Arizona Daily Sun, in cooperation with Coconino County, which is responsible for managing emergency response and planning, is pleased to publish the second annual Emergency Preparedness Guide.

Coconino County is a land of spectacular beauty that offers unparalleled, year-round enjoyment to both residents and visitors. However, enjoying all that Northern Arizona has to offer comes at a cost in the form of natural disasters that include post-wildfire flooding, blizzards and even tornadoes. To this end, it is incredibly important to be aware, prepared and informed before an emergency happens.

Emergencies can happen any time and Coconino County has seen its share of them. As a result, the community is well-equipped to respond; however, it truly takes a team effort to keep ourselves, our families, our properties and our natural resources protected.

Both the Arizona Daily Sun and Coconino County want to ensure all individuals are prepared in the event of a wildfire, flood or other disaster. In this year’s Emergency Preparedness Guide, we invite you to learn about what you can do, what the community can do and what agencies around Coconino County do to prepare in advance, in addition to how they respond in the event of an emergency.

This is especially important in 2021 as we are already experiencing an active wildfire season. That’s already proven to be the case during the first few weeks of the summer season. In addition, the National Weather Service is predicting a normal to wetter-than-normal monsoon season this year. Now is the time for us all to do our part and prepare for an emergency.

Please review these important materials and take the necessary steps to keep you and your loved ones safe.
The greatest threats within Coconino County are wildfires and post-wildfire flooding. All residents need to be prepared in advance for both.

Regardless of the type of emergency, there are some basic preparedness terms and steps that can be taken and summarized in the familiar adage: Ready, Set, Go. Here’s everything you need to know about these important phrases:

**Ready** – This means prepare now!

- Be aware of hazards that can threaten your community. Coconino County residents should always be on a state of Ready, especially during the summer months when conditions can turn quickly. Take the following steps now to prepare for seasonal threats:
  - Register with the County Emergency Notification system for coconino.az.gov.
  - Connect with the local Emergency Management office, Sheriff’s Office and public health department on social media. Follow @coconinocounty on Facebook, Instagram, and Twitter.
  - Make a family evacuation and communication plan that includes family members, out-of-town contacts and family meeting locations.
  - Build an emergency go-kit with supplies. Always keep your emergency supply kit in an accessible location so you can grab it quickly when needed. If you have a pet, make sure you include pet supplies too.
  - Check in with your neighbors, family, friends and elders through video chats or public health recommendations.

**Set** – Be prepared for anything that happens. There’s what you need to do during the following emergencies:

**Flooding emergency**

- Don’t enter drainages at any time or if they appear to be dry.
- Don’t let your children play in drainages at any time, even if they’re dry.
- If a flood emergency occurs, then shelter in place. This means take immediate shelter indoors, whether in your home, school, business or public building.
- If outdoors, then get to high ground or go into your home.
- Keep away from your property. Keep debris and flood waters out of your property. Check coconino.az.gov for updates.

**Fire emergency**

- Listen to evacuation orders. Stay tuned to emergency notifications. Follow Coconino County social media pages. Check coconino.az.gov for updates.

**GO** – Evacuate immediately

- Evacuate your area in an emergency and leave immediately. It is imperative to leave the impacted area immediately.
- Residents should evacuate immediately to a shelter or with family or friends outside of the affected area.
- It’s important to know that during an emergency it is unlikely anyone will come to your home to notify you. Therefore sign-up for emergency notifications at coconino.az.gov or by calling 928-679-8311.

**What you can do to be prepared for an emergency**

**If a flood emergency occurs,** then shelter in place. This means take immediate shelter indoors, whether in your home, school, business or public building. If outdoors, then get to high ground or go into your home. Keep away from your property. Keep debris and flood waters out of your property. Check coconino.az.gov for updates.

**After an emergency**

- Check with your insurance company to determine whether this type of service is covered by your policy and if the insurer will either accept billing from the restoration company or will reimburse you.
- Call your insurance carrier as soon as possible.
- Make sure by thoroughly review all possible insurance policies you don’t sign releases too quickly.
- Call the number of a professional, state or designated evacuation routes and avoid closed areas. For more information, please visit coconino.az.gov/ready-set-go-guide.

- Keep the area around your property clear of debris and items that could wash into storm drains. Check coconino.az.gov for updates.
- Check with your insurance to determine whether this type of service is covered by your policy and if the insurer will either accept billing from the restoration company or will reimburse you.
- Call your insurance carrier as soon as possible.
- Make sure by thoroughly review all possible insurance policies you don’t sign releases too quickly.
- Call the number of a professional, state or designated evacuation routes and avoid closed areas. For more information, please visit coconino.az.gov/ready-set-go-guide.
YOU CAN PREVENT UNPLANNED FOREST FIRES.
Stage 2 restrictions are in effect.

- Camp in designated dispersed camping areas or campgrounds. Consider propane devices with on/off switches for outdoor cooking instead of a campfire.

- Be aware dragging chains or tow straps, parking in grassy areas and operating chainsaws are possible ways of sparking a wildfire.

- Smoking is prohibited in city parks and open spaces in Flagstaff.

- Only use designated open roads and trails. Pick up a free copy of the Coconino National Forest Motor Vehicle Use Map at the Flagstaff Visitor Center or visit coconinonationalforest.us.

- Follow local campfire safety and fire restrictions. When in doubt:
  - State and Federal lands information: wildlandfire.az.gov
  - County information: coconinonationalforest.us
  - City information: flagstaff.az.gov

Tackle Trail Trash and Leave No Trace.
Pick up your FREE “stow and go” litter bag at the Visitor Center, 1 E. Route 66.
Travel advisories: discoverflagstaff.com
What the community can do to PREPARE FOR AN EMERGENCY

It takes an entire community coming together to prepare for and respond to an emergency. We can protect ourselves, our neighbors and our community by taking the following important steps now:

Volunteer

Neighbors helping neighbors is one of the best ways to help a community thrive. Volunteer to clean your neighborhood or pick up trash from a nearby trail.

Create a defensible space against wildfire

Wildfire preparedness is a community effort. Each spring, the county’s three regional community cleanup days encourage residents of Flagstaff, Williams, and surrounding areas near wildfire risk by removing brush, pine needles and woody debris to create defensible spaces around their homes. By doing this, there’s less fuel in the case of wildfire.

Abide by fire restrictions

Check city and county fire restrictions and ensure you’re following them. Typically, the restrictions range from prohibiting burning and fireworks to shutting down the forest to recreational users during extreme conditions and dangerous wildfire season. If you spot an illegal fire, don’t hesitate to report it to the proper authorities. We must all do our part to stop the spread of wildfire.

Take care to stop new wildfire starts

Most wildfires are human-caused. Following are a few simple precautions you can stop new fires before they start:

• Obey local laws regarding campfires, grilling or smoking outside.
• Ensure all campfires — when they’re allowed — to ensure the fire is completely out before leaving the area.
• Properly close and check to make sure they don’t drip and create a spark.
• Check that car tires are properly inflated and in good condition to prevent deflation.
• Keep sparks away from dry vegetation. Operate equipment that produces sparks away from dry grasses and plants. Avoid using those items on windy days or if conditions are bad.
• Avoid burning debris in dry or windy conditions. A single spark could have devastating results.

People drop off green waste at the Willard Springs Transfer Station.

Sign up for emergency notifications with Coconino County

You can stay informed and safe by getting notified directly on your phone.

Preparations are underway at the Museum Fire burn area in 2019.

Tina Burger talks with her brother Cliff outside their parents’ house on Rose Street in Sunnyside while surrounded by sandbags to prevent possible flooding from the Museum Fire burn area in 2020.

If you live on a county road, please tell your plow service provider how to stop blowing snow into your yard.

Prep your home for extended snow storms

Winter storms in our county can last several days. These storms can cause power outages and significantly hinder travel. In the event of a being stranded by extreme snow, it is imperative to have enough supplies at home to weather the storm. County residents should have all of the following items ready:

• Extra food and water for pets and livestock.
• A minimum of three days of non-perishable food and approximately one gallon of water for each family member.
• First aid kit and an extra supply of prescription medications.
• Blankets, a warm coat, and insulated boots.
• Radios, a battery-powered radio, a flashlight, extra batteries, and a lantern.
• Extra set of car keys in addition to cash and credit cards.
• Extra tire chain kit.
• Snow shovels.

Winterize your vehicle

Winter travel planning is critical for the safety of Coconino County residents and visitors alike. Stay aware and informed about incoming and ongoing storms through a weather radio or by visiting the National Weather Service at http://www.nws.gov. Do not drive if conditions are poor. Remember to keep your gas tank at least half full to help prevent freezing in the first few miles.

Plan travel accordingly

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Protection for pets

Prep your pet for winter. Keep a full water and food supply for pets and livestock. Keep your gas tank at least half full to help prevent freezing in the first few miles.

Remember to check your vehicle’s battery, lights and snow tires. Prepare an emergency kit consisting of first-aid supplies, a warm coat, campers, a flashlight, extra light, water, food and ice scraper, extra clothing and appropriate boots. Remember to keep your gas tank at least half full to help prevent freezing in the first few miles.

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Arizona’s wildfire season is already proving to be one of the most severe in the state’s history and APS is working closely with agencies to protect both firefighters and the public.

As an Arizona-based company, APS employs live and work throughout the state and understand the challenges faced when preparing for wildfire season. For this reason, APS teams prepare for wildfire season year-round, activating the company’s Critical Fire Mitigation Plan (CFMP) designed to prevent and reduce wildfire risk by strengthening the resiliency of its infrastructure, mitigating impacts on infrastructure during a wildfire and implementing a quick and effective power restoration response in the event of a wildfire.

APSE encourages customers to
• Know before you go — check our times.
• Working with local fire departments and Federal Agencies on wildfire safety plans and following established protocols in the event of a wildfire.
• Partnering with community to educate the public about reducing fire risk.
• Visually inspecting power poles and electrical equipment on a regular basis.

APSE’s wildfire season response
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In case of an unplanned outage in high-risk areas, such as in a wildland-urban interface area, APS crews are trained to de-energize an overhead power line to protect the public, the environment and critical electrical equipment.

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APS prepares for wildfires year-round

APS works closely with local fire departments to ensure the safety of those responding to the fire. In such cases, APS may need to de-energize an overhead power line to protect the firefighters working in proximity to electrical equipment.

While APS understands that any disruption of power is a major inconvenience to customers, these protocols appropriately prioritize the safety of first responders, communities and field crews above providing reliable power.

APSE encourages customers to:
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• Working with local fire departments and Federal Agencies on wildfire safety plans and following established protocols in the event of a wildfire.
• Partnering with community to educate the public about reducing fire risk.
• Visually inspecting power poles and electrical equipment on a regular basis.

Wildfire protection prepares you, the community and first responders.

Together, we can be prepared for wildfire season. Providing safe, reliable energy is our top priority. That’s why we work year-round to prepare for wildfires. These extra precautions could result in longer than usual outage times.

For example, our crews will visually inspect lines before restoring power, or power lines may be temporarily taken offline to protect firefighters. Working together, we will be prepared. Here are some things you can do:
• Clear vegetation around your home and throw trash away properly.
• Sign up for local emergency alerts and visit wildlandfire.org to create a preparedness plan.
• Visit aps.com/outagecenter or use the APS mobile app to view our outage map, sign up for text and e-mail alerts, plus find outage preparedness tips.

Additional information on how APS prepares and responds to wildfires, along with additional resources for the public are available at aps.com/wildfiresafety.

Please visit aps.com/wildfiresafety for more information.
What the county does to PREPARE FOR AN EMERGENCY

Throughout the Museum Flood Area’s Linda Vista Drainage Crossing, the Museum Flood Area’s Linda Vista Drainage Crossing...
The COVID-19 pandemic has impacted many parents’ ability to seek recommended child immunizations for their children. But it’s important to not delay them any further as immunizations are essential for protecting children against infectious diseases such as measles, mumps, rubella and whooping cough. These shots are necessary for protection from dangerous and sometimes deadly diseases. Vaccinations typically cause only mild side effects, such as redness or swelling at the injection site. Serious side effects are very rare. The public health benefits of vaccination far outweigh the possible side effects.

Coconino County Health and Human Services encourages parents to contact their healthcare provider to review their child’s vaccination record and to schedule appointments for any needed vaccinations.

Don’t forget childhood vaccinations!
CCHHS offers childhood vaccinations by appointment at the CCHHS Clinic, 2625 N. King Street in Flagstaff. Appointments are available by calling 928-679-7222. Additional information is available at www.coconino.az.gov/236/Immunizations.

Recommended Vaccinations Help Protect Your Child From Preventable Diseases
The City of Flagstaff is Preparing for Monsoon Season

Are You Ready?

Sign Up for Rain Gauge Alerts

The City of Flagstaff operates a network of radio-telemetered rain gauges that transmit rainfall and streamflow data in real time (as it occurs). They monitor and document rainfall and possible flooding events. You can directly receive rain gauge alerts. This free service is provided by City of Flagstaff and should not be confused with Coconino County’s Emergency Alert System.

Sign up for targeted alerts of potential flood risk in your neighborhood at:
Flagstaffaz.gov/rainalerts

Additional information about the gauge network can be found online at:
Rain.flagstaffaz.gov/ffmap

A Checklist for Flood Preparedness

- Streets flood quickly! A car can float in as little as a foot of water. Do not attempt to cross flooded waters. Respect all traffic barricades.
- Know where your children are at times, and do not let them play near channels, creeks or streams when water is rising.
- If you live or own property in the Museum Flood area, be aware that your property will remain at high-risk for post-wildfire flooding for several years. Resources available here: Coconino.az.gov/213/Stream-Flooding
- Make sure that the sandbags placed to protect your property do not negatively impact your neighbors. Find sandbag locations and more information here: Coconino.az.gov/213/Sandbag-information
- Be sure that surrounding drainage ditches are clean and free of debris. Fences and debris become barricades and can lead to flooding on adjacent properties. To report drainage and debris issues, call (928) 213-2400.
- Properly recycle used motor oil and never place it in the trash, on the ground or down storm drains.
- Contact your property insurance agent to see if a flood insurance policy would help you.
- Talk to the Stormwater Section (928) 213-2472 about protecting your house or business from flood damage.
- Check / prepare plants and windows for rainfall and wind risks.
- Prepare an emergency kit in case of flooding or power outages.

Emergency Contacts:

For street or right of way flooding concerns, please call Public Works (928) 213-2100.

If you are experiencing a flood emergency at home, call 9-1-1. If you have flooding concerns, or to report fallen tree blockages and debris flowing down streets call (928) 213-2400.

Water Services after hours emergency line is (928) 774-0282.

City Flood Mitigation Efforts:

The Stormwater Section maintains 121 miles of open channel for native ecosystems and flood control. The section includes engineers, hydrologists, and planners that work with NAU, the Coconino County Flood Control District, other agencies, and non-profits on reducing local flooding issues.

July 2020 channel improvements on Spurce Avenue Wash.

July 2020 Museum Fire flows through the new Vista Avenue culvert.

We Need Your Help:

Easements on Private Land are Your Responsibility

An easement is the legal right for the City to use private land for public services. Water Services has easements on land throughout the city for the following purposes:

- Water and sewer pipes
- Water meters and manholes
- Drainages and channels

Keep Drainages and Channels Clear of Debris

Drainages and channels on privately owned property must stay clear and free of debris. Fences and debris become barricades and can lead to flooding on adjacent properties. You may be legally liable for damages.
Stay Safe Outdoors
This Summer

Monsoon clouds gather over the San Francisco Peaks as rain falls on Doney Park in July 2017.

Safety tips for outdoor recreation from the Coconino County Sheriff’s Office

The Coconino County Sheriff’s Office Search and Rescue Unit would like to provide some safety tips for outdoor recreation. Being prepared for your activity and unprepared emergencies will help you stay safe.

- Let a trusted person know where you are recreating and what your itinerary is. If you do not check in by an agreed-upon time, then that person can contact the Sheriff’s Office to make a report.
- Check the weather before you head out. Sometimes the weather can make your activity unsafe. Remember that the mountains, trail, lake, or canyon that you are planning to hike, climb or boat on will still be there another day when the conditions are better.
- Carry the 10 Essentials and a fully charged cell phone. If you have an emergency, then try to call 911 even if it looks like your cell phone does not have service.

Ten Essentials

- Water
- Food
- Navigation equipment, like a map, compass or GPS
- First Aid kit
- Shelter material, including a large leaf
- Whistle
- Signal mirror
- Extra warm clothing
- Pocket knife or multi-tool
- Extra water

The Hug-A-Tree principles

- Bring your feet together as tightly as you can, cover your ears and stay in that position until about 30 minutes after the storm passes. If you are with a group of people, then you should spread out but not so far that you can no longer see each other.
- Take cars, be safe and enjoy the outdoors!

Stay where you are when lost:
- The most important part of the Hug-A-Tree program is to hug a tree! If there isn’t a tree, instead sit down next to a rock or a shrub or anything that you can sit on and lean against. It will make it harder to find you if you keep moving after you think you are lost.
- Stay where you are when lost:
- Stay warm and dry:
- Your jacket can keep you warm when you start to get cold. Rain gear or a space blanket or even a plastic garbage bag with a hole in it to ensure you can breathe will keep you dry. Stuff the garbage bag with dry leaves or pine needles for added insulation to help keep warm.
- When you sit down, build a seat made of sticks or rocks to help keep dry. Remember to never start a fire.

Help us find you:
- Wearing bright colors like red, yellow, bright green and blue makes it easier for searchers to spot you, even from far away. A bright colored jacket will help even more.
- Always take a whistle and use it as the sound generally carries better than your voice and it’s harder to blow a whistle for a much longer time than yelling. A flashlight can be seen during the day and at night. Remember to always take a good one even if hiking during the day and make sure the batteries are charged.

Stay safe during monsoon season

- Seek shelter as soon as you see dark clouds appearing, winds increasing, and feel the temperature dropping. If you do not check in by an agreed upon time, then try to find an area of similar height trees if you are in an open area and stay a few feet away from them.
- If you can’t get to a safe place then you should get into the lightning safety position. Bring your feet together as tightly as you can, cover your ears and stay in that position until about 50 minutes after the storm passes. If you are with a group of people, then you should spread out but not so far that you can no longer see each other.
- Take cars, be safe and enjoy the outdoors!
I won’t ever know where you are as you read this. I can never know what was true of your experience over the course of the COVID-19 pandemic, or even into this wildfire season. I won’t know the emotions that swept through your life or hear how you and those you love are navigating the advent of vaccines during a stumbling return to “normal.”

But I do know that I want you to find support as you heal and process the indelible mark this pandemic will leave on each and every one of us. I also know that in this moment, we have the opportunity to bring the wisdom born of all of our experiences with us as we support one another moving forward. For most folks prior to March 2020, words like collective trauma, traumatic grief or survivor’s guilt weren’t in their lexicon. That doesn’t mean people didn’t experience these things; on the contrary, every year one in five U.S. adults experience a mental health challenge. But we live in a world where we learn to minimize or hide that fact. For a very long time we haven’t learned how to talk about our mental health struggles or allowed ourselves the permission to do so. We had so thoroughly stigmatized mental health that we left ourselves few options when our world was turned upside in 2020.

During the pandemic, individuals in the U.S. reported higher rates of adverse mental health conditions, and large groups of adults experienced disproportionately worse mental health outcomes, substance use and elevated suicidal ideation. The Stronger As One Coalition saw increases in demand for free self-care and Mental Health First Aid trainings, information and resources. This shared trauma led to a novel openness in the way we acknowledge mental health challenges and perhaps now prioritizes caring for all of our mental health. This shift gives me hope that we can foster resilience in the face of ongoing adversity and continue to unlearn the stigma and shame surrounding mental health — because mental health is health.

Moving forward doesn’t require that we start from scratch. We have heard people discussing self-care, supervisors encouraging employees to unplug and take care of themselves, coworkers and acquaintances asking genuinely how the other is doing and being prepared to listen when the answer isn’t a simple “fine.” These steps will help us all feel more supported as we face stressors and emergencies outside of our own control.

We are facing an inflection point. We have an opportunity to invest essential funding into supporting the overall health of our communities and ensuring the well-being of our residents. This means ensuring access to mental health services, ensuring housing and basic needs, ensuring access to food and other essential needs. During the pandemic, individuals in the U.S. reported higher rates of adverse mental health conditions, and large groups of adults experienced disproportionately worse mental health outcomes, substance use and elevated suicidal ideation. The Stronger As One Coalition saw increases in demand for free self-care and Mental Health First Aid trainings, information and resources. This shared trauma led to a novel openness in the way we acknowledge mental health challenges and perhaps now prioritizes caring for all of our mental health. This shift gives me hope that we can foster resilience in the face of ongoing adversity and continue to unlearn the stigma and shame surrounding mental health — because mental health is health.

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To join the work of our coalition or to attend or schedule a training, email strongerasone@coconino.az.gov or visit Coconino.az.gov/StrongerAsOneAZ. We welcome all people as we build a culture of knowledge, compassion, and action for mental health and well-being. We know that we need everyone because we are truly Stronger As One.
Disaster preparedness is important for all animals, but it is particularly important for animals like horses, cows, goats and other farm animals due to their size and transportation needs.

Make arrangements in advance to have your horse trailer in case of an emergency evacuation. Plan for the future as you would for your family, including your pets!

Take your pets with you if you must evacuate and listen to Emergency Notifications. Pets should wear a collar or harness, as well as an identification bag. Dogs specifically must wear a license and suitable tags. In the event of an evacuation, make sure to bring the following:

- Food and water dishes
- Medications
- Collapsible cages or carrier
- Leash
- Comforting toys or treats
- litter, litter pan, litter scoop
- Plastic bags for clean-up

For more information, please visit www.coconino.az.gov/PetEvacPrep

Your companion pets and farm animals can become just as critical as you in a family emergency. If animals are a part of your family, including your pets!

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Your companion pets and farm animals can become just as critical as you in a family emergency. If animals are a part of your family, including your pets!

Disaster preparedness is important for all animals, but it is particularly important for animals like horses, cows, goats and other farm animals due to their size and transportation needs.

Make arrangements in advance to have your horse trailer in case of an emergency evacuation. Plan for the future as you would for your family, including your pets!

Take your pets with you if you must evacuate and listen to Emergency Notifications. Pets should wear a collar or harness, as well as an identification bag. Dogs specifically must wear a license and suitable tags. In the event of an evacuation, make sure to bring the following:

- Food and water dishes
- Medications
- Collapsible cages or carrier
- Leash
- Comforting toys or treats
- litter, litter pan, litter scoop
- Plastic bags for clean-up

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Your companion pets and farm animals can become just as critical as you in a family emergency. If animals are a part of your family, including your pets!
No matter what, we are **Stronger As One**;
remember to reach out, listen, connect and care.

Mental Health is Health, and we all need support sometimes.

**If you need help,**
call 877-756-4090
Or text hello: 741741

For more resources, visit
coonino.az.gov/StrongerAsOneNAZ

For information or to schedule or attend a free Mental Health First Aid Training, email
Strongerasone@coconino.az.gov