



See this guide in an emergency

Updated May 11, 2020

Emergency situation can occur at any time. Sedgwick is a long way from emergency services and professional response may not be timely. Remember that you may be the only one on the Reserve when a situation arises. Review the information in this guide and plan ahead for emergencies so you know what to in the event of a fire, accident, medical injury, earthquake, or major storm event.

For any Emergency on the Reserve, Follow the: EMERGENCY RESPONSE PROCEDURES

1. Size up the situation and determine the gravity of the situation and level of personal safety you and others are in.
2. Make the appropriate Calls for Help - see below.
3. Move to safety, as warranted by the situation. Be advised that Sedgwick has a “shelter in place” policy given the narrow width of the entrance road. Remember that you can’t leave until emergency vehicles arrive.
4. Get a headcount. Everyone out on the Reserve should be registered on the lobby computer. There is a menu button to access “who’s on the Reserve today” information which includes cell phone information.
5. Refer to the specific tabs in this document to respond to different kinds of emergencies appropriately.
6. Open main gates so emergency personnel can enter;
7. Provide ongoing updates to UCSB Emergency Dispatch until emergency personnel arrive. Keep notes for post-incident reporting.

HOW TO GET HELP IN A HURRY

1. CALL 9-1-1
2. PULL THE ALARM IN THE TIPTON MEETING HOUSE LOBBY
3. INITIATE OUR EMERGENCY PHONE TREE (see Communications Tab)

Most local emergency responders are familiar with Sedgwick. You can help direct them to the emergency by providing this information:

Address: 3566 Brinkerhoff Ave, Santa Ynez

Cross street: Roblar Ave (east of highway 154)

General Area: eastern Santa Ynez Valley, below (south of) Figueroa Mountain Road.

GPS coordinates: Open a map application on your smartphone and “drop a pin” on your location or the location of the emergency. The marked location will provide the Latitude and Longitude of your dropped pin.

Instruct emergency responders to follow directional signs once they get to the Field Station, or designate someone to flag them down at one of the two Y intersections south of the buildings.

Designate someone else to scout out and flag a possible 100’ square helicopter landing zone with a colorful article of clothing, traffic cones, etc.

Mention Knox Box: Inform the dispatcher that there is a Knox Box on the main gate (a universal key that emergency personnel units carry). If possible, send someone to open the gate using the hold open code **(#1965)**. (Do not share this code otherwise).

WHO TO CALL IN AN EMERGENCY (805 AREA CODE)

1. 9-1-1

2. UCSB Emergency Dispatch 893-3446

More about PHONES

- Phones at the Reserve are mobile and use the Verizon cell tower on Santa Ynez Peak. Cell phone service is generally good throughout most of the Reserve.
- **If no cell phone is available, you can trigger a fire alarm to campus fire department by pulling the hand alarm in the Tipton Lobby to the right of the sign in kiosk.**
- Before heading out on the Reserve, take a picture of this page, or store vital phone numbers in your phone.

To Initiate the Reserve's Emergency Phone Tree (805 AREA CODE)

3. Call / Text a Reserve Manager in this order until you reach one:

Kate McCurdy 805-729-7981

Lyza Johnsen 805-610-4285

4. Call an UCSB Administrator in this order until you reach one:

Marion Wittmann 805-893-6179 / 805-448-8259

Trish Holden 805- 893-3195 / 805-705-1571

Deby Puro 805-893-4127 / 805-588-0862

Other Important Numbers

Santa Ynez Fire Station 32 805-736-3080

SB County Sherriff's Department 805-686-8150

SB County non-Emergency Dispatch 805-683-2724

Newsline Incident Info 805-681-5546

Will Ingram (owns the cows) 805-688-7643/805-450-2811

California Fish & Game 888-334-2258

UCSB Emergency Dispatch Phone 805-893-3446

Highway Information 1/800-427-ROAD (7623) (indicate highway #)

EH&S 24-hr phone line 893-3194 (EH&S assistance with hazardous materials spills, odors, leaks, and safety-related matters)

HOW TO GET INFORMATION IN AN EMERGENCY

COMPUTER / INTERNET

Internet service at the Reserve is provided via a radio link from campus. An electrical outage at any of the links (campus, SY Peak or Sedgwick) will also take down the internet. Try accessing local news on a smartphone.

For local emergency information concerning weather, traffic reports, road closures evacuation zones, and other conditions:

Weather at Sedgwick

Cal Fire RAWs station at Sedgwick http://www.wrh.noaa.gov/lox/fire_weather/fm_new.php

Sedgwick Weather Station <https://wrcc.dri.edu/weather/ucse.html>

Fire Weather Zone Forecast <http://www.weather.gov/lox/>

News

Santa Barbara (KEYT) <http://www.keyt.com>

San Luis Obispo (KSBY) <http://www.ksby.com>

EDHAT news <https://www.edhat.com>

SB Noozhawk news <https://www.noozhawk.com>

UCSB Homepage <http://ucsb.edu>

EH&S Homepage <http://ehs.ucsb.edu>

Resources

California Highway Conditions <http://www.dot.ca.gov/cgi-bin/roads.cgi> (Highway 154; Highway 101)

California Highway Patrol <https://www.chp.ca.gov/traffic> (San Luis Obispo Communication Center)

Santa Barbara County Office of Emergency Management

www.countyofsb.org/ceo/oem/

Santa Barbara County Storm Information and Preparedness Center

<http://www.countyofsb.org/stormprep>

Wildland Residents Association (WRA) <https://www.wildlandresidents.org/calls-for-service/>

PG&E <http://www.pge.com/mybusiness/edusafety/naturaldisaster/>

RADIO

If all else fails, there is a hand-crank radio in the lobby of the Tipton meeting House that receives AM/FM/NOAA Weather. Tune into one of these local radio stations:

KRAZ FM 105.9

KTMS AM 990

KIST AM 1490

KTYD FM 99.9

KCSB 91.9

HOW TO RECEIVE INFORMATION DURING AN EMERGENCY

EMERGENCY ALERTS (TEXT)

Sign up for alerts from Santa Barbara County Fire Department regarding impending critical fire weather <http://www.sbcfire.com/328-2/>

Register to receive alerts from Santa Barbara County Office of Emergency Management about floods, fires other natural disasters: <http://awareandprepare.org>

UCSB employees can register to receive critical information during emergencies.

<https://alert.ucsb.edu/#/login>

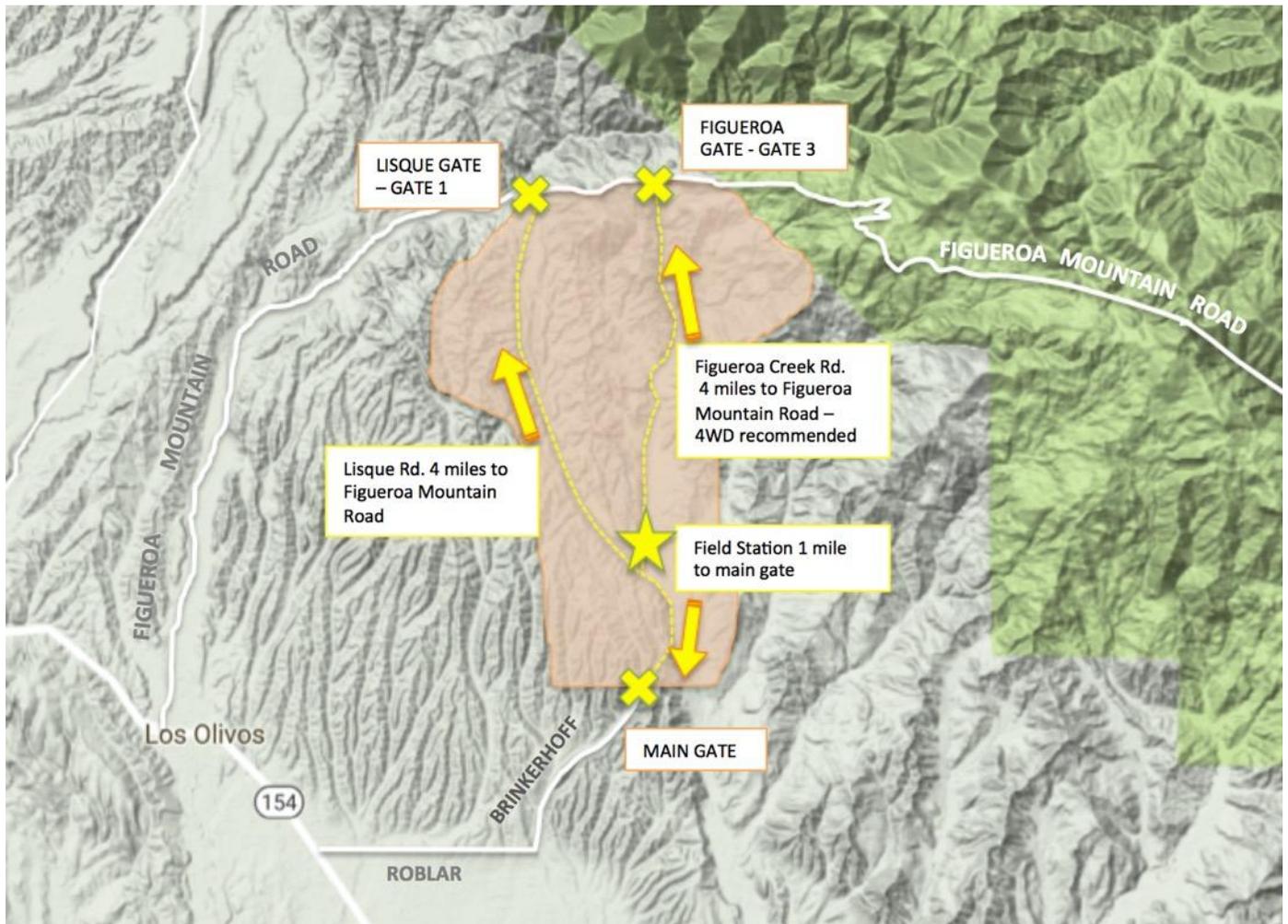
CELL PHONES

Register a cell phone number on the computer kiosk in the Tipton Meeting House lobby every day you are out in the field so you can be contacted in an emergency. Verizon works better than AT&T but as a rule of thumb if you can see the towers on the mountains south of Sedgwick you will have cell service.

MAPS

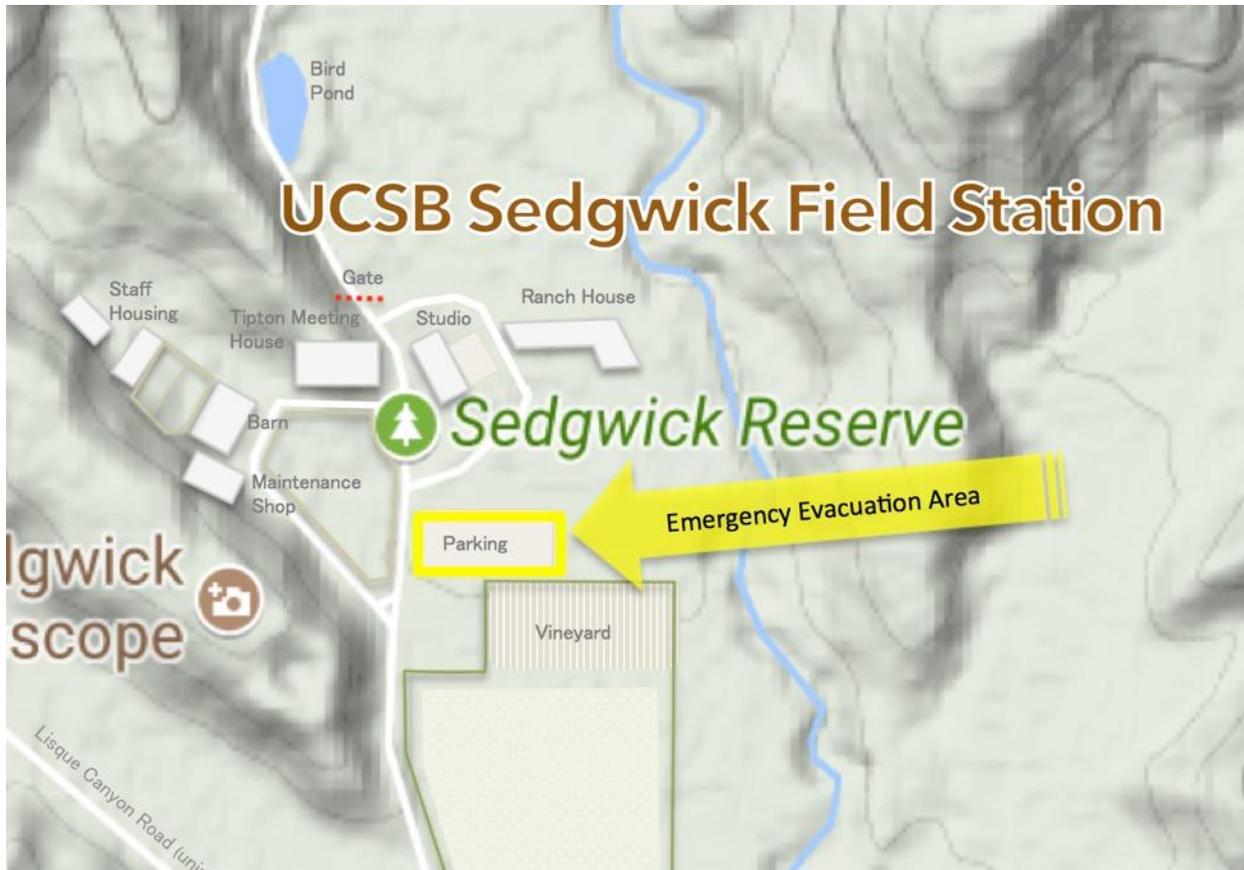
EMERGENCY ROUTES OF EGRES

Depending on the situation, the safest route off of the Reserve may not be through the Main Gate (3566 Brinkerhoff Ave). There are two other gates that lead out onto County Road 7N07 (Figueroa Mountain Road). It is 8 miles from Gate 1 and 10 miles from Gate 3 to get to Los Olivos going SW. If you head E on Figueroa Mountain Road it is 30 miles to Highway 154 via Happy Canyon.

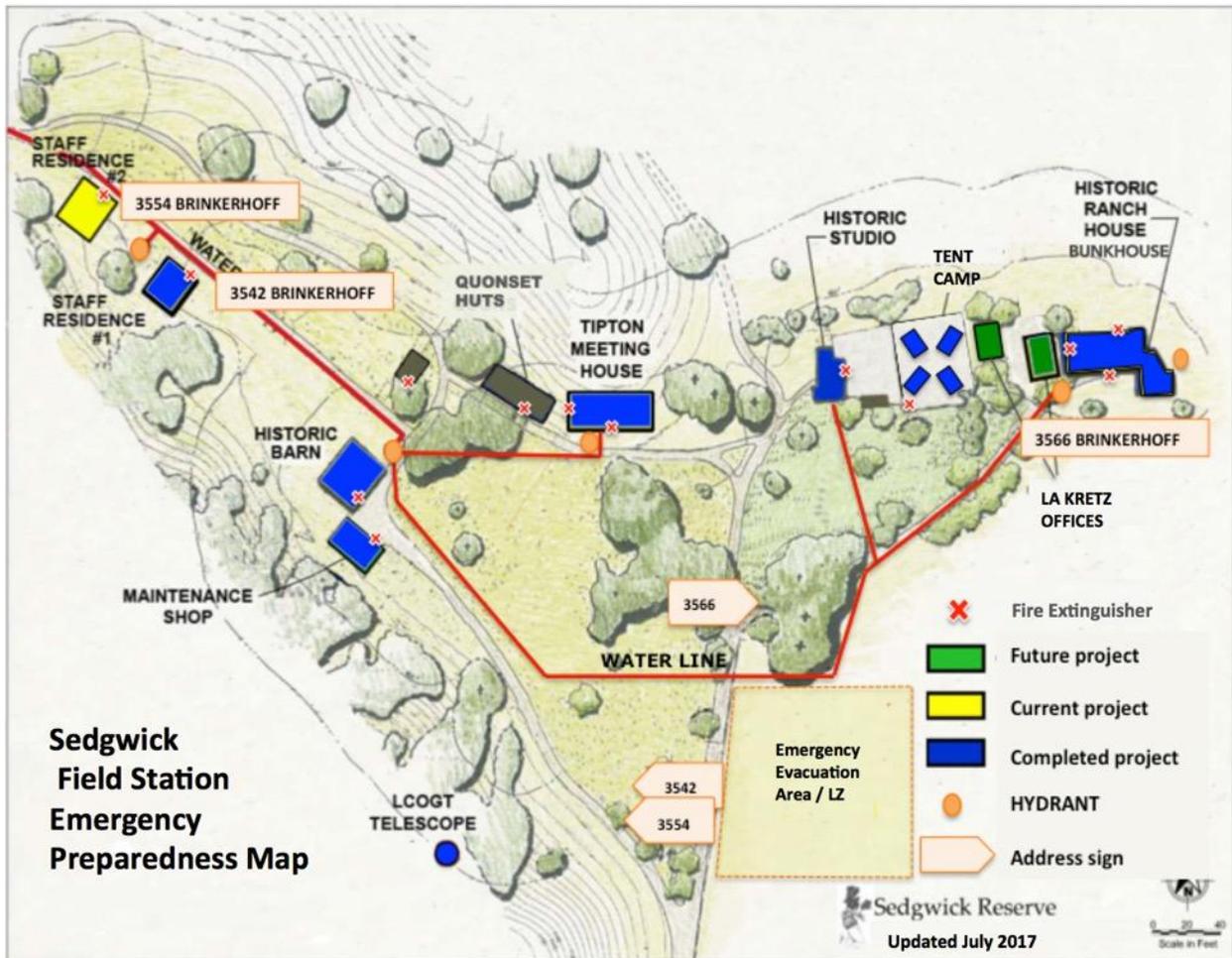


EMERGENCY ASSEMBLY

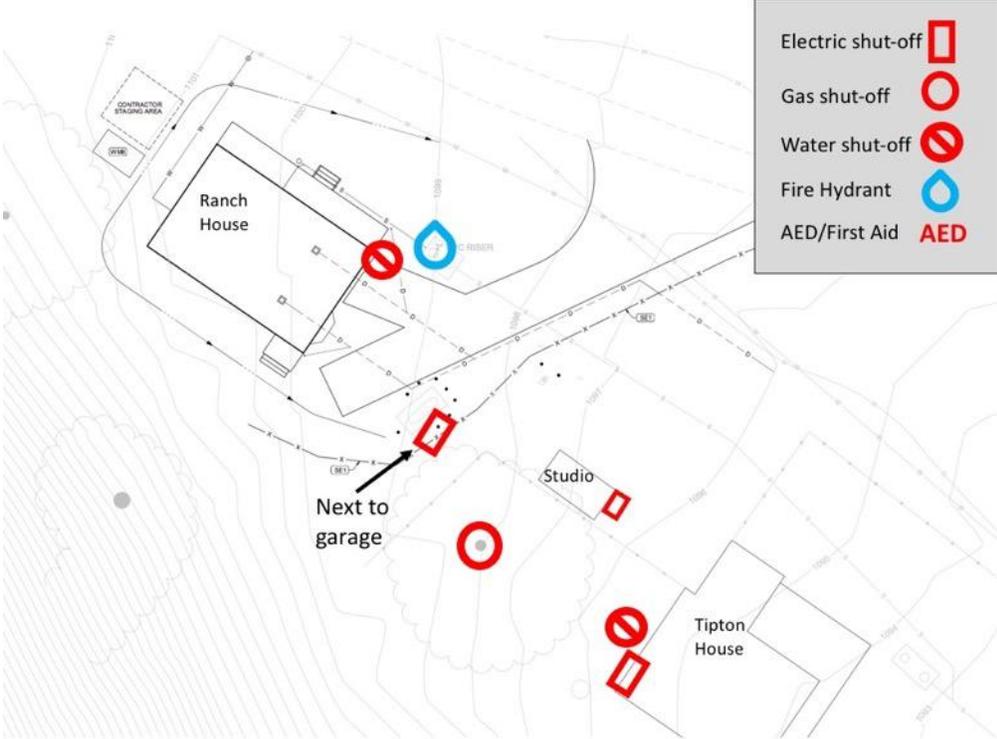
Our Emergency Assembly Point is the parking area south of the field station. The EAP is established for reserve members to gather during an emergency or after a disaster to take roll, gather information, organize rescue, first aid, and support teams. In an emergency we have been instructed to “shelter in place” until emergency responders can navigate the narrow entrance road. Once emergency vehicles arrive those at the Reserve will be instructed to leave or continue sheltering in place.

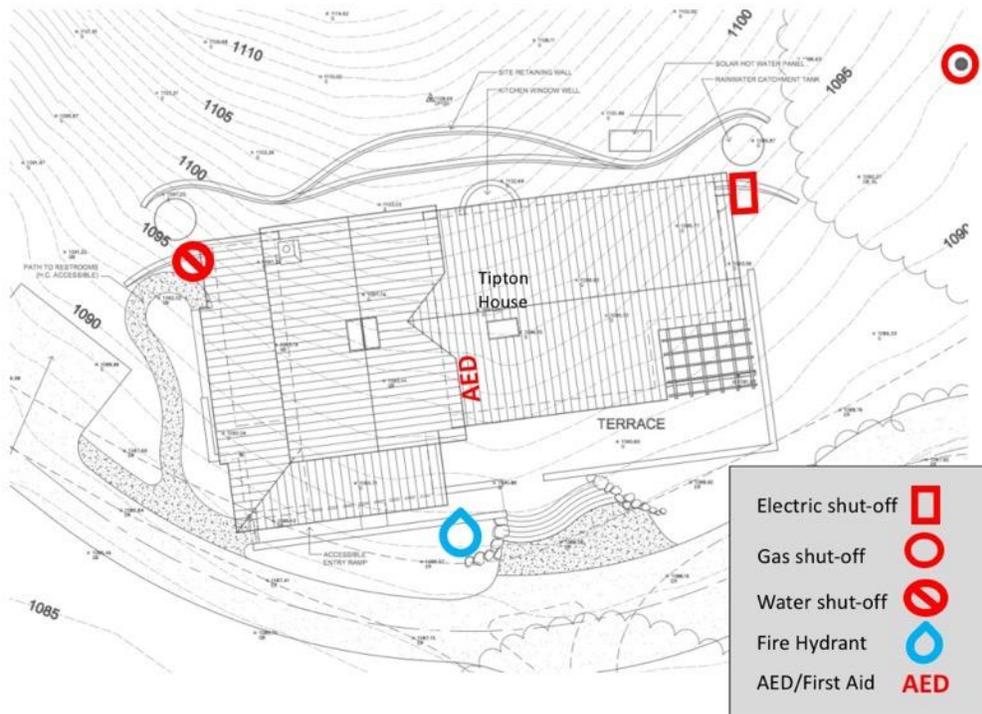
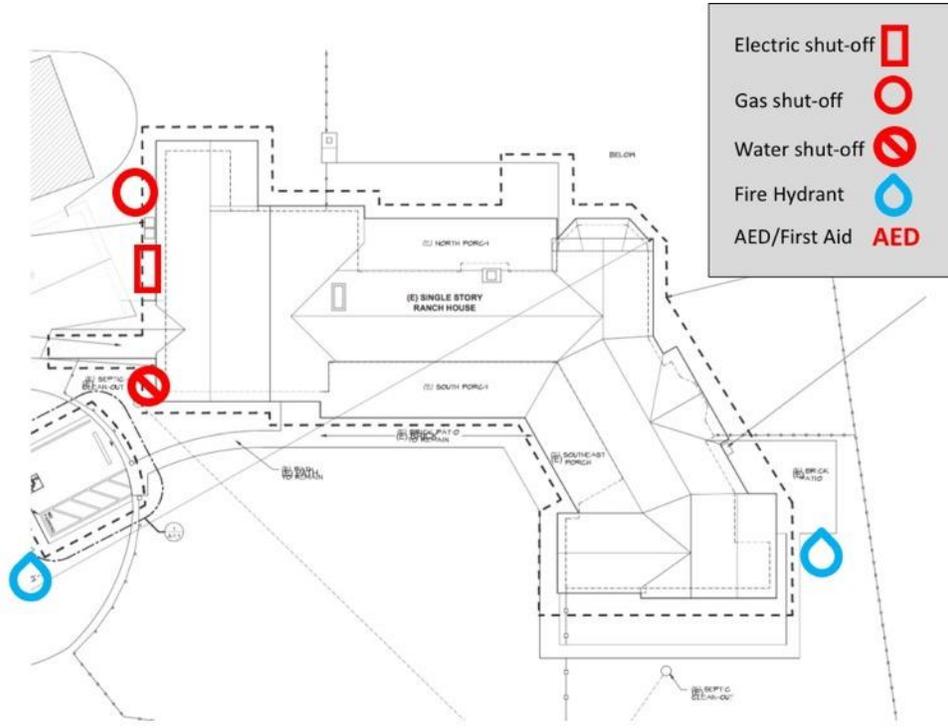


Field Station Map



Emergency Shut-off Maps





PRECAUTIONS TO TAKE ON THE RESERVE

Because Sedgwick Reserve is a wildland environment located some distance from urban facilities, precautions for potential hazards should be taken similar to those for a backcountry hike.

Preparing for your field work at Sedgwick should involve bringing necessary field safety gear which should include the following:

- Appropriate field clothing for the season, a sun hat, sunscreen, sunglasses water, food, closed-toe boots, and fully charged cell phone.
- Additional personal protective equipment (PPE) for field work may include snake / tick gaiters and gloves.
- Keep basic emergency supplies in your car or pack - a headlamp, extra batteries and a first-aid kit.
- During fire season, carry a shovel and a fire extinguisher in your car if you are going out onto the unpaved portions of the Reserve. [or check out a Safety Kit on RAMS]
- Sign in at the Tipton Meeting House lobby kiosk and leave a cell phone number where you can be reached.
- To insure your safety while in the field, work with a field assistant whenever possible. If you must work alone, text your day's plan to a colleague or the Reserve Manager. Install and enable location services on the Life360 app. Be sure to let your safety buddy know when you arrive and leave the Reserve.

TO PREVENT PERSONAL INJURY WHILE HIKING

Sedgwick is a wildland environment with rugged terrain. There are downed logs, unstable rocks, steep slopes, cliffs, ground squirrel holes, steep and narrow roads, and many other potential hazards.

Use caution and good judgment. If you lack these, travel with someone who has them. Be sure to carry adequate food and water to sustain you throughout the day. Carry a map and cell phone.

TO PREVENT STARTING A FIRE ON THE RESERVE

Since fire is a significant danger at the Sedgwick Reserve, several precautions need to be taken during the fire season, April through November.

Except for the improved main road from the Brinkerhoff gate to the Field Station, reserve roads are closed during periods of high fire danger or rain.

Check with the Reserve Manager prior to a scheduled trip for road condition advisories and possible restrictions on vehicle travel.

Travel restrictions may include hard road closures to some or all of the Reserve, or mandatory rental of a diesel vehicle such as the Kubota RTV which lack catalytic converters and are less likely to spark a wildfire.

During fire season, a shovel and a fire extinguisher must be carried in all cars passing beyond the field station and out onto the unpaved portions of the reserve.

Do not drive or park vehicles off the road unless you have the specific permission of the reserve director. Catalytic converters on cars get very hot and can start fires very quickly.

WHAT TO DO IF A FIRE STARTS AT THE FIELD STATION

React immediately to smoke detectors when activated. Instruct people to exit the building while the situation is assessed. Familiarize yourself with locations of fire extinguishers, hoses and hydrants (see Maps tab).

If possible, use fire extinguishers to contain fire and hoses to douse outside flames. Residences, the Ranch House and Tipton all have automatic sprinkler systems that will deploy if necessary.

Call 911 on any phone and give your name, phone number and location. The reserve address is **3566 Brinkerhoff Rd., Santa Ynez, CA.**

Initiate the Reserve's Emergency Phone Tree (see Communications Tab)

If the fire cannot be extinguished, evacuate and report to the Reserve's Emergency Assembly Point. Do not attempt to leave the Reserve if/when emergency personnel are responding. Do not re-enter the building until authorized to do so by County Fire emergency response personnel.

Initiate **EMERGENCY FIRE RESPONSE PROCEDURES (see below).**

WHAT TO DO IF A FIRE STARTS OUT ON THE RESERVE

Do whatever you can to extinguish the fire using dirt, water and/or a fire extinguisher.

Call 911 on any phone and give your name, phone number and location. The reserve address is **3566 Brinkerhoff Rd., Santa Ynez, CA.** Also provide the best location you can, direction of the wind and distance from the nearest landmarks.

Evacuate if the fire cannot be extinguished. Depending on the rate and direction of spread, head back to the Field Station OR leave the Reserve using to the nearest safe exit.

Initiate the Reserve's Emergency Phone Tree to inform others that fire is in progress. (see Communications Tab).

Santa Barbara County Fire Department has the primary responsibility for fire suppression on the Reserve. Fire Station No. 32, which is located at the Santa Ynez Airport, is approximately eight miles southeast of the Reserve and is the closest fire station. Their response time is at least 20 minutes.

In the event of a large wildfire, additional fire suppression services would be provided through mutual aid agreements with other local jurisdictions, including the Cal Fire and the U.S. Forest Service.

These agencies will use three available water sources at Sedgwick:

- Cisterns - one 20,000 gallon below ground cistern and two 5000 gallon above ground tanks (which will need to be replenished by the well north of the entrance road just outside the farm);
- Woodstock water system capable of providing 150,000 gallons of water at a flow of 750 gallons per minute to fire hydrants located:
 - (1) between the residences;
 - (1) by the barn,
 - (1) at the ranch house.
 - There are also fire standpipes in front of Tipton and the east side of the ranch house.

WHAT TO DO IF YOU SEE A FIRE NEAR THE RESERVE

Gather fire information and initiate the Reserve's Emergency Phone Tree to inform others of the fire (see Communications Tab)

Chart the fire's trajectory in relation to its location and weather information (temperature, RH and wind speed direction).

If warranted, implement **EMERGENCY FIRE RESPONSE PROCEDURES** and evacuate to the Reserve's Emergency Assembly Point or off the Reserve if egress is deemed safe.

EMERGENCY FIRE RESPONSE PROCEDURES:

1. Turn off propane at tanks (1 between residences, 1 at ranch house, 1 at tent cabin shower house);
2. Turn on wellhead to start filling pond and cisterns;
3. Open gates to the canyon where the residences are located to release penned animals. If you are comfortable haltering the horses, lead them to the emergency evacuation field. The burros will follow.
4. Move vehicles into emergency evacuation field (keys are on dashboard)
5. Open main gates so emergency personnel can enter;
6. Provide ongoing updates to UCSB Emergency Dispatch until emergency personnel arrive.
7. Appointment someone to account for everyone known to be on the Reserve. Everyone must shelter in place in the Emergency Assembly Point (EAP) until told they can leave by emergency personnel.

WHAT TO DO IN AN EARTHQUAKE

Inside

- Stay away from windows and get under a desk or a table.
- Duck, cover, and hold.
- In a hallway, sit against the wall and protect your head with your arms.
- After the shaking stops, survey your area for damage and trapped persons. If the earthquake was large, evacuate all persons to the first designated area, the area SOUTH OF THE EVENT PARKING LOT.
- Do not re-enter buildings until authorized to do so by County Fire emergency response personnel.

Outside

Get to an open area away from trees, building, and power lines.

Vehicle

Remain in the vehicle until the shaking stops. Do not leave the vehicle if a power line has fallen on or near it.

EMERGENCY EARTHQUAKE RESPONSE PROCEDURES:

1. Check all buildings and rooms and evacuate people from those areas.
2. Take a headcount of everyone known to be on the Reserve.
3. Turn off propane at tanks (1 between the residences, 1 at ranch house, 1 at tent cabin shower house).
4. Turn off water on hill north of ranch house and at valves near hydrants if pipes break.
5. Evacuate buildings and report to the Reserve's Emergency Assembly Point. Do not attempt to leave the Reserve if/when emergency personnel are responding. Do not re-enter the building until authorized to do so by County Fire emergency response personnel.
6. Provide ongoing updates to UCSB Emergency Dispatch until emergency personnel arrive. Initiate the Emergency Phone Tree.

WHAT TO DO IF YOU ARE AT THE FIELD STATION

- Assess conditions of buildings and possible landslides on the paved entrance road.
- Listen to all available media for conditions.
- Check the weather station to record rainfall and wind speeds.
- Initiate the phone tree
- Do not leave the Reserve and get on the roads if you have not been able to determine if it is safe to do so.

WHAT TO DO IF YOU ARE AWAY AND TRYING TO GET BACK TO THE FIELD STATION

- Determine whether the Reserve has been closed.
- Listen to media reports, especially KCSB, FM 91.9.
- If Campus Emergency Operation Center (EOC) has been activated, transmit to your Department Safety Representative any pertinent information regarding the emergency, and receive any instruction on emergency procedures. The Department Safety Representative will complete a department status report and will transmit it to the Emergency Operations Center.
- Do not risk your life in order to return to the Reserve.

HAZARDOUS MATERIALS EXPOSURE/SPILLS

Follow this checklist for **major** incidents involving hazardous materials (chemicals, biological, radiological, asbestos, etc.) releases that cannot be controlled by department personnel.

1. Alert/notify personnel from affected and adjacent areas.
2. If possible use sign and/or barricade to isolate the area.
3. Evacuate the area and close the door.
4. Call 911 on any phone. Explain what has happened.
5. Stay upwind of the building.
 - a. *Note: Use your Department Emergency Assembly Point only if it's in an upwind location.*
6. Report spills to the EH&S Assistance Line, 893-3194.

If Campus Emergency Operation Center (EOC) has been activated, report to your Department Safety Representative. The Department Safety Representative will complete a department status report and will transmit it to the Emergency Operations Center.

Do not re-enter the building until authorized to do so by County Fire emergency response personnel.

*Note: For **non-emergency** incidents requiring assistance from Environmental Health & Safety (EH&S) call **the EH&S 24 -hour Assistance Line at 893-3194***

PRIORITIES IN AN EMERGENCY MEDICAL SITUATION:

1. Don't panic.

2. Make sure you are in a safe position to offer help. DO NOT attempt to assist victims if you are in danger (for example, the building is on fire, traffic has not been controlled, or guns are being fired etc.).

3. Remember the ABCs of Life Support Airways open—Open and maintain victim's airway. Breathing restored—If victim is not breathing, then begin rescue-breathing techniques immediately. Circulation maintained—If no pulse is present, call **911** or your local Emergency Medical Services (EMS) and then get assistance from a person certified in cardiopulmonary resuscitation (CPR) techniques. REMEMBER, to be able to perform CPR effectively, it is essential to be properly trained. **THERE IS AN AED DEVICE HANGING IN THE TIPTON LOBBY.**

4. Check for bleeding. Apply direct pressure with a clean cloth and seek medical attention as soon as possible. If possible, wear health care gloves to protect yourself from direct contact with blood.

5. Look for signs of shock and broken bones or fractures.

6. Call 911 or your local emergency services quickly. Know emergency numbers such as **0** or **911**. Telephone appropriate authorities (rescue squad, ambulance, police, poison control center [**1-800-222-1222**] or fire department) and describe the problem. Be sure to give your name, location, and the number of people involved.

7. Check for emergency medical identification on the victim.

8. Loosen any clothing that may restrict victim's breathing or interfere with circulation.

9. Never give an unconscious person anything by mouth.

10. DO NOT move injured persons unless situation is life threatening. Keep victim still, quiet, and warm (except for heat exhaustion and heatstroke)

IN THE EVENT OF A HEAT RELATED ILLNESS.

Follow these steps:

Type of Heat Illness	Signs and Symptoms	Treatment
Heat Edema	Swelling of the hands, feet and ankles is common during the first few days in a hot environment.	Heat edema is usually self-limiting and typically does not require any treatment.
Heat Rash	Sweat ducts become plugged, resulting in itchy, red, bumpy rash on areas of the skin kept wet from sweating.	Cool and dry the affected skin and avoid conditions that may induce sweating.
Heat Cramps	Painful muscle spasms or cramps that usually occur in heavily exercised muscles. Spasms often begin when a person is resting after exercise.	Rest in a cool environment and gently massage the cramped muscle. Drink cold water containing a small amount of salt or a diluted sports hydration beverage.
Heat Exhaustion	Faintness, dizziness, headache, increased pulse rate, restlessness, nausea, vomiting, and possibly even a brief loss of consciousness.	This is the most common type of heat illness. Stop all exertion and move to a cool shaded place. Remove constrictive clothing. Drink water. Loosen clothing and spray clothed exposed skin with water and fan. Cool down by placing ice or cold packs along neck, chest, armpits and groin (do not place ice directly on skin). Do not return to work in the heat until the condition does not improve seek medical help. Heat exhaustion can progress to heat stroke.
Heat Stroke	A victim's skin is hot, usually dry, red or spotted. Body temperature is usually 104° F or higher, and the victim is mentally confused, delirious, perhaps in convulsions, or unconscious. Anyone with an elevated temperature and an altered mental state should be considered a victim of heat stroke. The victim will also likely have increased heart and	Call 911 or seek medical help immediately. Heat stroke is a life-threatening medical emergency. A victim can die within minutes.

CORONAVIRUS (COVID-19)

Coronavirus (COVID-19) is an infectious disease caused by severe acute respiratory syndrome coronavirus. The virus is primarily spread between people during close contact.

Recommended measures to prevent infection include frequent hand washing, maintaining physical distance from others, covering coughs and sneezes with a tissue, and keeping unwashed hands away from the face.

Those infected with the virus may develop flu-like symptoms such as fever, cough, body aches, fatigue, and shortness of breath.

On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

People with mild symptoms who are otherwise healthy should alert their supervisor and self-isolate. Seek medical attention if you have a fever, a cough, and difficulty breathing.

WILDLIFE-PREVENTATIVE SAFETY

TO AVOID CONTRACTING HANTAVIRUS

Deer mice (*Peromyscus maniculatus*), the principal reservoir and vector for the causative agent of **HPS Hantavirus Pulmonary Syndrome (HPS)**. Of 69 total reported hantavirus cardiopulmonary syndrome (HPS) cases that have occurred in California residents from 1980 - 2014, only one case was positively identified in Santa Barbara County (California Department of Public Health). While rare, HPS is a safety risk in buildings at the at the Sedgwick Reserve that experience episodic mouse infestations.

Safety recommendations for minimizing the potential for exposure to hantavirus are summarized below.

1. Ventilate a building contaminated by rodent feces by opening doors and windows. Leave the area during the airing-out period. The ventilation helps to remove aerosolized virus inside the structure.
2. Wearing appropriate protective clothing and gloves, spray the area down with a bleach solution. Allow the solution to dry before sweeping or vacuuming.
3. While trapping rodents, wear protective clothing including gloves.

Reserve managers are making a three-pronged effort to reduce and avoid contact between users of the reserve and mice. However, this effort requires assistance from Reserve users. Your help and cooperation will reduce contact with HPS by complying with the suggested risk reduction and cleanup guidelines.

The program has three components:

1. Reducing food, water, and refuge in and adjacent to the buildings.
2. Reducing mouse ingress, egress, and access to the buildings.
3. Reducing mouse populations in the buildings by trapping.

Although it is probably impossible to completely eliminate mice from the old, seasonally occupied buildings, this program should result in reduced exposure for our users and staff.

TO PREVENT BEING ATTACKED BY AN ANIMAL

The Sedgwick Reserve is ideal mountain lion habitat and we frequently see evidence of their presence (tracks, freshly killed deer carcasses). While the threat of a lion attack on a human is extremely unlikely, it remains a possibility where people and lions co-exist.

Avoid hiking alone;

Run recreationally towards Brinkerhoff and not into the Reserve.

Make noise and if confronted, throw things and yell.

Do not run.

We recommend that people working in the field alone play music to alert wildlife including mountain lions instead of wearing earphones.

TO PREVENT A TICK BITE

Ticks in Santa Barbara County can carry vector born diseases including Lyme disease. See the tab on TICKS to learn more about what to do in the event that you are bitten.

Before going out into the field:

- Wear light colored clothing and gaiters over your pants.
- Apply insect repellent with at least 20% DEET on exposed skin and clothing.
- Treat your clothing, socks, and shoes/ boots with permethrin. Permethrin kills any ticks that climb on your body.
- Pack a pair of tweezers or a tick removal tool.
- Walk in the middle of trails and avoid brushing against high grasses and shrubs on the sides of trails.
- Check yourself often for ticks. If you find a tick crawling on you remove it as soon as possible.

After coming in from the field:

- Shower as soon as you can.
- Look for ticks on your body and in your bedding. Some ticks are only the size of a poppy seed and can be anywhere on your body.
- Look in your armpits, in your hairline, behind your ears and knees, in your belly- button, and in your groin area.
- Use a mirror to check the areas on your body that you cannot easily see.

TO PREVENT A RATTLESNAKE BITE

The reserve is home to a wide assortment of snakes, but only one species is poisonous, the Western Rattlesnake (*Crotalus viridis*).

Use extreme caution when reaching to places not readily visible.

DO NOT ATTEMPT TO CAPTURE, HANDLE OR MOVE RATTLESNAKES. Leave them alone and they will leave you alone.

Wear protective leg gaiters when working in or traveling through tall grass, creekbeds or other areas where snakes may be present such as hiking over rocks, logs or downed tree debris.

WILDLIFE-TREATING WILDLIFE RELATED ILLNESS/INJURY

Rattlesnake Bite

Snake:

Make sure that the responsible snake or snakes have been appropriately and safely contained, and are out of danger of inflicting any additional bites.

Transportation:

Immediately call for transportation.

Phone the emergency room at Santa Ynez Valley Hospital and tell them you are bringing in a snakebite victim so they can prepare antivenin.

Telephone:

Sedgwick Office: (805) 686-1941

Santa Ynez Valley Cottage Hospital
700 Alamo Pintado Rd.
Solvang CA 93463
805-688-6431

Victim:

- Move the victim beyond striking distance, keep warm and transport immediately to Santa Ynez Valley Cottage Hospital.
- Immobilize the injured part of the body in a functional position below the level of the heart.
- Remove rings, watches, and constrictive clothing.

- Circle the bite with an ink pen and note the rate of swelling by marking the time and rate of swell in 15 minute increments. This will help doctors determine how much venom was injected.
- DO NOT apply ice to the bite site.
- DO NOT cut or incise the bite site.
- DO NOT use a tourniquet.

HANTAVIRUS

Symptoms of Hantavirus infection, HARDS, first manifests itself as mild flu-like symptoms (muscle ache, slight fever, and lethargy), usually two to six weeks after exposure to the virus. Acute respiratory distress may follow. If you experience flu-like symptoms and believe you may have had contact with rodents within the last 30 days, contact your physician immediately or go to the emergency room at the Cottage Hospital in Solvang.

Ticks

There are two species of ticks present at Sedgwick, the western black-legged tick (*Ixodes pacificus*) and the wood or dog tick (*Dermacentor variabilis*). Ticks are often found in natural areas with grasses, shrubs, logs, or fallen leaves. From late winter to early summer ticks “quest” by clinging onto vegetation, waiting for a host to brush past and pick them up.

Bites from either species are cause for concern. While some bites will result in bacterial infection, a small percentage of western-red legged ticks carry a bacteria called *Borrelia burgdorferi* which causes **Lyme Disease**. Potential symptoms of tick-borne diseases include: a red spot or rash near the bite site. a full body rash and neck stiffness.

Western black-legged tick (*Ixodes pacificus*)

Fortunately, nymphs often feed on lizards, as well as other small animals, which cleanse the spirochete from the population of west coast *Ixodes* ticks. As a result, rates of infection are low (~1%) in adults. Stages most likely to bite humans are nymphs and adult females.

Wood or dog tick (*Dermacentor variabilis*). The highest risk of being bitten occurs during spring and summer. Adult females are most likely to bite humans. Tularemia is a disease of animals and humans caused by the bacterium *Francisella tularensis*. Wood ticks may also transmit spotted fever, a tick borne disease caused by closely related *rickettsioses* bacteria. Spotted fevers can range from mild to life-threatening. Most people who get sick with a spotted fever will have an eschar (dark scab at the site of tick or mite bite), fever, headache, and rash. Doxycycline antibiotics is the treatment of choice for spotted fever infections.

WHAT TO DO IF YOU ARE BITTEN BY A TICK

Prompt removal of the tick can help prevent disease transmission! If you find a tick biting you, remove it as soon as you can. It takes up to 24 hours for an attached tick to transmit the Lyme disease-causing spirochete.

To properly remove a tick:

- Use tweezers to grab the tick as close to your skin as possible
- Pull the tick firmly, straight out, away from the skin (do not jerk, twist, or burn the tick)
- Wash your hands and the bite site with soap and water after the tick is removed and apply an antiseptic to the bite site
- See your doctor if you develop a rash or flu-like symptoms 2 to 14 days after being bitten. Some people with spotted fever or Lyme disease develop a rash.
- Tick-borne diseases can be serious if not treated.

For more information about tick borne diseases in California

<https://archive.cdph.ca.gov/HealthInfo/discond/Pages/TickBorneDiseases.aspx>

THE FOLLOWING PROCEDURES APPLY TO UTILITY EMERGENCIES.

ELECTRICAL

- Unplug sensitive equipment, if not connected to a surge protector.
- Stay away from downed power lines.
- During an extended power outage, you may have to leave the building and go to your Emergency Assembly Point, where you will wait for further instructions from emergency response personnel.
- Call P G & E at (800) 743-5000 or (800) 743-5002

PROPANE

- Do not flip any electrical switches.
- Turn propane off at the tanks. 1 between residences, 1 at ranch house, 1 at tent cabin shower house.
- Open and vent any closed spaces with propane odors.
- Call Delta Propane (805) 688-4434 for suspected propane gas odors.

FLOODING/PLUMBING FAILURE

- Do not touch energized electrical devices while you are standing in an area flooded with water.
- Shut off main water valve to isolate the flooded area. If the pipe is in a building the shut off valve will be located just outside the building. If the pipe is an irrigation pipe, the shut off valve is on the rise north of the Tipton Meeting House (about 20 feet south of the radio receiver dish).
- If a water main break has removed potable water from the field station, there is potable water (5 gallon bottles) stored in the Tipton janitor's closet on the patio between the meeting hall and the outside bathrooms.
- Report plumbing breaks to the office (805-686-1941) and to the Woodstock Water Manager Dave Mexico (805-896-3723).