COMMUNITY LIVING CAMPAIGN

Emergency Preparedness

for Seniors and People with Disabilities

What's coming: Federal forecasters say a very strong El Niño is likely this winter. That raises the odds of a wetter-than-normal winter on the California coast, with the heaviest storms expected roughly **December through March**. It is not a guarantee, but **the time to prepare is now, while it's calm.**

1. Sign up for alerts today

- **AlertSF:** text your ZIP code to **888-777** (or go to AlertSF.org). Free.
- Ask a family member, caregiver, or neighbor to sign up too.
- Storm info and tips: **SF72.org**

2. Make your Plan

Your "Help Team"	**Know your risks**
• Pick 2–3 people who can check on you: a neighbor, relative, caregiver. • Give them a spare key or door code. • Agree on a signal: a phone call or text after each big storm.	• Live on a ground floor or in a basement? Low-lying areas can flood in heavy rain. • Rely on an elevator? Plan where you'd go if it stops working. • Use a wheelchair, walker, or oxygen? Plan how you'd leave with your equipment.

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3. Prepare for power outages

- Do you use **oxygen, a CPAP, a power wheelchair, a lift, or refrigerated medicine**? Ask your doctor and your equipment company about backup power **before** a storm.
- Call **PG&E at 1-800-743-5000** to ask about medical-needs programs and outage help, or go to their website, at, PG&E Medical Baseline Program
- Keep phones, hearing-aid batteries, and power banks **fully charged** when storms are forecast.
- Use flashlights, not candles.
- **Never** touch a downed power line. Call 911.

4. Your "Stay-Ready" kit (keep it by the door)

Health & mobility	**Basics**
• 7 days of medicines, plus a written list of doses • Extra glasses, hearing-aid batteries, dentures • Spare cane, walker tips, wheelchair repair kit • Insulin cooler or ice packs, if needed • Copy of insurance cards and doctor phone numbers	• Water and easy-open food for several days • Flashlight and battery radio • Rain poncho, warm blanket, dry socks • Cash in small bills • Phone charger and power bank • Pet food, if you have a pet or service animal

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5. Before a big storm

- **Free sandbags** for San Francisco residents: Public Works Operations Yard, 2323 Cesar Chavez St. Check **sfpublicworks.org/sandbags** for hours and limits. **Can't lift them?** Ask your Help Team to pick them up.
- Clear leaves from the storm drain near your home if it's safe to do so, or ask a neighbor.
- Bring in loose items from balconies and porches.
- Stock up on food and medicine **before** the storm arrives.

6. During and after a storm

- **Stay home** if you can. Avoid driving or walking through flooded streets.
- Move to a higher floor if water enters your home. **Call 911** if you are in danger or need medical help.
- Report flooding, clogged drains, or sewer backups to **311** (sf311.org or the 311 app).
- Don't touch floodwater. In San Francisco it can mix with sewage.
- Call your Help Team when the storm passes.

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Important numbers

Emergency	**911**
City services and flood reports	**311** (or sf311.org)
Alerts	Text your ZIP to **888-777**
PG&E (outages, medical needs)	**1-800-743-5000**
Storm tips	**SF72.org**

My emergency card

My name	
Help Team #1	
Help Team #2	
Doctor / pharmacy	
Medical needs and equipment	
Allergies / medicines	

Forecast source: NOAA Climate Prediction Center (Sept. 10, 2026 update). Seasonal outlooks show odds, not certainties. Services, hours, and phone numbers can change, so please confirm at sf.gov, SF72.org, or by calling 311.

Neighbors: check on an older adult or a neighbor with a disability before and after every storm.