

Welcome to Sierra County California!

Familiarizing yourself with some of the unique Public Health & Medical Emergency information in our rural environment will maximize your safety and enjoyment while skiing, camping, hiking, biking 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 the firefighters, and the EMTs have continuous training to keep current on their skills & certifications. At the sound of the siren, fire personnel including EMTs and First Responders 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 meds, flashlight, jacket, bug repellent, sunscreen and water. Do not count on your GPS device working or being entirely accurate. NOTE: Local stores will not be open in the evening for purchasing supplies.

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 \$15,000.00 per trip.** Purchasing membership with a medical transport company in advance is a prudent option. For an annual fee averaging \$35- \$65 you can have peace of mind for you and your family.



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 <http://www.care-flight.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 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.



A few common hazards to be on the alert for are mountain lions, rapidly changing weather extremes, bears, rattle snakes, aggressive ground wasps, wild land fires, ticks and mosquitoes which can carry disease.



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



The Senior Center located in Loyalton is a public *Cooling Off Center* during the summer and offers a place to warm-up in the winter.

302 1st Street
Loyalton CA 96118 530-993-4770



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, North San Juan (serves Pike).

Examples of information commonly posted-

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

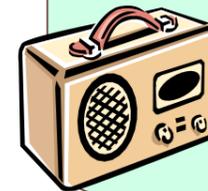


Should you require advanced medical attention while in Sierra County you will likely be transported to one of the following facilities:

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



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 88.7FM780AM
1270AM 1340AM (Spanish)
Susanville 92.3FM 93.3FM 1240AM
Truckee 101.5FM

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

Local Health & Medical providers serving Sierra County:

Eastern Plumas Health Care
700 Third Loyalton CA 96118
530-993-1231

Sierra County Public Health
NOT Primary Care (Family Planning & Immunizations)
202 Front St Loyalton CA 96118
530-993-6701

Western Sierra Medical Clinic & Dental 209 Nevada St
Downieville CA 95936
530-289-3298
Some limited emergency & pharmacy abilities.

Loyalton Pharmacy
701 Main Loyalton CA 96118
530-993-4343

Dr. Lee Walker DDS
703 Main St Loyalton CA 96118 530-993-4728

Sierra Family Medical Clinic
15301 Tyler Foote Road
Nevada City 95959
530-292-3478

Veterinarians serving Sierra County

Dr. Dennis Spence is in Downieville at the Sierra Hardware parking lot most Tuesdays.

530-273-5331

Plumas Vet Service, Beckwourth CA
530-832-4485

Large Animal Vet Services Chilcoot
530-993-1400

