



# My Emergency Plan

Name: \_\_\_\_\_

Zone: \_\_\_\_\_

Our meeting point is located at: \_\_\_\_\_

Notify immediately: \_\_\_\_\_

or Notify: \_\_\_\_\_

My "buddy" is *(if applicable)*: \_\_\_\_\_

\_\_\_\_\_

If I need to evacuate, go here: \_\_\_\_\_

Or go here: \_\_\_\_\_

#1 Alternate route away from here: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

#2 Alternate route away from here: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Preparing seniors for natural disasters and other emergencies**  
[www.emergencyprephelp.org](http://www.emergencyprephelp.org)    [info@emergencyprephelp.org](mailto:info@emergencyprephelp.org)

Emergency Prep Help is a fiscally sponsored project of [Community Initiatives](#),  
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# Alerts & Warnings

## **SoCoAlert**

Sign up for SoCoAlert and select to receive alerts through landline, cell, work, email, text, or all of them. The system also works with telephone devices for the deaf. For general questions about SoCoAlert, call (707) 565-1369 or go to [socoemergency.org](http://socoemergency.org) to sign up.

## **Nixle**

Text your zip code to 888777, or sign up online at [Nixle.com](http://Nixle.com)

## **CivicReady** (Santa Rosa only)

Alerts include evacuations, imminent or active threats, and severe weather events. Go to [SRCity.MyFreeAlerts.com](http://SRCity.MyFreeAlerts.com) and click on the “Sign Up” button to register.

## **NOAA Weather Alert Radios**

A weather alert radio automatically responds when it receives an emergency alert, even if you aren't listening to it. It stays plugged in and comes with batteries in case of power loss. If you are deaf or have hearing loss these radios have add-on equipment such as strobe lights and bed shakers. Ask the local fire department if they have any, or buy weather alert radios for about \$30.

## **Wireless Emergency Alerts (WEA)**

The Wireless Emergency Alerts system is an essential part of America's emergency preparedness – all through alerts on compatible cell phones and other mobile devices. You do not have to sign up, if you have a cell phone you will receive the alerts automatically.

A WEA alert appears as a text-like message. The alert is accompanied by an attention-grabbing signal and vibration, which is particularly helpful to people with hearing or vision-related disabilities.

## **Emergency Alert Systems (EAS)**

The EAS system sends messages to local radio and television stations who may then broadcast it. An EAS message is typically accompanied by a special warning tone.

## **Hi-Low Sirens**

A distinctive two-tone siren (hi-low) alerts you to life-threatening danger.