



## CAHF'S READY, SET, GO!

## FLOOD

### GET READY!

#### Create A Facility "Action Plan" For Flood

Whether a byproduct of excessive rainfall, a dam or levee failure, or a sudden release of water held by an ice jam, floods can pack enormous destructive force. Rising flood waters can reach heights of 30 feet or more and fast moving flood waters can readily roll boulders, tear out trees, destroy buildings and bridges, and scour out new channels. Furthermore, flash flood-producing rains trigger catastrophic mud slides. You will not always have a warning that these deadly, sudden floods are coming. Most flood deaths are due to flash floods. Nevertheless, lives can be saved and property damage mitigated with proper flood preparedness. Are you ready to protect yourself and your facility?

#### Does your plan address?

- Training procedures for staff for emergency evacuations and disaster plans.
- Enough staff to carry out flood-related evacuation plan during all shifts.
- Evacuation drills practiced for all shifts of workers.
- Enough vehicles for patients/staff evacuation -or- Contracts in place with transportation and other facilities to provide housing for displaced residents.
- Internal/external communications including weather channels and phone number for road conditions.  
(CONTACT CALTRANS AT 1-800-427-7623)
- Back-up power in case of power outage.
- Additional battery operated lighting, phones, and radios available in the event of an extended power loss.
- Meals (Nonperishable foods and/or preparing and serving) and medical supplies for residents for power outage and/or evacuation.
- Dry blankets and clothing for residents and staff.

### GET SET!

#### Are you and your staff really ready?

- Procedures for communication with staff, families, outside agencies and vendors.
- Arrangements for moving residents to higher ground or a complete evacuation plan.
- Systems for resident info, medication and other critical supplies handy in case of an evacuation.
- 72-hour water supply ready. Remember to check for "Boil Water" orders in times of flood.
- If water becomes contaminated, make sure to disconnect your water heater as your water supply.
- Adjust the thermostat on refrigerators and freezers to the coolest possible temperature.
- Check on residents often and never leave residents unattended in lower-level areas.
- Have the following safety equipment:
  - ⇒ Chemical fire extinguisher
  - ⇒ Smoke alarm in working order (Check once a month and change batteries once a year)

### GO!

- Activate policies and plans to deal with flooding.
- Tune in to NOAA Weather Radio, commercial radio, or television for information.
- If flooding occurs or is suspected to occur and you are advised to evacuate, do so immediately.
- Before evacuation, have a designated staff member turn off utilities at the main switches or valves if instructed to do so. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.
- During the evacuation, do not let staff and residents walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where water is not moving. Use a stick to check the firmness of the ground in front of you.
- Do not drive into flooded areas. If floodwaters rise around your car, abandon the car and move to higher ground if you are able to do so safely. You and the vehicle can be quickly swept away.
- Follow the designated evacuation routes and expect heavy traffic.



## Additional Tips & Information:

### After a Flood

- Listen for news reports to learn whether the community's water supply is safe to drink.
- Avoid floodwaters; water may be contaminated by oil, gasoline, or raw sewage. Water may also be electrically charged from underground or downed power lines.
- Avoid moving water.
- Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.
- Stay away from downed power lines and be sure to report them to the power company.
- Return to your facility only when authorities indicate it is safe.
- Use extreme caution when entering a building; there may be hidden damage, particularly in the foundation.
- Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible. Damaged sewage systems are serious health hazards.
- Clean and disinfect everything that got wet during the flood occurrence. Mud left from floodwater can contain sewage and chemicals.

## Additional Resources:



National Weather Services, Extreme weather service warnings and alerts for California:  
<http://alerts.weather.gov/>

Centers for Disease Control and Prevention, contaminated water-related diseases:  
[www.cdc.gov/healthywater/disease/](http://www.cdc.gov/healthywater/disease/)

Be Prepared California, Flood preparation tips and information:  
<http://bepreparedcalifornia.ca.gov/EPO/BeInformed/NaturalDisasters/Floods.htm>

We, at CAHF appreciate your thoughts and would like to ask for any disaster related suggestions or "Positive Practices" that you may have. Our goal is to use "Lessons Learned" and "Successful Applications" to help educate other facilities within our Long-Term Care Community.

Let's work as a T.E.A.M. - Together Everyone Achieves More!

What disaster or event would you like CAHF's Disaster Preparedness Program to use for a "Ready, Set, Go" Disaster Planning Topic? Contact us at (916) 441-6400.