



PALA DISASTER PREPAREDNESS HANDBOOK

**Pala Band of Mission Indians
December 2024**

Pala Reservation Emergency Preparedness (PREP)

The Pala Band of Mission Indians (PBMI) and Pala Environmental Department welcome you to the Pala Reservation Emergency Preparedness (PREP) project.

Please explore the page to learn about natural hazards, such as flash floods, wildfires, earthquakes, and extreme heat, and how they impact you and your neighborhood. You will learn about your risk and how to protect your home and family.

Pala Reservation Emergency Preparedness (PREP) Page



1. **SCAN** the QR Code to go to the PREP page, or
2. **GO TO** [Palatribe.com](https://palatribe.com), Main Menu >>> Public Safety >>> Pala Reservation Emergency Preparedness, or
3. **GO TO** [Palatribe.com](https://palatribe.com), **ENTER** "PREP" into the search feature at the top right and find the Page, or
4. **ENTER** the URL into your browser: <https://palatribe.com/public-safety/pala-reservation-emergency-preparedness/>

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From the Pala Executive Committee

Pala Community Members,

Disasters can strike without warning, both on and near the Pala Reservation. In response to this reality, the Pala Executive Committee remains fully committed to reducing the risks to our community. To support this goal, the Pala Environmental Department secured a grant from the Bureau of Indian Affairs to develop the Pala Reservation Emergency Preparedness Project (PREP).

We encourage you to review the enclosed Household Disaster Plan and actively participate in the PREP Community Meetings. Together, we can better prepare our homes, families, and neighborhoods for the hazards that threaten our community.

The **Pala Disaster Preparedness Handbook** is structured into four key sections:

- Learn and Plan
- Check and Build
- Practice and Help
- Specific Hazards

Through our PREP Community Meetings, we will walk you through each section of this plan, ensuring that every household has the knowledge and tools to enhance disaster readiness. Participating will help build a stronger, more prepared Pala community.

Here's a brief overview of each section:

Learn and Plan: This section provides critical information on how to stay informed during emergencies, including guidance on sheltering-in-place and evacuation procedures for your home or workplace.

Check and Build: Learn how to assemble essential disaster supply kits for your home, car, and workplace, ensuring you are ready for any situation.

Practice and Help: This section emphasizes the importance of keeping your disaster plans and supplies current and offers opportunities to get involved with the PREP project.

Specific Hazards: Prepare for the most likely and severe threats facing our community, such as power outages, extreme heat, flooding, and wildfires.

The **Pala Reservation Emergency Preparedness Project (PREP)** was designed to enhance our community's ability to reduce risk and respond to disasters. By prioritizing public awareness and education, we are taking proactive steps to address the impacts of climate change and other natural hazards. Guided by our cultural values of sovereignty, self-sufficiency, resilience, cooperation, and community cohesion, this program represents a comprehensive approach to protecting our people and our land.

We strongly encourage everyone to stay informed by visiting the PREP web page and registering for the Pala Emergency Alert System for critical updates.

Sincerely,

Pala Executive Committee

Pala Executive Committee

LEARN AND PLAN

The best ways to keep yourself, your family, and your community safe are to learn what risks exist and how to mitigate them and prepare for a disaster. The first step in the Household Disaster Plan is to **learn** about what is possible and **plan** for safety. If you haven't visited the [PREP pages](#) on the [Pala website](#), we encourage you to review the [Hazards and Risk](#) pages.

Register for Disaster Alerts

Pala's Emergency Alert System

The Pala Environmental Department established this phone-based community emergency alert system. Opt-in to receive automated texts, calls, or emails when an emergency or hazardous situation is on or near the Reservation.

Register for Pala's Emergency Alert System to stay informed with immediate reservation information. pbmi.alertmedia.com/public/v1

Mobile Apps

Federal Emergency Management Agency (FEMA) apps

- Apple: apps.apple.com/us/app/fema/id474807486
- Google Play: play.google.com/store/apps/details?id=gov.fema.mobile.android

Alert San Diego www.alertsandiego.org/en-us/preparedness/alertsandiego.html

California Emergency Alerts www.listoscalifornia.org/alerts/

Radio

Pala Rez Radio 91.3FM rezradio.fm

A local resource for up-to-the-minute emergency information from the Tribe.

Understanding Disaster Alerts

Alerts regarding hazardous weather or emergencies typically include an Advisory, Watch, or Warning.

ADVISORY

Be Aware

- Severe weather is possible.
- Could pose a significant inconvenience.
- Use caution and stay informed.

WATCH

Be Prepared

- Severe weather risk in the near future.
- Possible threat to life and property.
- Be prepared to take action.

WARNING

Take Action

- Severe weather is occurring or imminent.
- Immediate threat to life and property.
- Take immediate protective action.

Plan to Communicate

Emergency communication is crucial for accessing essential information and staying in touch with friends and family during a disaster.

We often store essential information in our heads, on our phones, or in a filing cabinet. However, you may be too overwhelmed to search for it during a disaster. It's essential to have quick access to vital information and a system to communicate with others.

Texting may work during a disaster when phone calls will not go through.

Tools for Information Access

The PREP leadership team developed the following tools for you to quickly access information.

Emergency Wallet Card. Keep this with you, and make sure all family members have a card with them.

Emergency Contact List. Post this in a central location in your home and put a copy in your Go Bag and Shelter-In-Place Box.

Reunification Spots. Identify where you will meet family and/or friends. This includes a place in your neighborhood and a place out of the neighborhood.

Evacuation Routes. These are posted on the PREP web pages for each neighborhood.

Communication Essentials

During a disaster, you do not have time to plan how to connect with your loved ones. The PREP Team recommends everyone complete the 4 Key Recommendations.

Four Key Recommendations

Meeting Location Outside of Home. Designate a quick-to-reach spot outside your home, such as a neighbor's driveway or a tree across the street.

Meeting Location Away from Neighborhood. Choose a place to meet away from your neighborhood in case you can't return home, such as the Pala Administration Building or Pala Fitness Center.

Off-Reservation Contact Person. Have a contact person outside your local area who can relay information if local phone lines are jammed.

Plan for Those with Special Needs. Make specific plans for the elderly, children, people with medical conditions, and pets.

Reduce Risks to Your Home and Property

Don't wait for a disaster before preparing your home. The following list of activities can protect you and your property. The Tribe may be able to assist if you need help with some of these activities.

Clear Brush and Vegetation. Maintain a 100-foot clearance around your property to reduce fire risk.

Install Fire-Resistant Materials. Use fire-resistant materials on your roof.

Install Detectors. Ensure you have smoke detectors and carbon monoxide detectors on each home floor.

Know How to Turn Off Utilities. Learn how to turn off your home's gas, water, and electricity.

Garage Access. Learn how to open your garage door without electricity.

Fire Extinguishers. Keep fire extinguishers readily available.

Secure Furniture. Anchor heavy furniture to the walls to prevent tipping.

Develop a Shelter Plan

During a disaster, you may need to **shelter-in-place**, which means staying at home or your workplace, or you may need to **evacuate**, leave your home or workplace, and travel to a safer place. This decision may be made by you or a local authority.

SHELTER IN PLACE

Stay indoors. Shut and lock all windows and doors. Prepare to stay inside until further notice.

EVACUATION WARNING

Potential threat to life and property. If you require extra time to evacuate leave now.

EVACUATION ORDER

Immediate threat to life and property. Leave home NOW!

Evacuation Guidelines

When local authorities indicate that evacuation is necessary, **LEAVE IMMEDIATELY!** This means that your life and/or property are in immediate danger. Evacuation orders can be issued for various reasons, including wildfires, chemical releases, and power outages. You may wish to leave even without a formal evacuation order if you feel that you lack adequate supplies, such as food and water, if you do not have electricity, or if you require assistance.

When evacuating, it is crucial to bring your Go Bag (*for more information, go to page 9*). This kit should include the following key items:

- Phone and Phone Charger
- Medical Information and Medicine
- Food and Water
- Pets and Their Essentials

Evacuation Routes

Each resident should know two ways to exit their home and two ways to leave their neighborhood. Discuss with your family the two ways to leave your home. This may be necessary in a fire or other emergency.

The Pala Fire Department and the PREP Program developed two evacuation routes for each neighborhood on the Pala Reservation.

Maps can be downloaded from the Pala website, picked up at the Pala Admin or the Pala Fire Department Building, and are included at the end of this handbook.

Where to Go?

Your evacuation destination depends on the nature of the emergency and the resources available to you. You will likely choose one of the following locations.

Pala Fitness Center

The Pala Fitness Center may function as a mass care shelter, organized by Tribal leaders and equipped to provide essential resources and services during an emergency. These shelters offer food and water, sanitary facilities, and space for pets.

Family Member, Friend, or Neighbor's Home

Staying with a family member, friend, or neighbor may provide a more comfortable and familiar environment.

Hotel in a Nearby Community

Hotel rooms may be available on adjacent reservations or in nearby cities.

Exiting Your Home and Neighborhood

When exiting your home and neighborhood:

- Lock your doors and windows when you leave the house.
- If safe, drive on the main roads to evacuate your neighborhood.
- If the main route away from your neighborhood is blocked, use the alternate route.
- If leaving via a vehicle is not possible, go on foot. Take the most direct route possible to a safer location.

Sheltering-In-Place Guidelines

Sheltering in place means staying where you are, typically at home, and taking precautions to stay safe until local authorities provide an “all clear” signal. It may be necessary during various emergency situations, such as hazardous material releases, wildfires, severe weather, or other immediate threats.

Steps for Sheltering in Place

Secure Your Home

Lock all windows and doors to prevent outside threats from entering.

Seal windows and doors with duct tape to prevent outside air from entering.

Gather Essential Supplies

Gather your supplies in one place.

Stay Informed

Emergency Radio or Television: Stay updated on the situation and listen for instructions from local authorities.

Charge Electronic Devices

Prepare for Power Outages or Evacuations by having all electronic devices charged and backup batteries on hand.

Vehicle Sheltering

Sometimes, you may need to pull your car over and stay put. If you are close to a building, you may be able to get inside; if not, you should shelter in your car.

- Pull to a safe place off the road.
- Turn the engine off.
- Listen to your car radio or cell phone for instructions from local officials

CHECK AND BUILD

Part of preparing for an emergency is building disaster supply kits. Having essential supplies on hand increases your chance of surviving a disaster and remaining safe and comfortable. The Tribe recommends that each household check the list of supplies below and build disaster supply kits. Depending upon the type of disaster event, you may need to survive on these supplies for several days.

Check each list carefully and build each kit to meet the needs of each household member, including pets.

Disaster Supply Kits

The Tribe recommends building 4 disaster supply kits and maintaining your kits by reviewing and updating their contents twice a year.

1. Go Bag
2. Shelter-in-Place Box
3. Work Bag
4. Car Kit

Go Bag

The purpose of the Go Bag is to have essential items readily available in case of an evacuation.

Each household member and pet needs a Go Bag. This should be a backpack or suitcase kept near the entrance of your home. If you need to evacuate, bring your Go Bag with you!

Go Bag Contents

Your Go Bag should contain food and water, communication devices, emergency supplies, and essential personal items sufficient for at least three days.

All dogs and cats should have microchips and collars with current contact information.

Detailed List of Items

Below is a detailed list of items for a Go Bag, followed by specific considerations for the elderly, children, disabled individuals, and pets. The list assumes you will bring your phone, wallet, and house and car keys.

Food and Water

- Water
- Snacks (non-perishable foods you like)

Communication Devices

- Mobile Device (phone, tablet, walkie-talkie)
- Phone Charger, Backup Battery, Portable Charger (power bank)

Emergency Supplies

- First aid supplies
- Portable radio and extra batteries
- Flashlight and extra batteries
- Multi-purpose tool
- Masks
- Whistle
- Hand sanitizer, disinfecting wipes
- Pens/pencils, notebook

Essential Personal Items

- Cash
- List of Emergency Contacts

- Copies of Key Documents
 - Social Security card
 - Driver's license
 - Passport
 - Insurance information (medical, home, car)
 - Medical information, including a list of medications and allergies for each member of your household
 - Marriage and birth certificates
 - Credit card #'s and bank information
 - Utility bills
- Comfort and Safety
 - Non-prescription medications such as aspirin
 - Feminine hygiene products
 - Personal hygiene (toothbrush, comb, etc.)
- Clothing
 - Change of clothes
 - Rain gear
 - Sturdy Shoes
 - Hat

Shelter-in-Place Box

The purpose of the Shelter-in-Place Box is to have the supplies you need to stay at home for several days during a disaster. If you need to evacuate, take your Shelter-In-Place Box with you.

Shelter-in-Place Box Contents

Your Shelter-in-Place Box should contain food and water, communication devices, emergency supplies, and essential personal items.

Store at least one gallon of water per person per day for drinking and cooking.

Food and Water

- Water – 1 gallon per person per day (recommend 3 gallons per person)
- Food – foods you like that won't spoil and a manual can opener
- Eating utensils, paper plates, and cups

Communication Devices

- Mobile devices and chargers (phone, tablet, walkie-talkie)
- Backup battery and portable charger (power bank)

Emergency Supplies

- First aid supplies
- Portable radio and extra batteries
- Fire extinguisher
- Flashlight and extra batteries
- Masks
- Whistle
- Lighter or matches in a watertight container
- Trash bags with ties, toilet paper, bucket (to use as a toilet)
- Plastic sheeting and duct tape
- Hand sanitizer, disinfecting wipes
- Pens/pencils, notebook

Essential Personal Items

- Cash
- List of emergency contacts
- Hygiene items
- Medicines
- Copies of key documents
 - List of emergency contacts

- Social Security card
- Driver's license
- Passport
- Insurance information (home, car)
- Medical records
- Marriage and birth certificates
- Credit card #'s and bank information
- Utility bills
- Comfort and Safety Items
 - Non-prescription medications such as aspirin
 - Feminine hygiene products
 - Personal hygiene (toothbrush, comb, etc.)
- Clothing
 - Change of clothes
 - Rain gear
 - Warm clothes
 - Sturdy shoes
 - Work gloves
 - Hat

Work Bag

The purpose of the Work Bag is to have emergency supplies on hand during a disaster if you are at your place of business.

Work Bag Contents

Your Work Bag should contain food and water, communication devices, emergency supplies, and essential personal items.

Food and Water

- Water
- Snacks (non-perishable foods you like)

Communication Devices

- Mobile devices and chargers (phone, tablet, walkie-talkie)
- Backup battery and portable charger (power bank)

Emergency Supplies

- First aid supplies
- Flashlight and extra batteries
- Portable radio and extra batteries
- Lighter or matches in a watertight container
- Masks
- Whistle
- Hand sanitizer, disinfecting wipes
- Pens/pencils, notebook

Essential Personal Items

- Cash
- List of emergency contacts

Comfort and Safety Items

- Non-prescription medications such as aspirin
- Feminine hygiene products
- Personal hygiene (toothbrush, comb, etc.)

Clothing

- Change of clothes
- Rain gear
- Sturdy shoes
- Hat

Car Kit

The purpose of the Car Kit is to have supplies ready if you need to stop or get stuck.

Car Kit Contents

Your Car Kit should contain food and water, communication devices, emergency supplies, and essential personal items.

Food and Water

- Water
- Snacks (non-perishable foods you like)

Communication Devices

- Mobile devices and chargers (phone, tablet, walkie-talkie)
- Backup battery and portable charger (power bank)

Emergency Supplies

- First aid supplies
- Flashlight and extra batteries
- Portable radio and extra batteries
- Masks
- Whistle
- Hand sanitizer, disinfecting wipes
- Pens/pencils, notebook

Essential Personal Items

- Cash
- List of emergency contacts

Comfort and Safety Items

- Non-prescription medications such as aspirin
- Feminine hygiene products

Clothing

- Rain gear
- Sturdy shoes
- Hat

Items for those with specific needs

Plan to meet the needs of those with special needs such as the elderly, children, people with disabilities and pets.

Elderly

- Eyeglasses
- Hearing aids
- Mobility aid (cane, walker, etc.)
- Extra batteries for medical devices

Children

- Comfort items (toys, blankets, books)
- Baby supplies (diapers, wipes, formula, bottles, food)

Disabled Individuals

- Specialized medical equipment
- Backup power for medical devices
- Detailed instructions for caregivers
- Accessibility tools

Pets

- Food and bowl
- Water and bowl
- Medications
- First aid
- ID tag and immunization records
- Leash
- Carrier
- Grooming items
- Sanitation needs (poop bags, litter, and box)
- Pictures of your pet
- Toys, bedding, familiar items

Planning for horses and other large animals is important.

- Keep your truck and trailer ready.
- Evacuate large animals when an Evacuation Warning is issued!
- Mount fire extinguishers near stables.

In addition to assembling disaster supply kits, it is a good idea to make a list of the contents in your home. Should something happen to your home, this will be a useful tool when replacing items or filing insurance claims.

PRACTICE AND HELP

Staying prepared and helping your neighborhood are the best way for the Pala Reservation to stay a resilient and healthy community. The Tribe encourages everyone to build connections within their neighborhoods and to improve readiness for disasters.

Practice

Now that you have a sheltering plan and have gathered supplies, it's time to practice your plan.

Review Your Plan

- Review your Pala Disaster Preparedness Handbook regularly.
- Update contact information, emergency procedures, and any other pertinent information.

Conduct Evacuation Drills

- Practice evacuation routes from your home.
- Establish and familiarize yourself with designated meeting locations.
- Conduct drills periodically to ensure everyone knows what to do in an emergency.
- Drive or walk evacuation routes.

Practice Utility Safety

- Ensure every household member knows how to turn off utilities (gas/propane, water, electricity).
- Locate and mark shut-off valves and switches.

Replenish Your Supplies

Twice a year, refresh supplies in:

- **Go Bag:** Grab and go in case of evacuation from your home.
- **Shelter-in-Place Box:** Supplies you need to stay at home for several days during a disaster.
- **Work Bag:** To have emergency supplies on hand at work during a disaster.
- **Car Kit:** To have essential supplies ready if you need to stop or get stuck in your car.

Check food for spoilage and throw away food that has a strange smell, color, or texture.

Help

Take an active role in protecting your family and your community. The Tribe encourages everyone to get involved.

PREP Neighborhood Leadership

Become a **PREP Neighborhood Leader** to assist in organizing and leading disaster preparedness efforts in your neighborhood.

Become a Pala PREP Neighborhood Leader and get involved with the Pala CERT Team.

Join CERT

Participate in the **Community Emergency Response Team (CERT)** to help your community during emergencies.

Medical Training

Consider taking a CPR/Defibrillator/First Aid Training class.

By practicing these steps and helping in your neighborhood, you contribute to a safer and more prepared environment for everyone.

SPECIFIC HAZARDS

The following pages provide additional and specific information to prepare for, reduce the impact of, and respond to the following hazards: power outages, drought, earthquakes, extreme heat, flooding, and wildfire. Additional information is also provided on the PREP web page.

These recommendations are designed to supplement the preparations you have done in the **Learn and Plan** and **Check and Build** sections.

Power Outage

Power outages may occur because of a rolling blackout, public safety power shutoff (PSPS), downed power lines, or electrical grid outages. Below is a guide on how to prepare for, respond to, and learn more about power outages.

Preparations

- Keep gas in your car.
- Buy food that won't spoil and does not need cooking.
- Buy ice to keep food and medicines cold.
- Install surge protectors on your home and electronic devices.
- Learn how to manually open your garage door.

Emergency Supplies and Backup Power

- These supplies are recommended as supplements to your Go Bag, Shelter-in-Place Box, Work Bag, and Car Kit.
- Flashlights with extra batteries.
- Charged cell phones and back-up chargers.
- Generators are a great resource if they are used safely. They must remain outside!

How to Respond

- Unplug appliances and electronics.
- Leave one light plugged in, so you will know when the power is back on.
- Keep your refrigerator and freezer closed.
- Use generators, camp stoves, and grills **OUTSIDE!** Never bring them inside.
- Do NOT use your gas stove for heat.
- Avoid using candles because of the fire danger.
- Stay clear of downed power lines.

Resources

Ready.gov www.ready.gov/power-outages

Redcross.org www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html

SDGE.com www.sdge.com/residential/customer-service/outage-center/outage-map

Drought

Drought is defined as a prolonged period of abnormally low rainfall that results in water shortages and low soil moisture. Drought conditions are expected to increase on the Reservation as climate change spurs temperatures to rise. The San Luis Rey River and Pala Creek no longer have a regular flow of water. Drought may trigger worsened air quality, water insecurity, and disease-carrying pests such as mosquitos. It can harm physical, emotional, spiritual and cultural health.

The Pala Reservation may see the following consequences due to drought:

- Drinking water supply interruption
- Short or long-term relocation
- Respiratory illness and Valley Fever
- Lost work, school, or business days
- Declines of culturally important plants and animals
- Illness and death caused by mosquito-borne diseases like West Nile Virus and Zika

Conserve water during times of drought!

Preparations

The best way to prepare for a drought is water conservation. This includes using water responsibly inside and outside. If you can plant drought-resistant plants instead of grass in your hard, that helps decrease water usage.

Pala completed a Climate Adaptation Plan with a full list of strategies to help safeguard the health and wellbeing of the Pala community. <https://ped.palatribe.com/climate-change/pala-climate-adaptation-plan/>

Download the [Pala Tip Sheet for Drought](http://ped.palatribe.com/wp-content/uploads/2019/07/Pala-Environmental-Department-Climate-Change-Drought-and-Pala.pdf) <http://ped.palatribe.com/wp-content/uploads/2019/07/Pala-Environmental-Department-Climate-Change-Drought-and-Pala.pdf>

How to Respond

- Follow directions from local officials regarding water conservation advisories.
- Conserve water indoors and outdoors.
- Get your turf grass replacement rebate.

Resources

Ready.gov www.ready.gov/drought

CA State Water Board

www.waterboards.ca.gov/water_issues/programs/conservation_portal/resources.html

American Red Cross www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/drought.html

American Public Health Association Extreme Rainfall and Drought

Factsheet www.apha.org/-/media/files/pdf/factsheets/climate/precipitation.pdf

US Department of Agriculture California Drought Fact Sheet – Causes and Consequences of Drought

https://caclimatehub.ucdavis.edu/wp-content/uploads/sites/320/2016/03/factsheet1_causes.pdf

Centers for Disease Control (CDC): How Climate Affects Community Health Video – Diseases from Vectors

<https://youtu.be/kb4iebuly44?>

CA Department of Public Health Climate Change and Health Profile Report, San Diego County

www.cdph.ca.gov/Programs/OHE/CDPH%20Document%20Library/CHPRs/CHPR073SanDiego_County2-23-17.pdf

National Integrated Drought Information System

www.drought.gov/states/california

USGS California Water Science Center, California Drought

ca.water.usgs.gov/california-drought/california-drought-resources.html

Earthquake

The Pala Reservation is at high risk for experiencing the impacts of an earthquake. Active faults near the Reservation include the Wildomar Fault and the Elsinore Fault. The Elsinore Fault is 20 miles southeast of the Reservation and has a high rate of seismic activity. The Elsinore Fault is a branch of the San Andreas Fault System.

Earthquakes occur WITHOUT warning. So be prepared!

Preparations

- Secure furniture to the walls.
Do not hang heavy pictures or items above beds, chairs, or sofas.
- Download the MyShake app for earthquake warnings.
- Practice earthquake safety drills.
- Learn how to turn off gas/propane, electricity, and water.

How to Respond

- Do not rush outside. Get under a table or desk.
- DROP, COVER, HOLD ON!
- If you are in bed, stay there and cover your head with a pillow.
- If outside, move away from power lines, trees, or anything that could fall.
- If you are driving, pull your car over and stop away from power lines, trees, or anything that could fall.
- Be ready for aftershocks.



After an Earthquake

- Check for gas or water leaks.
- Stay away from downed power lines.
- Check your house for cracks or damages.
- Turn on your portable radio for instructions.
- Stay calm.

After an earthquake stay calm and dial 9-1-1 if anyone is seriously injured.

Resources

Ready.gov: www.ready.gov/earthquakes

Earthquake Country Alliance: www.earthquakecountry.org

American Red Cross: www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/earthquake.html

MyShake earthquake warning app:

- Apple: <https://apps.apple.com/us/app/myshake/id1467058529>
- Google Play: <https://play.google.com/store/apps/details?id=edu.berkeley.bsl.myshake>

Southern California Earthquake Center:
www.scec.org/earthquakes/index.html

Extreme Heat

Extreme heat, or a heat wave, occurs frequently on the Pala Reservation. San Diego County has experienced record temperatures of well above 100 degrees Fahrenheit. Due to climate change, extreme heat is predicted to become more frequent.

Pala completed a Climate Adaptation Plan with a full list of strategies to help safeguard the health and well-being of the Pala community. <https://ped.palatribe.com/climate-change/pala-climate-adaptation-plan/>

Below are a few examples of ways we plan to address elevated temperature threats.

1. Build alternative power supplies e.g. building or community-scale battery storage and microgrids incorporating renewables to avoid power outages for critical facilities during exposure-event.
2. Conduct education to encourage community members to prepare for exposure.

Everyone is at risk during extreme heat. Did you know that elevated temperatures can harm our physical, emotional, spiritual, and cultural health and well-being? Below are health impacts considered high or medium risk for residents of Pala.

- Heat-related stress, illness, and death
- Consequences for mental, behavioral, and cognitive wellbeing
- The decline of culturally important plants and animals
- Lost work, school, or business days
- A decrease in fitness activity level
- Disruptions of community functions or ceremonies
- Carbon monoxide poisoning (e.g. from generators during a power outage)
- Respiratory and cardiovascular illness
- Worsened allergies

- Food shortage due to global production and price fluctuations
- Illness and death caused by insect-borne diseases such as Lyme, West Nile Virus, and Zika

Preparations

It is important to plan, take precautions, have support, and be aware of heat exposure symptoms. Keep these tips in mind during extreme heat:

- If you have a support network - caregivers, family, and friends – ask them to help monitor and address your heat-related needs; have them check in with you regularly to ensure you are safe and healthy.
- Read the side effects of medications and talk with your doctor about how heat exposure will interact with them.
- Monitor your local weather and emergency information alerts.
- If you will be outdoors, have a plan that includes shade, hydration, sun protection, and limiting exposure time.
- Identify cooling shelters or locations with air conditioning or contact cooling centers to ensure needed accommodations ahead of time. This could include someone in your support network with air conditioning.
- Coordinate accessible transportation to/from cooling locations.
- People with medical needs who can't be accommodated at conventional cooling shelters may have to contact local hospitals or nursing homes to create contingency plans if they can't stay at home.

Download the [Pala Tip Sheet for Extreme Heat](http://ped.palatribe.com/wp-content/uploads/2019/07/Pala-Environmental-Department-Climate-Change-Extreme-Heat-and-Pala.pdf) <http://ped.palatribe.com/wp-content/uploads/2019/07/Pala-Environmental-Department-Climate-Change-Extreme-Heat-and-Pala.pdf>

How to Prepare Your Home

- Install drapes or shades on the window.
- Install weather stripping on doors, windows, and window air conditioning units to block any air gaps.
- Have a professional check your HVAC system for leaks.
- Consider installing a backup generator to keep the A/C on during a power outage.

How to Respond

- Drink water or sports drinks often. Avoid alcohol.
- Check on seniors, children, pets, and those with disabilities or illnesses.
- Stay in air-conditioned rooms or go to the Pala Fitness Center.
- Do not exercise or work outdoors. Stay out of the sun.
- Take a cool shower or bath if you are overheated.

Resources

Ready.gov www.ready.gov/heat

American Red Cross www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/extreme-heat-safety.html

American Public Health Association Extreme Heat Factsheet
www.apha.org/-/media/files/pdf/factsheets/climate/extreme_heat.ashx

American Public Health Association – Climate Changes Allergies and Asthma www.apha.org/-/media/files/pdf/topics/climate/asthma_allergies.ashx

American Public Health Association – Climate Changes Mental Health www.apha.org/-/media/files/pdf/topics/climate/climate_changes_mental_health.ashx

Centers for Disease Control (CDC) How Climate Affects Community Health Video – Extreme Heat
<https://youtu.be/e2mZGhOIFG0?feature=shared>

CA Department of Public Health Climate Change and Health
Profile Report, San Diego County

www.cdph.ca.gov/Programs/OHE/CDPH%20Document%20Library/CHPRs/CHPR073SanDiego_County2-23-17.pdf

California Department of Aging – Resources for Staying Safe
During Extreme Heat www.aging.ca.gov/Heatwave_Resources/

California Department of Public Health – Extreme Heat
www.cdph.ca.gov/Programs/EPO/Pages/Extreme%20Heat%20Pages/BI_NaturalDisasters_Extreme-Heat.aspx

Heat Ready California heatreadyca.com

Flooding

Extreme rainfall events are becoming increasingly frequent and severe in the United States because of climate change. In San Diego County, the drying that is projected with increased drought intensity and longer seasonal dry periods is offset with a projected increase in the wettest days. This means that storms will be less frequent but often stronger. Drought conditions and lower soil moisture lead to flash floods along rivers and creeks as well as mudslides and landslides, especially in areas recently affected by wildfire.

Flooding events are common on the Pala Reservation and are often associated with water drainage problems. Major events in 1998, 2005, 2010, and 2017 flooded Pala's roads, damaged property, and trapped residents. Strong wind events and thunderstorms are also possible. Storms and flooding may trigger worsened air quality from indoor mold, water insecurity, and mosquitos.

Pala Climate Adaptation Plan

Pala completed a Climate Adaptation Plan with a full list of strategies to help safeguard the health and well-being of the Pala community.

<https://ped.palatribe.com/climate-change/pala-climate-adaptation-plan/>

The Tribe is working to combat the risk of flooding in multiple ways, including:

- Improving roads and bridges.
- Installing, re-engineering, and conducting preventive maintenance on retaining walls, drainage systems, water storage tanks, stormwater retention basins, culverts, etc.
- Increasing trees and landscapes with green infrastructure to reduce stormwater runoff.

Preparations

- Keep drains and gutters clear.
- Elevate major appliances.
- Anchor fuel tanks.
- Move valuable items in your home to higher levels.
- Have plastic tarps and sandbags on hand.
- Keep gas in your car.
- Shut off the electricity at the breaker panel.
- Monitor radio, websites, and television for watch and warning notices.

Practice electrical safety in a flood! Don't go into any room where water covers cords or electrical outlets.

How to Respond

- Evacuate immediately if told to do so.
- Never walk or drive through flood waters.
- Check drainage systems to make sure they are clear of debris.
- Watch out for mudslides.
- Avoid downed power lines.

Resources

Ready.gov www.ready.gov/floods

American Red Cross www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/flood.html

Federal Emergency Management Agency (FEMA) - Protect Your Home From Flooding: Low-Cost Projects You Can Do Yourself
https://www.fema.gov/sites/default/files/documents/fema_protect-your-home-from-flooding-brochure_2020.pdf

Wildfire

Wildfires are a high-risk threat to the Pala Reservation. According to the Fourth California Climate Assessment, burn areas in San Diego County are expected to increase by up to 50% by 2070-2099. Between 1920-2012 38 fires have affected Pala. Some of these fires forced evacuations at the Pala Casino Spa Golf Resort. California's Santa Ana winds, increasing extreme temperatures, and drought conditions are increasing the risk of wildfire for the Reservation.

Pala Climate Adaptation Plan

What Is Pala Doing to Adapt and Prepare? Pala completed a Climate Adaptation Plan with a full list of strategies to help safeguard the health and wellbeing of the Pala community.

<https://ped.palatribe.com/climate-change/pala-climate-adaptation-plan/>

Below are a few examples of ways we plan to address wildfire threats.

- Develop an emergency, disaster response and health management plan to anticipate and prepare public services and evacuation plans for exposure risks
- Provide early, real-time warnings and clear emergency notifications before and during exposure event
- Establish or update adaptive fire management plans, including periodic forest assessments and traditional forest management practices to prevent high-intensity wildfires (e.g. prescribed burning, the introduction of resilient vegetation), and formalization of a chain of command roles.

Download [Pala's Wildfire Tip Sheet](http://ped.palatribe.com/wp-content/uploads/2019/07/Pala-Environmental-Department-Climate-Change-Wildfire-and-Pala.pdf) <http://ped.palatribe.com/wp-content/uploads/2019/07/Pala-Environmental-Department-Climate-Change-Wildfire-and-Pala.pdf>

Harden Your Home

Combining home improvements and defensible space can help your home survive a wildfire. Protect the weak spots where flames or embers can ignite your home:

Metal gutters. Install metal gutters. Keep covered or clear of leaves and debris.

Vents. Install metal mesh vents. Vent openings should be no bigger than 1/8 inch.

Eaves. Enclose open eaves with a metal soffit.

Create a defensible space around your property:

- Start at your home and work your way out to 100 feet or to your property line, whichever is closer.
- Remove brush, dead vegetation, and flammable material (propane tanks, wood) from this zone.
- Trim trees back to 10 feet away from the home and other trees. Create space between trees and shrubs.



Preparations

- Plan for power outages. Do not use candles.
- Make an evacuation plan.
- Use masks or bandanas to protect your lungs from smoke.
- Check that your garden hose works.
- Clear brush and debris from around your home.

Wetting your home down before a fire does NOT help and it wastes water!

How to Respond

- Prepare to evacuate.
- Close doors and windows. Turn off air conditioners.
- Leave immediately if told by authorities.
- Drive with your headlights on.

Resources

Ready.gov www.ready.gov/wildfires

American Red Cross www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/wildfire.html

University of California Agriculture and Natural Resources Fire Network ucanr.edu/sites/fire/

American Public Health Association – Climate Change Decreases the Quality of the Air We Breathe Factsheet www.apha.org/-/media/files/pdf/factsheets/climate/air_quality.ashx

American Public Health Association – Climate Changes Mental Health www.apha.org/-/media/files/pdf/topics/climate/climate_changes_mental_health.ashx

National Oceanic and Atmospheric Administration (NOAA) – The Impact of Wildfires on Climate and Air Quality csl.noaa.gov/factsheets/csdWildfiresFIREX.pdf

Centers for Disease Control (CDC) How Climate Affects
Community Health Video – Air Pollution

<https://youtu.be/JywsWktvODc?feature=shared>

CA Department of Public Health Climate Change and Health
Profile Report, San Diego County:

www.cdph.ca.gov/Programs/OHE/CDPH%20Document%20Library/CHPRs/CHPR073SanDiego_County2-23-17.pdf

CAL FIRE – Wildfire Prevention www.fire.ca.gov/prevent

CAL FIRE – Wildfire Preparation www.fire.ca.gov/prepare

California Fire Safe Council cafiresafecouncil.org

PUBLIC SAFETY & EMERGENCY SERVICES

In an emergency, immediately dial 911. Do not call the Pala Fire Department or Tribal Law Enforcement, which will result in losing valuable time needed to respond to an emergency.

An emergency is a situation that requires immediate assistance from the fire department, law enforcement, or an ambulance.

Emergency	911
Administration Building	760-891-3500
Fallbrook Propane	760-728-9353
Fire Department (non-emergency)	760-742-1632
Pala Casino	760-510-5100
Pala Environmental Department	760-891-3510
Pala Housing Department	760-891-3530
Pala Senior Program	760-891-3505
Poison Help Line	800-222-1222
SDG&E Emergency Line	800-611-7343
Tribal Adult Resources Nurse	760-638-1412
Tribal Law Enforcement (non-emergency)	760-742-0548
Tribal Services	760-742-1326
Tuchily Healing Hearts	
Tribal Mobile Crisis Response Team	760-292-6271
Utilities Department	760-742-3334
Pala Rez Radio (Emergency Radio Station)	91.3 FM

EMERGENCY CONTACT INFORMATION

A downloadable, fillable version of this information sheet is available on the PREP website: www.palatribe.com/public-safety/pala-reservation-emergency-preparedness/. You can also pick up printed copies at the Pala Admin Building. Keep a copy of this list in each of your emergency kits.

Home Address: _____

Phone Number: _____

Household Residents

Name: _____ Date of Birth: _____

Cell Phone: _____ Work Phone: _____

Allergies/Medical Conditions: _____

Name: _____ Date of Birth: _____

Cell Phone: _____ Work Phone: _____

Allergies/Medical Conditions: _____

Name: _____ Date of Birth: _____

Cell Phone: _____ Work Phone: _____

Allergies/Medical Conditions: _____

Name: _____ Date of Birth: _____

Cell Phone: _____ Work Phone: _____

Allergies/Medical Conditions: _____

Name: _____ Date of Birth: _____

Cell Phone: _____ Work Phone: _____

Allergies/Medical Conditions: _____

Local Emergency Contact

Name: _____

Cell Phone: _____ Work Phone: _____

Email: _____

Location: _____ Relationship: _____

Out-of-Area Emergency Contact

Name: _____

Cell Phone: _____ Work Phone: _____

Email: _____

Location: _____ Relationship: _____

Family/Friends/Neighbors

Name: _____

Cell Phone: _____ Work Phone: _____

Name: _____

Cell Phone: _____ Work Phone: _____

Name: _____

Cell Phone: _____ Work Phone: _____

Name: _____

Cell Phone: _____ Work Phone: _____

Name: _____

Cell Phone: _____ Work Phone: _____

Name: _____

Cell Phone: _____ Work Phone: _____

Children's Information

Day Care: _____ Phone: _____

Address: _____

Elementary: _____ Phone: _____

Address: _____

Middle: _____ Phone: _____

Address: _____

High School: _____ Phone: _____

Address: _____

Family Doctors

Pediatrician: _____ Phone: _____

Family Physician: _____ Phone: _____

Specialist: _____ Phone: _____

REUNIFICATION SPOTS

Identify safe places where everyone should meet if you cannot go home or need to evacuate. List or describe two ways to exit your home.

Primary Exit

Secondary Exit

Identify One Meeting Location outside your Home (for example, a tree across the street)

Identify One Meeting Location outside your Neighborhood (for example, the Pala Admin Building):

ADDITIONAL RESOURCES

Pala Reservation Emergency Preparedness (PREP)



Scan the QR Code or follow the link:

<https://www.palatribe.com/public-safety/pala-reservation-emergency-preparedness/>

Emergency Alerts and Information

Pala Emergency Alert System <https://pbmi.alertmedia.com/public/v1>

Pala Rez Radio 91.3 FM reznradio.fm

Federal Emergency Management Agency (FEMA) Mobile Apps

- Apple: apps.apple.com/us/app/fema/id474807486
- Google Play: play.google.com/store/apps/details?id=gov.fema.mobile.android

Alert San Diego www.alertsandiego.org/en-us/preparedness/alertsandiego.html

California Emergency Alerts www.listoscalifornia.org/alerts/

Power Outages

Ready.gov www.ready.gov/power-outages

American Red Cross www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html

San Diego Gas & Electric www.sdge.com/residential/customer-service/outage-center/outage-map

Drought

Ready.gov www.ready.gov/drought

CA State Water Board

www.waterboards.ca.gov/water_issues/programs/conservation_portal/resources.html

American Red Cross www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/drought.html

American Public Health Association Extreme Rainfall and Drought Factsheet www.apha.org/-/media/files/pdf/factsheets/climate/precipitation.pdf

US Department of Agriculture California Drought Fact Sheet – Causes and Consequences of Drought
https://caclimatehub.ucdavis.edu/wp-content/uploads/sites/320/2016/03/factsheet1_causes.pdf

Centers for Disease Control (CDC): How Climate Affects Community Health Video – Diseases from Vectors
<https://www.youtube.com/watch?v=kb4iebul44>

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www.cdph.ca.gov/Programs/OHE/CDPH%20Document%20Library/CHPRs/CHPR073SanDiego_County2-23-17.pdf

National Integrated Drought Information System
www.drought.gov/states/california

USGS California Water Science Center, California Drought
ca.water.usgs.gov/california-drought/california-drought-resources.html

Earthquakes

Ready.gov www.ready.gov/earthquakes

Earthquake Country Alliance www.earthquakecountry.org

American Red Cross www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/earthquake.html

MyShake earthquake warning app

Apple: <https://apps.apple.com/us/app/myshake/id1467058529>

Google Play

<https://play.google.com/store/apps/details?id=edu.berkeley.bsl.myshake>

Southern California Earthquake Center

www.scec.org/earthquakes/index.html

Extreme Heat

Ready.gov www.ready.gov/heat

American Red Cross www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/extreme-heat-safety.html

American Public Health Association Extreme Heat Factsheet

www.apha.org/-/media/files/pdf/factsheets/climate/extreme_heat.ashx

American Public Health Association – Climate Changes Allergies and Asthma www.apha.org/-/media/files/pdf/topics/climate/asthma_allergies.ashx

American Public Health Association – Climate Changes Mental Health www.apha.org/-/media/files/pdf/topics/climate/climate_changes_mental_health.ashx

Centers for Disease Control (CDC) How Climate Affects Community Health Video – Extreme Heat

<https://youtu.be/e2mZGhOIFG0?feature=shared>

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www.cdph.ca.gov/Programs/OHE/CDPH%20Document%20Library/CHPRs/CHPR073SanDiego_County2-23-17.pdf

California Department of Aging – Resources for Staying Safe During Extreme Heat www.aging.ca.gov/Heatwave_Resources/

California Department of Public Health – Extreme Heat

www.cdph.ca.gov/Programs/EPO/Pages/Extreme%20Heat%20Pages/BI_NaturalDisasters_Extreme-Heat.aspx

Heat Ready California heatreadyca.com

Flooding

Ready.gov www.ready.gov/floods

American Red Cross www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/flood.html

Wildfire

Ready.gov www.ready.gov/wildfires

American Red Cross www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/wildfire.html

University of California Agriculture and Natural Resources Fire Network ucanr.edu/sites/fire/

American Public Health Association – Climate Change Decreases the Quality of the Air We Breathe Factsheet www.apha.org/-/media/files/pdf/factsheets/climate/air_quality.ashx

American Public Health Association – Climate Changes Mental Health www.apha.org/-/media/files/pdf/topics/climate/climate_changes_mental_health.ashx

National Oceanic and Atmospheric Administration (NOAA) – The Impact of Wildfires on Climate and Air Quality csl.noaa.gov/factsheets/csdWildfiresFIREX.pdf

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CAL FIRE – Wildfire Preparation www.fire.ca.gov/prepare

California Fire Safe Council cafiresafecouncil.org



www.palaband.com



ped.palatribe.com



www.palatribe.com/public-safety/pala-reservation-emergency-preparedness/