photo ID, insurance cards and policies, bank account records, etc.)
- Plastic sheeting and duct tape, to shelter-in-place
- Sleeping bag or warm blanket for each person
- Household chlorine bleach and medicine dropper. To use as a disinfectant, dilute nine parts water to one part bleach. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Matches in a waterproof container
- Fire extinguisher
- Mess kit, paper cups, plates, plastic utensils, paper towels
- Pencil and paper
- Books and activities for children
- Written instructions for how to turn off electricity, gas, and water. Remember, you'll need a professional to turn them back on.

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Power Outages Preparedness Flyer

Be prepared for power outages with these helpful tips. Download this flyer and put in your emergency supply kit to prepare your family for power outages with five easy steps.



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SEVERE WEATHER PREPAREDNESS

Prepare Your Family For Power Outages

**Personal Safety Plan**
Have a personal safety plan in place for every member of your household (including pets). Keep refrigerators and freezers closed to prevent food spoilage.

**Emergency Supply Kit**
Build or restock your emergency supply kit, including food, water, flashlights, AM/FM radio, fresh batteries, first aid supplies and cash.

**Manually Open Garage**
Learn to manually open your garage door and if using electronic house locks, make sure at least one entry way is accessible by key.

**Plan For Medical Needs**
Consider medications that need refrigeration or devices that require power. Make sure your energy company is aware of your device.

**Safely Use A Portable Generator**
Operate a generator outdoors and away from windows to prevent carbon-monoxide poisoning.

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SacramentoReady.org





Power Outages Preparedness Flyer

Be prepared for power outages with these helpful tips for your home generator. Download this flyer and put this in your emergency supply kit to learn about safety guidelines for your family's home generator.



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Safety Guidelines for Home Generators



Never Run Generators In An Enclosed Space



Always Run Generators At least 20 Feet From Your Home



Always Direct Exhaust Away From Your Home

Determine Portable Generator Size

Add up the power requirements of the appliances and devices you want to use and choose a generator that provides more amps than you need. Total amps = watts divided by volts.



Fuel Safety

Only fuel a cold generator; hot engine parts can ignite gasoline. Store fuel properly in a well ventilated area in an ANSI-approved container and away from ignition sources like a water heater. Hearing protection may be needed.



Don't Backfeed Your House; Transfer Switch Requires Permit

A transfer switch allows you to connect to your circuit panel and power appliances without extension cord safety risks. Back feeding, plugging your generator into a wall outlet, is dangerous and risks electrocuting utility workers and neighbors served by the same transformer.



Familiarize Yourself With Restrictions And Ordinances

Use of your generator, even during emergencies, may be subject to county noise ordinances of less than 50 decibels between 10 pm and 7 am. Businesses may be subject to air quality and environmental health restrictions. All 15-20 amp 125v generator circuits



**SacramentoReady.org**



Social Media Content

Encourage **your community** to spread the message about the importance being prepared for weather events and the ramifications of Public Safety Power Shut-Offs (PSPS) with these social media posts sized for Facebook, LinkedIn, Twitter, and Instagram.



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FACEBOOK | LINKEDIN | TWITTER



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Share the power by staying prepared for severe weather so that if anything happens, you're ready.

#SacramentoEmpowered
[SacramentoReady.org](https://www.sacramento-ready.org)



Do you know what to do during a #PSPS? Public Safety Power Shut-Offs (PSPS) are manageable if you're prepared. Learn more about how your community can stay prepared during severe weather, here:

[SacramentoReady.org](https://www.sacramento-ready.org)
#SacramentoEmpowered



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Are you ready? Prepare instead of reacting with an Emergency Kit! Emergency kits don't need to be expensive and you just might already have many items in your home! Make emergency kit building fun and go on a scavenger hunt! [SacramentoReady.org](https://www.sacramento-ready.org)
#SacramentoEmpowered



Social Media Content

Encourage the **elderly residents and those with medical conditions** to spread the message about the importance being prepared for weather events and the ramifications of Public Safety Power Shut-Offs (PSPS) with these social media posts sized for Facebook, LinkedIn, Twitter, and Instagram.



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Sacramento! If you are over 65 and have PG&E, you could potentially qualify for PG&E's Medical Baseline Program. This would mean you would get extra energy at the lowest price if you have qualifying medical equipment in your home, or a medical condition with specific heating or cooling requirements. So you can pay less for the energy you need. Stay prepared for any emergency, learn more here: <https://bit.ly/3nOuanc> #SacramentoEmpowered



Consider purchasing a portable power supply or generator to power key items in times of power outage. If medical devices are used in your household, have an extra battery or a plan to charge your devices and sign up for utility company medical programs. [SacramentoReady.org](https://www.sacramento-ready.org) #SacramentoEmpowered



Social Media Content

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[\[Links to SacOES Videos\]](#)



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E-newsletter Content

Remind your community members to prepare for a power event by attaching the following content and graphic into your weekly or monthly newsletters.

**SHARE THE POWER SACRAMENTO.
MAKE SURE YOU AND YOUR FAMILY ARE PREPARED.**

Prepare. Don't React.

Unpredictable weather shifts could put us all in some tight spots. Are you ready? This past decade has shown us a whole new breed of weather events. Many of us have never been through historically high temps or historic rainfall until this past year. These extreme swings in weather can cause a multitude of things to happen, such as a Public Safety Power Shut-Off (PSPS) or the need for an emergency kit.

Don't have an emergency kit packed? We can help with that! Here's a list of essentials to keep on hand in case of an emergency!

Essentials:

- 3-day supply of water (1 gallon of water per person and pet per day)
- 3-day supply of non-perishable food and manual can opener
- A change of clothes, shoes, and glasses
- First aid kit and medications
- Batteries and Flashlight
- Portable charger and device charging cords
- Family needs: Diapers, wipes, formula, assistive devices, and supplies for pets
- Keep your car's fuel tank at least half full. Gas stations use electricity to power pumps

Tips:

- Keep cash to buy needed supplies. Power outages may disrupt ATMs and store electronic purchasing.
- Use social media and texting to communicate with friends and family since landline and cell phones may not work. Report your status to an out of town friend or family member since out of area calls are more likely to go through

For a full list and some handy bonus items, check out: [SacramentoReady.org](https://sacramento-ready.org)

For a list of FEMA preparedness publications click here: [Ready.gov/Publications](https://ready.gov/Publications)



 **DOWNLOAD HERE**



Contact Information

For more information regarding the Sacramento County Office of Emergency Services Sac Empowered 2022-2023 PSPS awareness campaign use these contacts below.

Website

SacramentoReady.org

Questions?

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Sacramento Alert

Sign up for emergency alerts

Sacramento-Alert.org



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