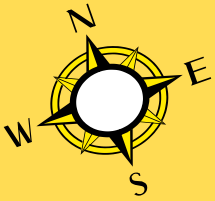
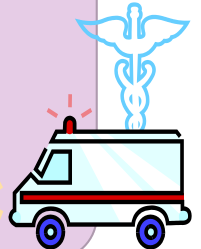


Welcome to Sierra County California!



Familiarizing yourself with emergency information unique to our rural environment will maximize your safety and enjoyment while skiing, camping, hiking, biking, relaxing, exploring, and playing in the Sierras.

As remote and sparsely populated as Sierra County is, we have a great volunteer base. Volunteer Fire Departments are located in Alleghany, Pike, Downieville, Sierra City, Sattley, Sierra Brooks, Calpine, Sierraville & Loyalton. Fire departments have ongoing training for firefighters and EMTs to keep current on their skills & certifications. At the sound of the siren, personnel leave their regular jobs and show up, seemingly out of nowhere, to take care of you. So while vacationing or visiting the area, play safe, but if faced with an emergency, rest assured, help is right around the bend. Use caution while navigating our narrow curvy scenic highways. *Remember when you see those emergency lights coming, get as far off the path as safely possible.*



Personal Preparedness goes a long way in avoiding meeting our trusty search and rescue

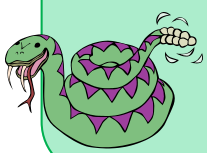


volunteers. Let somebody know where you are going and when you expect to

return. Do not count on your cell phone working. *Carry basic first aid supplies, any required prescription medications, flashlight, jacket, blankets, bug repellent, sun-screen, snacks and water.* Do not count on your GPS device working or being entirely accurate. **NOTE: Local stores will not be open in the evening.**

A few common hazards to be on the alert for are mountain lions, rapidly changing weather extremes, bears, rattle snakes, aggressive ground wasps, wildland fires, ticks

and mosquitoes which can carry disease.



Should you need advanced medical attention while in Sierra County there is a high likelihood you will be transported by air. Many have discovered after receiving air transport, this service is not always covered by regular insurance. **Costs start at \$20,000.00 per trip.** *Purchasing membership with a medical transport company in advance is a prudent option.* For an annual fee averaging \$45- \$85 you can have peace of mind for you and your household.



Some membership options:

AirMedCareNetwork (Reach for life & Calstar)

1-800-793-0010 <http://www.airmedcarenetwork.com/>

Enloe Flight Care 530-332-6774 <http://www.enloe.org/>

Care Flight 775-858-5700 <https://www.remsahealth.com/>

When swimming, fishing, or engaging in water sports, being a strong swimmer is not a good rationale for not wearing a life jacket. Besides buoyancy, a life jacket has additional safety purposes to consider. A life jacket will help protect a person against hypothermia, an important threat when a rescue might be slow in coming. Most life jackets are brightly colored assisting in rescue efforts. They can also absorb some of the impact of a fall and minimize injuries. Seeing adults wear a life jacket sets a positive example for children.



FREE Childrens Life Jackets @ Family Resource Center M-F 530-993-1110

911 calls made from cell phones are often routed to larger dispatch centers then transferred back locally. This can cause a delay in getting assistance. **Specify you are in Sierra County.**

In order to expedite the handling of an emergency call from your cellular phone you can program the direct dial number for Sheriff's Office Dispatch into your phone and use it instead of 911 while in Sierra County.



530-289-3700

Many communities have a "Noon Whistle"



Whistle Type & Meaning:

3-Second Wail = Test & It's Lunch Time!

120-Second Wail = Fire Personnel Assemble.

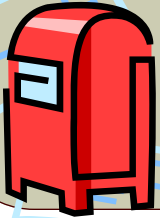
3-Minute High-Low Wail = Immediate threat.

Check Electronic Messages & Listen for direction.

Local Post Offices & Community Bulletin Boards are information sharing hubs. Post Offices are located on

Main Street in the following towns: Loyalton, Sierraville, Calpine, Sierra City, Downieville, Alleghany, Verdi, North San Juan (serves Pike).

Examples of information commonly posted:



- Road Closures & Traffic Controls
- Wild Fire Status Information
- Community Events
- Health Warnings

Should you require advanced medical attention while in Sierra County you will likely be transported to one of the following facilities:

UC Davis Medical Center, Sacramento CA

Enloe Medical Center, Chico CA

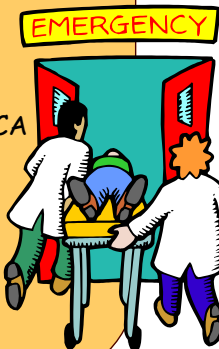
Sierra Nevada Memorial Hospital, Grass Valley CA

Renown Regional Medical Center, Reno NV

Sutter Roseville Medical Center, Roseville CA

Eastern Plumas District Hospital, Portola CA

Tahoe Forest Hospital, Truckee CA



Some Local Health & Medical Providers serving Sierra County:



NO pharmacies are located in Sierra County. Closest is Portola Village Pharmacy 530-832-4218

Eastern Plumas Health Care

700 Third Loyalton CA 96118
530-993-1231

Sierra County Public Health

202 Front St Loyalton CA 96118
530-993-6701

NOT Primary Care -Family Planning & Immunizations

Western Sierra Medical Clinic & Dental

209 Nevada St Downieville CA
95936 530-289-3298

Some limited emergency & pharmacy abilities.

Dr. Jason Baldwin DDS

703 Main St Loyalton CA 96118
530-993-4728

Sierra Family Medical Clinic

15301 Tyler Foote Road
Nevada City 95959
530-292-3478

NO Gas or Diesel available in Sierra City or Downieville

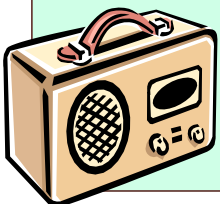


Very little radio signal is available on the mountainous West Side of the County. Some station options on the East Side are:

Reno: 98.1FM 104.5FM 88.7FM 780AM
1270AM 1340AM (Spanish)

Susanville: 92.3FM 93.3FM 1240AM

Truckee: 101.5FM



Some Veterinarians serving Sierra County:

Plumas Vet Service (small animal)

Beckwourth CA

530-832-4485

Large Animal Vet Services

Chilcoot CA

530-993-1400



SCAN ME

This document was created in collaboration with Downieville Volunteer Fire & Ambulance, Eastern Plumas Healthcare & Ambulance, Western Sierra Medical Clinic, Sierra County Sheriffs Office & Office of Emergency Services, Child Care Council and others through their participation in the Sierra County Health Care Coalition. Contact LeTina Vanetti, Public Health Educator/Emergency Preparedness Coordinator 530-993-6737 lvanetti@sierracounty.ca.gov