



# WELLNESS HAPPENS HERE

706 Mill St. Loyalton, CA 96118: 530-993-6728

22 Maiden Ln. Downville, CA 95936: 530-289-3711

Wellness is physical, emotional, social, occupational, intellectual, financial, environmental and spiritual!

## SERVICES, GROUPS, CLASSES

- Peer Support (Youth and Adult)
- Veteran Service Support
- Wellness Recovery Action Plans (WRAP)
- Supportive Conversation
- Meaningful Activities (i.e. Art)
- Harm reduction & syringe exchange

*Groups and activities are added with interest*

The wellness center provides whole person health support through classes, peers, life skills, community, art and other activities!



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### ***WHAT IS THIS BOOK ABOUT?***

The Sierra County Resource Guide is a tool for accessing resources within the county with emphasis on health and medical needs and emergency preparedness.

This guide is not intended to act as an advertising tool or tourist guide. Endorsement or promotion of any particular entity or service is unintentional. For tourism related information contact:

- [Sierra County Chamber of Commerce](#)
- [Eastern Sierra Valley Chamber of Commerce](#)
- [Sierra County Visitors Bureau](#)

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### *THIS IS A LIVING, EVER CHANGING DOCUMENT*

Do you see a need for changes or updates? Please call or email corrections and/or additions to [resourceguide@sierracounty.ca.gov](mailto:resourceguide@sierracounty.ca.gov)

A current version of this document can be downloaded from:  
[www.sierracounty.ca.gov/RG](http://www.sierracounty.ca.gov/RG)

***ALCOHOL / DRUG / BEHAVIORAL HEALTH SERVICES***

**Alcoholics / Narcotics Anonymous**

[www.aa.org](http://www.aa.org) or [www.na.org](http://www.na.org)  
1-800-662-HELP (4357)  
1-800-BE-SOBER (237-6237)  
Drug and Alcohol Department has meeting locations list.

**Sierra County Drug and Alcohol Department**

P.O. Box 265  
704 Mill St.  
Loyalton, CA 96118  
General number: 530-993-6746  
22 Maiden Lane  
Downieville: 530-289-3711  
Email: [drug-alcohol@sierracounty.ca.gov](mailto:drug-alcohol@sierracounty.ca.gov)  
Services Include:  
D/A Counseling, Inpatient/Outpatient Treatment, and Crisis Intervention Programs

**Sierra County Behavioral Health Department**

P.O. Box 265  
704 Mill Street  
Loyalton, CA 96118  
Loyalton: 530-993-6746  
22 Maiden Lane  
Downieville: 530-289-3711  
Fax: 530-993-6759  
Crisis # 1-833-723-2968  
Email: [mentalhealth@sierracounty.ca.gov](mailto:mentalhealth@sierracounty.ca.gov)  
Services Include:  
Mental Health Counseling, Family Counseling, Services for Children and Adults, and Psychiatric Services including Medication Management and Crisis Intervention

**Sierra County Mental Health Advisory Board**

706 Mill Street  
P.O. Box 265  
Loyalton, CA 96118  
Contact: Sheryll Prinz-McMillan MH Services Act Coordinator  
Phone: 530-993-6745  
Fax: 530-6759  
Email: [sprinzmcmillan@sierracounty.ca.gov](mailto:sprinzmcmillan@sierracounty.ca.gov)

**Suicidal?  
Need Help Now?**

Call 988 or 911  
or  
1-800-SUICIDE  
(1-800-784-2433)  
or  
1-800-273-TALK  
(1-800-273-8255)  
or  
Text Telephone:  
1-800-799-4TTY  
(1-800-799-4889)

Military Veterans  
Suicide Hotline:  
1-800-273-TALK  
(Press 1)

Suicide Hotline  
in Spanish:  
1-800-273-TALK  
(Press 2)

**Plumas and Sierra  
County Crisis Line:  
1-833-723-2968  
Access Line:  
1-888-840-8418**  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Opiates can kill. You can save a life. Get Informed, Get equipped, Get Naloxone.**

While supplies last, **the overdose reversing** Naloxone nasal spray is available for free, no questions asked, at Health & Human Services Offices.

## ***CHILDREN SERVICES & SUPPORT***

### **First 5 Sierra**

701 Main St.  
Loyalton, CA 96118  
Candy Corcoran  
[candy@first5sierra.org](mailto:candy@first5sierra.org)  
530-993-4884

### **Sierra Kids Child Development Center**

107 Beckwith Road  
Loyalton, CA 96118  
530-993-4391

### **Sierra County Child Care Council**

313 Rainbow Circle  
Sierra City, CA 96125  
[sierrachildcare@att.net](mailto:sierrachildcare@att.net)  
530-862-1450 or 530-993-1110

### **Sierra Nevada Children's Services**

Child Care Resource and Referral  
Resource Lending Library  
701 Main St.  
Loyalton, CA 96118  
530-993-1288

### **Sierra County Health Department**

WIC, Immunizations, CHDP, CCS  
202 Front Street  
Loyalton, CA 96118  
530-993-6700

### **Sierra County Social Services**

202 Front Street  
Loyalton, CA 96118  
530-993-6720  
Emergency 24x7 530-289-3720

## ***WOMEN, INFANTS, AND CHILDREN (WIC)***

**Program:** The Women, Infants and Children (WIC) Supplemental Nutrition Program is a federally funded health and nutrition program for:

- Women who are pregnant, breastfeeding, or just had a baby
- Children under 5 years old (including foster children)
- Families with low to medium income (working families may qualify)

### **WIC provides:**

- EBT benefits to buy healthy foods from WIC-authorized vendors—milk, eggs, bread, cereal, juice, peanut butter, and much more
- Information about nutrition and health to help you and your family eat well and be healthy
- Support and information about breastfeeding your baby
- Help in finding health care and other community services

### **To determine if you qualify or to apply, contact:**

Bré Whitley  
WIC Director  
202 Front Street  
Loyalton, CA 96118  
530-993-6700  
[www.sierracounty.ca.gov](http://www.sierracounty.ca.gov)





***CHILDREN WITH SPECIAL NEEDS***

**Alta Regional Center**

Coordinates community resources for individuals with developmental disabilities. Services across the lifespan. Truckee office: 530-550-3262

**Best Consulting**

In-home programs for children, functional communication trainings, parent trainings, life skills, and reduction of behavior problems.  
916-448-2050 or 530-583-2057

**California Children’s Services**

Administered through Sierra County Health Department  
Financial assistance for medical needs / low income /  
special needs / children with disabilities  
530-993-6701 (ask for CCS) [www.dhs.ca.gov/pcfh/cms/ccs](http://www.dhs.ca.gov/pcfh/cms/ccs)

**High Sierra’s Family Services**

Rainbow Early Start / Early intervention and resources  
530-993-1110

**Sierra County Public Health Department**

Child Health & Disability Prevention Program (CHDP)  
Well-child care for low income children  
202 Front Street  
Loyalton, CA 96118 530-993-6700

**Sierra County Office of Education**

Special Education Local Plan Area (SELPA) services provided,  
early intervention, school health, psychologists and counselors,  
Special Education, Transitional Kindergarten, speech and language.  
Loyalton: 530-993-1660

***FAMILY DAY CARE HOMES / CENTERS***

**Loyalton**

**Christa Ketchum (FDC)**

964 Sierra Brooks Drive  
P.O. Box 812  
Loyalton, CA 96118  
530-993-0226

**Sierra Kids Child Development Center**

107 Beckwith Road  
P.O. Box 130  
Loyalton, CA 96118  
530-993-4391

## ***FAMILY DAY CARE HOMES / CENTERS***

### **Downieville**

#### **Barbara O'Donnell (FDC)**

141 River Street  
P.O. Box 624  
Downieville, CA 95936  
530-289-3143

## ***CHURCHES***

#### **Assembly of God – Downieville**

114 Main Street #1  
Downieville, CA 95936  
530-289-3125

#### **Immaculate Conception Catholic Church**

Church Street  
Downieville, CA 95936  
530-289-3102

#### **Assembly of God – Loyalton**

803 Main Street  
Loyalton, CA 96118  
530-993-0709

#### **Loyalton Community Church**

601 Lewis Avenue  
Loyalton, CA 96118  
530-993-4411

#### **Calvary Chapel**

Meets at Loyalton Elementary  
111 Beckwith Road  
Loyalton, CA 96118  
530-993-1877

#### **Sierraville Community Church**

424 S. Lincoln Street  
Sierraville, CA 96126  
530-994-0671

#### **Church of Jesus Christ of Latter Day Saints**

61600 Highway 49  
Loyalton, CA 96118  
530-993-4366

#### **United Methodist Church**

Locations in Downieville & Sierra City  
343 Commercial Street  
Downieville, CA 95936  
530-862-1347

#### **Holy Rosary Catholic Church**

613 Fourth Street  
Loyalton, CA 96118  
530-832-5006

***CLOTHING FOR PURCHASE***

**Bassett's Station**

100 Gold Lake Road at Hwy 49  
Sierra City, CA 96125  
530-862-1297

**Sierra Country Store**

213 Main Street  
Sierra City, CA 96125  
530-862-1560

**Salvation Army**

High Sierra's Family Services  
315 Main Street  
Loyalton, CA 96118  
530-993-1110

**Sierra Valley Feed & Ranch Supply**

Hwy 49 & Hwy 89  
Sierraville, CA 96126  
530-994-3091

**Senior Thrift Store**

501 School St.  
Loyalton, CA 96118  
530-993-1948

**Tom's Snowmobile & Service**

630 Lincoln St.,  
Sierraville, CA 96126  
530-994-3522

**The Yuba Gallery**

208 Main St.  
Downieville, CA 95936  
530-289-9822

***LOCATIONS FOR CLOTHING DONATIONS***

**High Sierra's Family Services**

Winter Coat Closet  
315 Main Street  
Loyalton, CA 96118  
530-993-1110

**Senior Thrift Store**

501 School St.  
Loyalton, CA 96118  
530-993-1948

## COMMUNICATIONS

### SERVICE PROVIDERS

- **Digitalpath:**  
Provides wireless Internet access in many areas within Sierra County  
1065 Marauder Street  
Chico, CA 95973  
1-800-676-PATH (7284)  
[www.digitalpath.net](http://www.digitalpath.net)
- **Plumas-Sierra Telecommunications:**  
Satellite internet, Wireless Internet, Broadband Service  
73233 State Route 70  
Portola, CA 96122-7069  
800-221-3474  
[www.psrec.coop](http://www.psrec.coop)
- **AT&T High speed Internet:**  
1-800-288-2020
- **Cellular Phone Service:**  
West Side of County: Limited cellular available (AT&T & Verizon)  
  
East Side: Verizon Wireless /AT&T Wireless/T-Mobile/Jitterbug
- **HughesNet :**  
844-878-7093 [Hughes.net](http://Hughes.net)
- **Omsoft (previously Spiral):**  
DSL High-Speed Internet Service, Wireless High-Speed Internet, Accelerated Dial-up Internet, and Professional Web Hosting Services. Discounts for non-profits.  
416 Broad Street  
Nevada City, CA 95959  
530-478-9822  
[www.spiralinternet.com](http://www.spiralinternet.com)
- **Starlink:**  
Business and Residential  
<https://www.starlink.com/>

### Wi-Fi HOT SPOTS

- **Downieville:**  
St. Charles Place  
101 Commercial St.  
530-289-3237
- **Sierra City:**  
Sierra Country Store  
213 Main Street  
530-862-1560
- **Sierraville:**  
Smithneck Farms  
107 E. Main Street  
530-320-9907
- **Loyalton:**  
Loyalton Library  
511 Main Street  
530-993-1105
- **Sierra Valley Bar and Grill**  
711 Main Street  
Loyalton, CA 96118

### PUBLIC COMPUTER ACCESS

- **Loyalton Library:**  
511 Main St  
530-993-1105
- **Alliance for Workforce Development-Business & Career Network:**  
305 S. Lincoln St.  
Sierraville, CA 96126
- **Downieville Library:**  
318 Commercial St.  
530-289-3544  
Tuesdays: 10am-2pm
- **High Sierra Family Services :**  
315 Main St.  
Loyalton, CA 96118
- **Sierra City Library:**  
317 Main St.  
530-862-0210

## ***DISABLED SERVICES***

### **Alta Regional Center**

530-550-3262

[www.altaregional.org](http://www.altaregional.org)

*(serving multiple counties, including Sierra County)*

### **High Sierra's Family Services**

Family Resource Center

530-993-1110

*(Rainbow Children's services)*

### **Connecting Point**

*(previously known as IHSS)*

208 Sutton Way

Grass Valley, CA 95945

530-274-5601

Toll Free: 866-577-6331

[www.ns-pa.org](http://www.ns-pa.org)

### **Legal Services of Northern California**

530-823-7560

1-800-660-6107

[www.lsn.net](http://www.lsn.net)

*(serving multiple counties, including Sierra County)*

### **FREED Center for Independent Living**

435 Sutton Way

Grass Valley CA 95945

530-477-3333 voice

530-477-8194 TTY

530-477-8184 fax

800-655-7732 Toll Free

[www.freed.org](http://www.freed.org)

### **North Gold Senior Mountaineers**

29190 California 49

North San Juan, CA 95960

530-292-9048

### **Sierra County Social Services**

202 Front Street

Loyalton, CA 96118

530-993-6720

Emergency 24x7 530-289-3720

## ***COMMUNITY PANTRIES***

### **High Sierra Family Services**

Food Pantry Office

315 Main St

Loyalton, CA 96118

530-993-1110

530-993-4411 after 5PM

### **INASMUCH Pantry**

Non-food pantry

803 Main St.

Loyalton CA 96118

530-993-0709

3rd Wednesday of Month 9-12

### **Distribution Location:**

Catholic Church

613 Fourth St

Loyalton CA 96118

1st & 3rd Fridays

### **Western Sierra Food Bank**

P.O. Box 254

110 Sunnyside Drive

Downieville, CA 95936

Food available upon request.

Contact: Bette Jo Lang 530-289-3644

Liz Fisher 530-289-3632

***SIERRA COUNTY MEDICAL CARE***

**Sierra County Health Department**

Family Planning, Immunizations  
202 Front Street  
Loyalton, CA 96118  
Hours: M-F 8AM-5PM  
530-993-6700

**Eastern Plumas Health Care Clinic**

(Loyalton)

701 Main Street  
Loyalton, CA 96118  
Hours: M-Th 9AM-5PM  
530-993-1231

**Western Sierra Medical Clinic**

(Downieville)  
209 Nevada Street  
P.O. Box 286  
Downieville, CA 95936  
Primary and Urgent Care  
Hours: M-Th 8AM-5PM  
After-Hours Medical Provider M-  
Th 530-289-3298

***REGIONAL MEDICAL CARE***

**California Vision Project**

2415 K St.  
Sacramento, Ca 95816  
916-441-3990

**Eastern Plumas Health Care  
Hospital ER**

500 First Avenue  
Portola, CA 96122  
Hours: 24 Hours  
530-832-6500

**Gateway Urgent Care**

11105 Donner Pass Road  
Truckee, CA 96161  
Hours: Call  
530-582-2070

**Eastern Plumas Health Care**

*(Portola)*

480 First Avenue  
Portola, CA 96122  
Hours: M-F 8AM-5PM  
**Urgent Access Clinic Hours:**  
M-W-F 8-4 T-TH 12-7  
530-832-6600

**Eastern Plumas Health Care**

*(Graeagle)*

7597 State Hwy 89  
Graeagle, CA 96103  
Hours: M-Th 9AM-5PM  
530-832-6600

**North Fork Family Medicine Clinic**

1060 Valley View Drive  
Quincy, CA 95971  
Hours: Call  
530-283-5640

**Plumas District Hospital**

1065 Bucks Lake Road  
Quincy, CA 95971  
Hours: 24 Hours  
530-283-2121

***REGIONAL MEDICAL CARE CONTINUED***

**Quincy Family Medicine**

1045 Bucks Lake Road  
Quincy, CA 95971  
Hours: Call  
530-283-0650

**Sierra Nevada Memorial  
Hospital ER**

155 Glasson Way  
Grass Valley, CA 95945  
Hours: 24 Hours  
530-274-6000

**Western Sierra Medical  
Clinic** (Grass Valley)

844 Old Tunnel Road  
Grass Valley, CA 95945  
Hours: M-F 7AM-5PM  
530-274-9762  
Dental M-F: 8:30AM-4:00PM  
Urgent Care: M-Sat 8 AM-5PM

**Sierra Family Medical Clinic**

15301 Tyler Foote Road  
Nevada City, CA 95959  
Hours: M-F 9AM-5PM  
Saturday: 1PM-4PM  
530-292-3478

**Tahoe Forest Hospital ER**

10121 Pine Avenue  
Truckee, CA 96161  
Hours: 24 Hours  
530-587-6011

**Yubadocs Urgent Care**

2090 Nevada City Highway  
Grass Valley, CA 95945  
Hours: M-F 8AM-6PM  
Sat-Sun 9AM-4PM

***MEDICAL POWER RESOURCES***

**PG&E**

[Medical Baseline Program \(pge.com\)](http://pge.com)

1-877-660-6789

**Liberty**

[Energy Efficiency Programs - Residential - California Electric - Liberty \(libertyutilities.com\)](http://libertyutilities.com)

1-800-782-2506

**Plumas-Sierra Rural Electric Corp.**

[Low Income Assistance – Plumas-Sierra Rural Electric Cooperative \(psrec.coop\)](http://psrec.coop)

530-283-2466

***DENTISTS***

**Portola Dental Clinic**

480 First Avenue  
Portola ,Ca 96122  
M-TH 8-5  
530-832-6602

**Western Sierra Dental Clinic**

17 Front Street  
P.O. Box 286  
Downieville, CA 95936  
530-289-3199  
M-F 8-5

[www.wsmcmed.org](http://www.wsmcmed.org)

## ***FAMILY ACTIVITIES***

### **Boy Scouts of America, Loyalton**

Jeremy Espana  
530-386-0379

### **C&R Guide Services**

Ralph Wood  
19755 Mountain Meadow Court  
Grass Valley, CA 95949  
530-346-7065

### **Cub Scouts**

Jeremy España  
530-386-0379

### **Downieville Library**

Children's programs  
530-289-3544

### **Downieville Outfitters**

114 Main Street  
Downieville, CA 95936  
530-289-0155  
[info@downievilleoutfitters.com](mailto:info@downievilleoutfitters.com)  
[www.downievilleoutfitters.com](http://www.downievilleoutfitters.com)

### **Future Farmers of America (FFA)**

Caroline "Cali" Griffin  
Loyalton High School Agriculture Department  
700 Fourth Street  
Post Office Box 37  
Loyalton, CA 96118  
530-993-4454 ext 200 work  
530-320-1149 cell

### **Friday Night Live**

Activities take place at both the  
Downieville and Loyalton schools  
Community Outreach Coordinator  
Michelle Anderson 530-993-6746  
[manderson@sierracounty.ca.gov](mailto:manderson@sierracounty.ca.gov)

### **Milton Gottardi Museum**

501 School St.  
Loyalton, CA 96118  
530-993-4012

### **Original Sixteen to One Mine, Inc.**

P.O. Box 909  
Alleghany, CA 95910  
530-287-3233  
[www.origsix.com](http://www.origsix.com)

### **Reid Horse & Cattle Company**

(seasonal at Gold Lake)  
Russell Reid  
1540 Chandler Road  
Quincy, CA 95971  
530-836-0940

### **Sierra City Library**

Children's programs  
530-862-0210

### **Sierra County Historical Society**

100 Kentucky Mine Road  
Sierra City, CA 96125  
530-862-1310  
[www.sierracountyhistory.org](http://www.sierracountyhistory.org)

### **Sierra Hot Springs and Globe Hotel**

521 Campbell Hot Springs Road  
Sierraville, CA 96126  
530-994-3773  
[sierrahotsprings.org](http://sierrahotsprings.org)  
[info@sierrahotsprings.org](mailto:info@sierrahotsprings.org)

## ***FAMILY ACTIVITIES CONTINUED***

### **Sierra Valley Little League**

Lois Siquedo, President  
775-223-5828

### **Sierra Valley Roping Club**

Rhonda Grandi  
530-993-4798

### **Sierraville Recreation Association**

Sarah Wright  
530-994-3622

### **Underground Gold Miners Museum**

356 Main Street  
Alleghany, CA 95910  
530-287-3330

### **Tributary Whitewater Tours, LLC**

530-346-6812  
[www.whitewatertours.com](http://www.whitewatertours.com)  
[rafting@whitewatertours.com](mailto:rafting@whitewatertours.com)

### **Trout Unlimited**

Feather River Chapter  
William Copren  
530-994-3376

### **The Yuba Theatre**

212 Main St.  
Downieville, CA 95936  
530-289-9822

### **The North Yuba River Hall**

318 Commercial St.  
Downieville, CA 95936  
530-289-9822

### **4-H Programs:**

Sierra Valley 4-H, Vinton  
Echo 4-H, Loyalton  
Treasure Mountain 4-H, Sierraville  
Lucia Biunno, 4-H Representative  
Sierra Washington

- Community Education Specialist  
Plumas-Sierra 4-H Youth Development  
208 Fairgrounds Road, Quincy, CA 95971  
530.283.6173  
[swashington@ucanr.edu](mailto:swashington@ucanr.edu)

## ***WELLNESS BUSINESSES***

### ***Massage Therapy:***

### **Lola Garza**

Mountain Feather Massage  
Loyalton office  
530-993-4852

### **Lila Heuer**

My Sisters Cottage  
207 Main Street  
Sierra City, CA 96125  
530-862-1505

### **Leanna Martin**

Sierra Sunrise Massage  
411 Second Stt.  
Loyalton, CA 96118  
(530) 448-2287

### **Downieville Day Spa**

- 309 Main Street  
Downieville, CA 95936
- Schuyler Bright  
530-615-7268
  - Kristy Folsom  
530-289-3504

### **Sierra Buttes Bodywork**

Located inside Gray Eagle Lodge  
1-800-635-8788  
[sierrabuttesbodywork.com](http://sierrabuttesbodywork.com)



***FIRE COUNCILS, AUXILIARIES,  
ASSOCIATIONS and DISTRICTS***

**Alleghany Volunteer Fire Auxiliary**

PO Box 920,  
Alleghany, CA 95910

**Downieville Volunteer Fire Auxiliary**

PO Box 645  
Downieville, CA 95936

**Downieville Volunteer Firefighter  
Association, DVFA**

PO Box 173  
Downieville, CA 95936

**Pike City Volunteer Fire Auxiliary**

100 Pike City Rd.  
Pike City, CA 95960

**Sierra City Fire District**

PO Box 516  
Sierra City CA 96125

**Sierra County Fire Protection District #1  
(Calpine, Sattley, Sierraville)**

911 or 530-289-3700 (24 hour dispatch)  
530.604.4013 (Leave Message)  
530.994.3344 (Leave Message)  
P.O. Box 255, Sierraville, CA 96126  
102 E. Main, Sierraville, CA  
[sierracountyfire1@gmail.com](mailto:sierracountyfire1@gmail.com)  
[sierracountyfireprotectiondistrict1.org](http://sierracountyfireprotectiondistrict1.org)

**Pliocene Ridge Community Service  
District**

100 Pike City Road  
Pike City CA 95960  
District answering machine: 530-288-  
0624. Checked on weekday mornings.

Rae Bell Arbogast (General Admin)  
can be reached most weekdays at 530-  
287-3223 between the hours of 8 am  
and 4 pm.

**Sierra County Fire Safe &  
Watershed Council**

PO Box 231  
Downieville, CA 95936  
Irv Christenson  
530-289-3432

**Sierra Valley Resource Conservation  
District**

PO Box 882  
Loyalton  
(530) 430-7780  
[sierravalleyrcd@gmail.com](mailto:sierravalleyrcd@gmail.com)  
[sierravalleyrcd.com](http://sierravalleyrcd.com)

**Eastern Sierra Firefighters' Auxiliary**

PO Box 114  
Sierraville, CA 96126  
Phone 530 574 8331  
Contact person: Nanci Davis  
Email: [esfa@gmail.com](mailto:esfa@gmail.com)

***AMERICAN RED CROSS***

*(see also page 33 for types of services and more contacts)*

Action Teams are activated when services are requested by the fire department in the event of a single- or multi-family residential fire. To request services, call the Disaster Call Center at:

**844-236-0153**

## ***VOLUNTEER FIRE AGENCIES***

### **Alleghany Fire Department**

911 or 24/7 dispatch 530-289-3333  
Firehouse phone 530-287-9844  
105 Plaza Court, Alleghany, CA 95910  
[alleghanyfire.org](http://alleghanyfire.org)  
[plioceneridge@gmail.com](mailto:plioceneridge@gmail.com)

### **Pike Fire Department**

911 or 24/7 dispatch 530-289-3333  
Firehouse phone 530-288-0624  
100 Pike City Road, Pike CA 95960  
[pikecityfire.org](http://pikecityfire.org)  
[plioceneridge@gmail.com](mailto:plioceneridge@gmail.com)

### **Downieville Fire Department**

911 or 24/7 Dispatch 530-289-3333  
321 Main Street  
Downieville, CA 95936

### **Sierra City Fire Department**

911 or 530-289-3333  
229 Main Street  
Sierra City, CA 96125

### **Loyalton Fire Department**

911 or 530-993-4440 (business hours)  
530-289-3700 –24 dispatch  
P.O. Box 128 Loyalton, CA 96118  
[cityofloyalton@digitalpath.net](mailto:cityofloyalton@digitalpath.net)  
210 Front St. Loyalton, CA 96118  
512 Longhorn Dr. Sierra Brooks

## ***INTERPRETERS***

Family Resource Center  
Loyalton  
530-993-1110

## ***COMMODITY CENTERS***

### **Alleghany Fire Station**

105 Plaza Court  
Alleghany, CA 95910  
Vicky Tenney - 530-287-3040

### **Sierra City**

425 Main Street  
Sierra City, CA 96125  
Don Bruechle - 530-862-1307

### **Loyalton Senior Center**

302 First Street  
Loyalton, CA 96118  
530-993-4770

### **Golden Rays**

305A Main St.  
Downieville, CA 95936  
530-862-5030  
Joyce 530-289-3250

### **Loyalton Food Bank**

Resource Center Office  
315 Main St  
Loyalton, CA 96118  
530-993-1110  
530-993-4411 after 5PM  
Distribution Location 1st & 3rd Fridays  
Catholic Church  
613 Fourth St  
Loyalton CA 96118

### **Calpine Community Hall**

131 County Road  
Calpine CA 96124  
Cheri Sposito [casher429@gmail.com](mailto:casher429@gmail.com)  
530-616-0630

### **Immaculate Conception Catholic Church**

Church Street  
Downieville, CA 95936  
530-289-3102



## Creating a Healthier Sierra County

Join us  
for:

- ▶ Healthy Food Access
- ▶ Nutrition Education
- ▶ Physical Activity Education

For more information, please call, 530-993-6700.

Or visit,

<https://sierracounty.ca.gov/826/CalFresh-Healthy-Living>



Funded by USDA SNAP, an equal opportunity provider. Visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org) for healthy tips.



SIERRA COUNTY  
CALIFORNIA

## FOOD-GROCERS

**Bassett's Station** (seasonal)  
100 Gold Lake Road at Hwy 49  
Sierra City, CA 96125  
530-862-1297

**Downieville Grocery**  
101 Sunnyside Drive  
Downieville, CA 95936  
530-289-3596

**Indian Valley Outpost** (seasonal)  
4601 Highway 49  
Camptonville, CA 95922  
530-289-3037

**Leonard's Market**  
606 Main Street  
Loyalton, CA 96118  
530-993-4397

**Sierra Country Store**  
213 Main Street  
Sierra City, CA 96125  
530-862-1560

**Sierraville Service & Country Store**  
126 S. Lincoln Street  
Sierraville, CA 96126  
530-994-3387

**White's Sierra Station**  
508 Main Street  
Loyalton, CA 96118  
530-993-1212



## ***FOOD-RESTAURANTS***

### **The Philosophy Café at the Sierra Hot Springs**

521 Campbell Hot Springs Rd  
Sierraville CA 96126  
530-994-3773  
[sierrahotsprings.org](http://sierrahotsprings.org)

### **La Cocina de Oro**

(seasonal)  
322 Main Street  
Downieville CA 95936  
530-289-3584

### **Sierra Country Store**

213 Main St.  
Sierra City CA 96125  
530-862-1560

### **Downieville Grocery**

101 Sunnyside Drive  
Downieville CA 95936  
530-289-3596

### **The Corner Café**

700 Main Street  
Loyalton CA 96118

### **Sardine Lake Resort**

(seasonal)  
990 Sardine Lake Road,  
Sierra City, CA 96125  
[www.sardinelakeresort.com](http://www.sardinelakeresort.com)  
530-862-1196

### **The Farmhouse Café**

101 E. Main Street  
Sierraville CA 96126  
530-536-8455

### **Los Dos Hermanos**

101 S. Batelle Street  
Sierraville CA 96126  
530-994-1058

### **Smithneck Farms**

107 E. Main Street  
Sierraville CA 96126  
530-320-9907

### **Gold Lake Lodge**

(seasonal)  
7000 Gold Lake Road  
Graeagle CA 96103  
530-836-2350

### **Loyalton Senior Center**

302 First Street  
Loyalton CA 96118  
530-993-4770  
Weekday lunches at 12pm  
sharp; reservations accepted

### **White's Sierra Station**

508 Main Street  
Loyalton CA 96118  
530-993-1212

### **Sierra Valley Bar and Grill**

711 Main Street  
Loyalton CA 96118  
530-993-4467

### **The Red Moose Café' & Inn**

224 Main St  
Sierra City CA 96125  
530-862-1024

### **Sabrina's at the Forks**

(seasonal)  
308 Main St  
Downieville, CA 95936  
530-289-0155

### **Sierra Pines Resort**

(seasonal)  
104 Main Street  
Sierra City CA 96125  
530-862-1151

### **Gonzo's Frosty**

319 Main Street  
Loyalton CA 96118

### **Two Rivers Café'**

116 Main St  
Downieville CA 95936  
530-289-3250

### **The Drifter's Table**

(seasonal)  
820 Main St  
Loyalton CA 96118  
530-993-4312  
[www.thedrifterstable.com](http://www.thedrifterstable.com)

### **Jadaa's Kitchen Food Truck**

(seasonal)  
105 Commerical St.  
Downieville CA 95936  
530-564-0140

## ***OTHER BUSINESSES AND CLUBS IN SIERRA COUNTY***

### **A Bit of Beach**

530-400-7737

[www.abitofbeach.com](http://www.abitofbeach.com)

Call for hours or appointment

### **Buck's TV and Appliance**

530-249-0191

### **Calif. Land / Campground Mgmt.**

530-322-1181

### **Downieville Improvement Group**

Cherry Simi-President

530-289-3659

[chersimi@att.net](mailto:chersimi@att.net)

### **Downieville Day Spa**

309 Main St.

Downieville, Ca 95936

530-289-3504

### **Downieville Fire Auxiliary**

P.O. Box 645

Downieville, CA 95936

### **Downieville Lions Club**

P.O. Box 24

Downieville, CA 95936

530-289-3626

### **East Sierra Valley Chamber of Commerce**

P.O. Box 355

702 Main Street

Loyalton, CA 96118

530-993-4337

[www.eastsierravalleychamber.com](http://www.eastsierravalleychamber.com)

### **Gone Batty/Harvey Farms**

6780 Harvey Ranch Road

Calpine, CA 96124

530-994-3617

### **Griffin Plumbing**

530-994-3212

### **Hair Faire**

703 Main Street

Loyalton, CA 96118

530-993-4678

### **Rebecca Mooers Realty**

221 Main Street

Sierra City, CA 96125

530-862-9009

### **Kentucky Mine and Museum**

100 Kentucky Mine Road

Sierra City, CA 96125

530-862-1310

### **KT Hay & Cattle Company**

62011 Highway 49

Loyalton, CA 96118

530-993-1045

### **Photography by Andrea**

Andrea Siqueido

775-232-5014

### **Hair and Nails by Kathy Fisher**

Kathy Fisher

530-289-3504

### **Sierra County Arts Council**

212 Main St.

Downieville, CA 95936

530-289-9822

### **Sierra Valley Grange # 466**

P.O. Box 15

92202 Highway 70

Vinton, CA 96135

<https://sierravalleygrange.org>

President: Vicki Anderson 775-771-2513

Secretary: Cindy Smith – 530-249-4205

Lecturer: Laurel Colberg – 707-330-3601

***OTHER BUSINESSES AND CLUBS IN SIERRA COUNTY CONT.***

**Rotary Club of Loyalton**  
rotaryloyalton@gmail.com  
[loyaltonrotary.org](http://loyaltonrotary.org)

**Sierra Buttes Bodywork**  
Located inside Gray Eagle Lodge  
800-635-8788  
[sierrabuttesbodywork.com](http://sierrabuttesbodywork.com)

**Sierra City Fire Auxiliary**  
P.O. Box 55  
Sierra City, CA 96125  
Mary Jungi  
530-862-1580

**Sierra County Arts Council**  
B.J. Jordan  
212 Main Street  
P.O. Box 546  
Downieville, CA 95936  
530-289-9822

**Sierra County Chamber of Commerce**  
P.O. Box 436  
Sierra City, CA 96125  
[sierracountychamber.com](http://sierracountychamber.com)  
[info@sierracountychamber.com](mailto:info@sierracountychamber.com)

**Sierra County Historical Society**  
P.O. Box 294  
Sierraville, CA 96126  
[www.sierracountyhistory.org](http://www.sierracountyhistory.org)

**Sierra Hardware**  
305 Main Street  
Downieville CA 95936  
530-289-3582

**Sierra Valley Feed & Ranch Supply**  
101 E. Main Street  
Sierraville, CA 96126  
530-994-3091

**Sierra Valley Home Center**  
411 Main St.  
Loyalton, Ca 96118  
530-993-4331

**The Gilded Drifter Inn**  
820 Main St  
Loyalton CA 96118  
530-993-5015  
[gildeddrifterinn.com](http://gildeddrifterinn.com)

**The Sierra Chalet**  
Vacation Rental  
Sierra City CA 96123  
Mary Davey 530-862-1193

**Tom's Snowmobile & Service**  
Sierraville  
530-862-1128

**Yuba Gallery**  
208 Main St.  
Downieville Ca, 95936  
530-289-9822

**Lombardi Mercantile**  
402 4th St  
Loyalton, CA 96118  
[lombardimercantile@gmail.com](mailto:lombardimercantile@gmail.com)

## ***DOMESTIC VIOLENCE***

### **Sierra County Sheriff's Office**

County Wide—911  
Dispatch 530-289-3700

### **Victim/Witness Assistance**

**Program** - County Wide  
100 Courthouse Square  
Downieville, CA 95936  
Downieville 530-289-3269

### **Sierra SAFE Program**

Rape Crisis and Domestic Violence  
530-283-5515  
Portola Office  
530-240-0697  
*Will meet you in person (locally)*  
**Crisis Line—530-283-4333**

## ***FIREWISE ORGANIZATION CONTACTS***

### **Alleghany/Pike/Pliocene Ridge**

<https://www.plioceneridge.org/firewise>  
<https://www.facebook.com/groups/1019467558421380>  
[plioceneridge@gmail.com](mailto:plioceneridge@gmail.com)

### **Calpine**

<https://www.facebook.com/CalpineFirewise>  
[calpinefirewise@yahoo.com](mailto:calpinefirewise@yahoo.com)

### **Downieville/Goodyears Bar**

[downievillefirewise@gmail.com](mailto:downievillefirewise@gmail.com)

### **Fire Safe Sierra County**

[sierracountyfsc@gmail.com](mailto:sierracountyfsc@gmail.com)  
530) 289-8025 *Email and voicemail are checked at least weekly*  
[firesafesierracounty.org](http://firesafesierracounty.org) *Check out our NEW website!*

### **Sierra Brooks**

<https://m.facebook.com/groups/firewisesierrabrooks/>  
[firewisesb@gmail.com](mailto:firewisesb@gmail.com)

### **Sierraville**

[https://www.facebook.com/sierravillefirewise/about/?ref=page\\_internal](https://www.facebook.com/sierravillefirewise/about/?ref=page_internal)  
[mikeblide@gmail.com](mailto:mikeblide@gmail.com)

### **Sierra City**

<https://www.facebook.com/groups/firewisesierracity/about>  
[WestRad@att.net](mailto:WestRad@att.net)

### **Verdi**

<https://www.verdifirewise.com/>  
[amccann@verdifirewise.com](mailto:amccann@verdifirewise.com)

## ***HAM RADIO OPERATORS***

HAM (amateur) radios can play an extremely important role in emergencies, because they provide a method of communication when cell phones and other communication channels fail. HAM radios can be used to keep the community informed or to get extra assistance in the event of a disaster.

Sierra County residents are encouraged to take the amateur radio license exam, as those listed below have done, so they can help their neighbors and communicate with others in extreme circumstances.

<ul style="list-style-type: none"><li>• <b>Sandra Kendall, KK6CJJ</b> 530-994-3710</li><li>• <b>Beverly Mitchell, KK6CJM</b> 530-994-3532</li><li>• <b>Mike Perry, KA62MT</b> 253-970-6271</li></ul>	<ul style="list-style-type: none"><li>• <b>Quentin Youngblood, KB5ZDL</b> 530-836-1201</li><li>• <b>Gregory Andal, AA7GT</b> 530-993-1550</li><li>• <b>Nancy Schlefstein, N5NRN</b> 530-913-9218</li></ul>	<ul style="list-style-type: none"><li>• <b>John Ponta, KE6JAA</b> 530-289-3586 415-827-0952</li><li>• <b>Scott Schlefstein, N5TEN</b> 530-913-9218</li><li>• <b>John Mitchell, W1RK</b> 530-994-3532</li></ul>
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## ***HELICOPTER MEDICAL TRANSPORT MEMBERSHIP***

**AirMedCareNetwork**  
(Reach for Life & Calstar)  
1800-793-0010  
<http://www.airmedcarenetwork.com/>

**MASA Assist**  
1-800-423-3226  
[www.masaassist.com/](http://www.masaassist.com/)

**Enloe Flight Care**  
530-332-6774  
[www.enloe.org](http://www.enloe.org)

## ***HEALTH CARE COALITIONS***

**Tri-County Health Care Coalition (Tri-HCC)**  
Includes Plumas, Lassen and Sierra Counties  
Charles Shrammel  
530-283-6457  
[charlesschrammel@countyofplumas.com](mailto:charlesschrammel@countyofplumas.com)

**Sierra County Health Care Coalition**  
A sub-committee of the Tri-HCC  
Katie Russell  
530-993-6704  
[kjrussell@sierracounty.ca.gov](mailto:kjrussell@sierracounty.ca.gov)

## ***HEALTH INSURANCE / PROGRAMS / LEGAL ASSISTANCE***

### **Affordable Healthcare**

1-800-300-1506

[www.coveredca.com](http://www.coveredca.com)

### **California Children's Services**

916-327-1400

[www.dhcs.ca.gov/services/ccs](http://www.dhcs.ca.gov/services/ccs)

### **California Healthy Families**

1-800-880-5305

### **Community Assistance Program**

Prescription Discount Cards

251-402-5584

[www.caprprogram.org/jdaniel](http://www.caprprogram.org/jdaniel)

### **Sierra County Health Department**

202 Front St.

Loyalton, CA 96118

530-993-6701

[www.sierracounty.ca.gov/PH](http://www.sierracounty.ca.gov/PH)

### **Legal Services of Northern California**

530-823-7560

916-551-2150

[www.lsn.net](http://www.lsn.net)

### **Sierra County Social Services & Eligibility**

Sierra County Social Services

#### **Programs include:**

- Cal Works/Welfare to Work
- Cal Fresh (Food Stamps)
- Medi-Cal
- County Medical Services Program
- Foster Care
- General Relief

Apply online at [Benefitcal.com](http://Benefitcal.com) or in person at 202 Front Street Loyalton, CA 96118 530-993-6720 or 22 Maiden Lane, Downieville, CA 530-289-3711

## ***HIV SERVICES***

### **Sierra County Health Department**

P.O. Box 7

202 Front Street

Loyalton, CA 96118

530-993-6701

[www.sierracounty.ca.gov](http://www.sierracounty.ca.gov)

### **Affordable Healthcare**

1-800-300-1506

[www.coveredca.com](http://www.coveredca.com)

## ***HOUSING / SECTION 8***

### **Plumas County Community Development Commission (PCCDC)**

Housing Assistance Programs

183 W. Main Street

Quincy, CA 95971

530-283-2466 / 1-800-993-5399

*(or pick up an application at the local Social Services Office)*

[www.plumascdc.org](http://www.plumascdc.org)

[www.hcd.ca.gov](http://www.hcd.ca.gov)

### **Sierra Valley Senior Apartments**

100 Hill Street

Loyalton, CA 96118

530-993-4307

Email: [sierravalley@cresapts.com](mailto:sierravalley@cresapts.com)

## ***MEDIA***

### **Sierra Booster**

P.O. Box 8  
Loyalton, CA 96118  
530-993-4379  
[www.sierrabooster.com/](http://www.sierrabooster.com/)

### **Mountain Messenger**

P.O. Drawer A  
Downieville, CA 95936  
530-289-3262

### **Sierra County Prospect**

[sierracountyprospect.org](http://sierracountyprospect.org)

### **Sierra Sun Newspaper**

10775 Pioneer Trail, Suite 101  
Truckee, Ca 96160  
530-587-6061

### **Tahoe Daily Tribune**

3079 Harrison Avenue  
South Lake Tahoe, CA 96150  
530-541-3880  
[tahoedailytribune.com](http://tahoedailytribune.com)

## ***9-1-1 PHONE CALLS***

9-1-1 calls made from cell phones in Sierra County are often routed to larger dispatch centers before being transferred back locally, causing a large delay in getting assistance.

When calling 9-1-1, **specify you are in Sierra County.**

To expedite the handling of an emergency call from your cell phone, call the Sheriff's Office Dispatch in Sierra County, instead of 9-1-1.

**530-289-3700**

## ***AMBULANCE***

- Downieville Ambulance  
9-1-1 or 530-289-3333
- Eastern Plumas Health Care Ambulance (Plumas Co.)  
9-1-1
- Truckee Ambulance (Nevada Co.)  
9-1-1 or 530-832-4277

## ***FREED CENTER FOR INDEPENDENT LIVING***

435 Sutton Way  
Grass Valley CA 95945  
530-477-3333 voice  
530-477-8194 TTY  
530-477-8184 fax  
800-655-7732 Toll Free  
[www.freed.org](http://www.freed.org)

- ADRC – The Aging and Disability Resource Connection
- Assistive Technology
- Disability Awareness, Community Education, and ADA Compliance

- Housing Advocacy
- Independent Living Skills
- Information and Referral (I&R)
- Personal Assistance
- Peer Support
- Systems Change Advocacy
- Transition Assistance
- Youth Services

## ***WESTERN SIERRA MEDICAL CLINIC***

209 Nevada Street  
P.O. Box 286  
Downieville, CA 95936  
Medical Phone: 530-289-3298  
Dental Phone: 530-289-3199 Fax: 530-289-3159  
Office Hours: Mon–Thurs 8AM-5PM  
[wsmcmed.org](http://wsmcmed.org)

### **Services:**

- Medical
- Dental– Thursdays Only
- Urgent Care

## ***EASTERN PLUMAS HEALTH CARE***

Loyalton Medical Clinic  
701 Main Street  
Loyalton, CA 96118  
Phone: 530-993-1231 Fax: 530-993-4857

Days: Monday, Tuesday, Wednesday, and Thursday  
CLOSED Fridays  
Hours: 9AM-5PM (with a midday lunch break)

Services/Specialties available:

- Family Practice
- Podiatry

**Lab Draws:** Patients can avoid driving to Portola or Reno for routine lab tests. Labs are transported to Portola for processing. Please call clinic in advanced for most efficient time to come in.

## ***LOYALTON SKILLED NURSING FACILITY***

700 Third Street  
Loyalton, CA 96118  
Phone: 530-993-6100 Fax: 530-993-4528

- Licensed for 39 beds
- Personal care and activities
- Visitors / Entertainment / Outings / Spiritual enrichment, if desired
- Physical, and Occupational Therapy for those patients who qualify

In addition to long-term care services, therapies and rehabs are provided for post-surgical patients. People who perhaps had a hip replacement or other surgery can recover and get their physical and occupational therapy in Loyalton instead of staying in Reno.

## ***HOSPICE PROGRAM***

**Tahoe Forest Hospice**  
10083 Lake Avenue  
Truckee, CA 96161  
530-582-3534

## ***MEETING PLACES***

### **Alleghany Fire House**

105 Plaza Court  
Alleghany, CA 95910  
530-287-9844

### **Loyalton Senior Center**

302 First Street  
Loyalton, CA 96118  
530-993-4770

### **Calpine Community Hall**

131 County Road  
Calpine, CA 96124  
530-616-0630

### **Loyalton Social Hall**

105 Beckwith Road  
Loyalton, CA 96118  
530-993-6750

### **Downieville Community Hall**

327 Main Street  
Downieville, CA 95936  
Mindy Strine  
530-955-5110

### **Loyalton Museum Auditorium**

605 School Street  
Loyalton, CA 96118  
530-993-6750

### **Forest City Community Hall**

530-287-3413

### **Pike Fire Department**

100 Pike City Rd.  
Pike, CA 95960  
9-1-1 or 530-298-3333

### **Sierra Valley Bar and Grill**

711 Main Street  
Loyalton, CA 96118  
530-993-4467

### **Sierra City Community Hall**

13 Castagna Alley  
Sierra City, CA 96125  
530-862-1580

### **Goodyears Bar Community Hall**

530-289-3297

### **Sierraville Ranger District**

317 S. Lincoln Street  
Sierraville, CA 96126  
530-994-3401

### **Loyalton Community Church**

601 Lewis Avenue  
Loyalton, CA 96118  
530-993-4411

### **Sierraville School Community Center**

305 S. Lincoln Street  
Sierraville, CA 96126  
530-289-3201

### **The Yuba Theater**

212 Main St.  
Downieville, CA 95936  
530-289-9822

### **The North Yuba River Hall**

318 Commercial St.  
Downieville, CA 95936  
530-289-9822

**POST OFFICES**

**Alleghany**

Zip code - 95910  
530-287-3427

**Calpine/Sattley**

Zip code - 96124  
530-994-3508

**Downieville**

Zip code - 95936  
530-289-3575

**Goodyears Bar**

Zip code - 95944  
530-289-3442

**Blairsden/Graeagle (Plumas Co.)**

Zip code - 96103  
530-836-2352

**Clio (Plumas Co.)**

Zip code - 96106  
530-836-0201

**Quincy (Plumas Co.)**

Zip code - 95971  
530-283-1690

**Loyalton**

Zip code - 96118  
530-993-4471

**Pike/North San Juan**

Zip code - 95960  
530-292-3303

**Sierra City**

Zip code - 96125  
530-862-1152

**Sierraville**

Zip code - 96126  
530-994-3460

**Chilcoot/Vinton (Plumas Co.)**

Zip code - 96105  
530-993-4861

**Portola (Plumas Co.)**

Zip code - 96122  
530-832-4202

**NOTARY SERVICES**

**Public Notary**

<p><b>Downieville</b> Mindy Strine 530-955-5110</p>	<p><b>Loyalton</b> Sarah Jackson 530-249-9343 Text for appointment</p>	<p><b>Calpine</b> Stacey Estrada <i>Mobile services available</i> 530-320-0764</p>
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## ***PUBLIC PARKS***

### **Alleghany Park**

515 Miners Street  
Alleghany, CA 95910

### **Calpine Park**

103 Country Road  
Calpine, CA 96124

### **Downieville Tennis Court and Community Park**

746 Upper Main Street  
Downieville CA 95936

### **Downieville Visitor Center**

170 Main Street  
Downieville, CA 95936

### **Gold Rush Park**

170 Main Street  
Downieville, CA 95936

### **Kentucky Mine Historical Park and Museum**

100 Kentucky Mine Road  
Sierra City, CA 96125  
530-862-1310

### **Loyalton City Park**

105 Beckwith Road.  
Loyalton, CA 96118  
530-993-6750

### **Plum Valley Park**

Ridge Road  
Pike, CA 95960

### **Smithneck Creek Park**

221 Smithneck Creek Road  
Loyalton, CA 96118  
Call Public Works for a use  
permit: 530-289-3201

### **Sierra City Park**

15 Busch Street  
Sierra City, CA 96125

### **Sierra City Visitor Center**

111 Butte Street  
Sierra City, CA 96125  
530-862-0449

### **Sierraville School**

305 S. Lincoln Street  
Sierraville, CA 96126  
530-289-3201

### **Tin Cup Diggins**

201 Commercial Street  
Downieville, CA 95936

### **Von Schmidt Monument Historic Park**

700 Dog Valley Road  
Verdi, CA 89439

### **Yuba Theatre / Sierra County Arts Council**

212 Main Street  
Downieville, CA 96936  
530-289-9822

## ***PUBLIC PAYPHONES***

### **Bassett's Station**

100 Gold Lake Road at Hwy 49  
Sierra City, CA 96125

### **Sardine Lake Resort**

990 Sardine Lake Road  
Sierra City, CA 96125

### **Sierra County Health & Human Services**

202 Front Street  
Loyalton, CA 96118

### **Sierra Pines Resort**

104 Main Street  
Sierra City, CA 96125

## ***SENIOR SERVICES***

### **Connecting Point**

(previously known as IHSS)  
208 Sutton Way  
Grass Valley, CA 95945  
530-274-5601  
Toll Free: 866-577-6331  
[www.ns-pa.org](http://www.ns-pa.org)

### **Sierra County Social Services**

202 Front Street  
Loyalton, CA 96118  
530-993-6720  
22 Maiden Lane  
Downieville CA 95936  
530-289-3711  
Emergency 24x7 530-289-3720

### **Legal Services of Northern California**

530-823-7560  
[www.lsn.net](http://www.lsn.net)  
*(serving multiple counties, including  
Sierra County)*

### **Sierra Valley Senior Apartments**

100 Hill Street  
Loyalton, CA 96118  
530-993-4307

### **Agency On Aging Area 4**

1401 El Camino Avenue, 4th Floor,  
Sacramento CA 95815  
916-486-1876  
[agencyonaging4.org](http://agencyonaging4.org)

### **Sierra Outreach Nursing Program**

202 Front Street  
Loyalton, CA 96118  
530-993-6700

### **Loyalton Senior Center**

302 First Street  
Loyalton, CA 96118  
530-993-4770

### **Golden Rays Senior's, Inc.**

305A Main Street  
P.O. Box 532  
Downieville, CA 95936  
For information on Lunch Program  
530-289-3250 and  
Public Transportation  
530-798-8555

### **North Gold Senior Mountaineers**

29190 California 49  
North San Juan, CA 95960  
530-292-9048

# SIERRA COUNTY GOVERNMENT

## County Board of Supervisors:

*Call the Clerk's office to find out what district you are located.*

- Lee Adams  
Supervisor District 1  
530-289-3506  
[supervisor1@sierracounty.ca.gov](mailto:supervisor1@sierracounty.ca.gov)
- Lila Heuer  
Supervisor District 2  
530-862-1013  
[supervisor2@sierracounty.ca.gov](mailto:supervisor2@sierracounty.ca.gov)
- Paul Roen  
Supervisor District 3  
209-479-2770  
[supervisor3@sierracounty.ca.gov](mailto:supervisor3@sierracounty.ca.gov)
- Terry LeBlanc  
Supervisor District 4  
530-993-0247  
[supervisor4@sierracounty.ca.gov](mailto:supervisor4@sierracounty.ca.gov)
- Sharon Dryden  
Supervisor District 5  
530-913-9218  
[supervisor5@sierracounty.ca.gov](mailto:supervisor5@sierracounty.ca.gov)

Heather Foster - Clerk of the Board  
P.O. Drawer D  
100 Courthouse Square, Suite 11  
Downieville, CA 95936  
530-289-3295

Ann Mendez - Court Executive Officer  
P.O. Box 476  
100 Courthouse Square, 2nd Floor  
Downieville, CA 95936  
530-289-3698  
[amendez@sierracourt.org](mailto:amendez@sierracourt.org)

Law Firm of Prentice, Long & Epperson-  
County Counsel  
<http://plelawfirm.com/>

Keith Mahan - Agriculture Commissioner  
208 Fairgrounds Road  
Quincy, CA 95971  
530-283-6365 Fax: 530-283-4210  
[keithmahan@countyofplumas.com](mailto:keithmahan@countyofplumas.com)

Sean Snider - District Superintendent of  
Schools (Contracted)  
P.O. Box 955  
109 Beckwith Road  
Loyalton, CA 96118

Laura Marshall - Assessor (Elected)  
P.O. Box 8  
100 Courthouse Square, Suite B1  
Downieville, CA 95936  
530-289-3283 Fax: 530 289-2801  
[assessor@sierracounty.ca.gov](mailto:assessor@sierracounty.ca.gov)

Tony Miller- Auditor/ Controller  
Auditor-Risk Manager-Insurance  
Division  
P.O. Box 425  
326 Main St.  
Downieville, CA 95936  
530-289-3273 Fax: 289-2842  
[auditor@sierracounty.ca.gov](mailto:auditor@sierracounty.ca.gov)

- The Treasurer Tax Collectors  
office is located at:  
100 Courthouse Square,  
1st Floor Downieville, CA  
95936. 530-289-3286

Jeremy Miller – Chief Technology Officer  
P.O. Box 255  
211 Nevada St, 2nd Floor above Clinic  
Downieville, CA 95936  
530-289-2890  
[jmiller@sierracounty.ca.gov](mailto:jmiller@sierracounty.ca.gov)

Tex Ritter - Director Sierra Nevada  
Regional Child Support Services  
P.O. Box 463  
Downieville, CA 95936  
866-901-3212  
[snrdcss@co.nevada.ca.us](mailto:snrdcss@co.nevada.ca.us)

Sandra Groven - District Attorney  
P.O. Box 457  
100 Courthouse Square, 2nd Floor  
Downieville, CA 95936  
530-289-3269  
[sgroven@sierracounty.ca.gov](mailto:sgroven@sierracounty.ca.gov)

Chuck Henson - Chief Probation Officer  
P.O. Box 67  
100 Courthouse Square, 2nd Floor  
Downieville, CA 95936  
530-289-3277  
[chenson@sierracounty.ca.gov](mailto:chenson@sierracounty.ca.gov)  
[probation@sierracounty.ca.gov](mailto:probation@sierracounty.ca.gov)

Rhonda Grandi - Director Public Health &  
Environmental Health  
P.O. Box 7  
202 Front St.  
Loyalton CA 96118  
530-993 –6700  
[rgrandi@sierracounty.ca.gov](mailto:rgrandi@sierracounty.ca.gov)

Lori McGee - Director Social Services  
P.O. Box 1019  
202 Front St.  
530-993-6720  
Loyalton, CA 96118  
[lmcgee@sierracounty.ca.gov](mailto:lmcgee@sierracounty.ca.gov)

Sheryll Prinz-McMillan - Director of  
Behavioral Health  
704 Mill St.  
P.O. Box 268  
Loyalton, Ca 96118  
530-993-6748  
[spprinzmcmillan@sierracounty.ca.gov](mailto:spprinzmcmillan@sierracounty.ca.gov)

Sharon Johnson- Environmental Health  
P.O. Box 7  
Loyalton, CA 96118  
530-993-6716  
For messages: 530-993-6700  
[envhealth@sierracounty.ca.gov](mailto:envhealth@sierracounty.ca.gov)

Bryan Davey- Director of Transportation/  
Public Works  
101 Courthouse Square  
Downieville, CA 95936  
P.O. Box 98  
530-289-3201  
Downieville, CA 95936  
[publicworks@sierracounty.ca.gov](mailto:publicworks@sierracounty.ca.gov)

Brandon Pangman - Director of Building and  
Planning/Executive Director of LAFCo  
101 Courthouse Square  
Public Works Building  
P.O. Box 530  
Downieville CA 95936  
530-289-3251  
[bpangman@sierracounty.ca.gov](mailto:bpangman@sierracounty.ca.gov)

Mike Fisher - Sheriff-Coroner (Elected)  
Director Office of Emergency Services  
Animal Control  
P.O. Box 66  
100 Courthouse Square, 1st Floor  
Downieville, CA 95936  
530-289-3700 Fax: 530-289-3318  
[mikefisher@sierracounty.ca.gov](mailto:mikefisher@sierracounty.ca.gov)

Loyalton Substation  
61050 Hwy 49  
Loyalton, CA 96118

<p align="center"><b><u>LOYALTON CITY HALL</u></b></p> <p align="center">P.O. Box 128 501 School St. Loyalton, CA 96118 530-993-6750 Days: Monday - Thursday Hours: 9AM-3PM (closed 12-1PM)</p>	<p align="center"><b><u>FISH &amp; WILDLIFE</u></b></p> <p align="center">Wildlife Problems 916-358-2917</p>
<p align="center"><b><u>HIGHWAY PATROL</u></b></p> <p align="center">916-861-1300 - Sacramento 530-257-9605 - Susanville 530-582-7500 - Truckee Call 911 for emergency</p>	<p align="center"><b><u>LIBRARIES</u></b></p> <p align="center">Alleghany Library 530-287-3262</p> <p align="center">Loyalton Library 530-993-1105</p> <p align="center">Sierra City Library 530-862-0210</p> <p align="center">Downieville Library 530-289-3544</p>

**American Red Cross** Disaster Action Teams are activated when services are requested by the fire department in the event of a single- or multi-family residential fire.

The American Red Cross is able to provide for the **immediate emergency needs of those displaced individuals which may include food, clothing, and a hotel for up to 3 nights**. In the case where approximately 10 families or 20-30 people are involved, the Red Cross may choose to open a shelter. Red Cross Disaster Mental Health services are available for the emotional support of clients, as well as Health Services to assist clients with the replacement of their medications or glasses.

**Canteen** The American Red Cross may also provide canteen services when requested for a larger incident (fire, bus crash, etc.) to provide snacks, water, and coffee to fire crews, law enforcement, etc.

**Evacuation Center** An Evacuation Center is a temporary center for evacuees who have been displaced due to an incident. This center would not be for overnight use. Clients can receive briefings, get a snack, and find temporary shelter until the incident comes to an end or a decision is made to open a shelter.

**Shelters** A Red Cross shelter is for evacuees who have been displaced overnight by disaster. Red Cross shelters are carefully chosen by the Red Cross in conjunction with Health and Human Services and are capable of serving meals and housing large groups. Red Cross shelters are staffed by Red Cross volunteers and staff including Mental Health Services and Health Services.

**Disaster Dispatch: 1-844-236-0153**

**Tracie Wallace**  
**Disaster Program Manager**  
El Dorado, Placer, Nevada, and  
Sierra  
102 El Dorado St  
Auburn, CA 95603  
916-709-3416 phone  
[Tracie.Wallace@RedCross.org](mailto:Tracie.Wallace@RedCross.org)

**Kevin Hedahl**  
**Senior Disaster Program Manager**  
  
916-215-6808

**Robin Friedman**  
**Regional Disaster Program Officer**  
American Red Cross  
Capital Region Chapter  
1565 Exposition Boulevard  
Sacramento, CA 95815  
916-993-7079 Phone  
916-764-5746 Cell

## ***SIERRA COUNTY PUBLIC SCHOOLS***

### **Downieville School (K-12)**

P.O. Drawer B  
130 School Street  
Downieville, CA 95936  
530-289-3473  
Fax 530-289-3693

[dvl.sierracountyschools.org](http://dvl.sierracountyschools.org)

### **Loyalton Elementary School (TK-6)**

P.O. Box 127  
111 Beckwith Road  
Loyalton, CA 96118  
530-993-4482  
Fax 530-993-1007

[les.sierracountyschools.org](http://les.sierracountyschools.org)

### **Loyalton High School (7-12)**

P.O. Box 37  
700 Fourth Street  
Loyalton, CA 96118  
530-993-4454  
Fax 530-993-4667

[lhs.sierracountyschools.org](http://lhs.sierracountyschools.org)

### **Sierra Pass Continuation High School**

P.O. Box 37  
109 Beckwith Road, Building 9  
Loyalton, CA 96118  
530-993-1660 ext. 160  
Fax: 530-993-0828

### **Sierra-Plumas Joint Unified School District Office**

P.O. Box 955  
109 Beckwith Road  
Loyalton, CA 96118  
530-993-1660  
Fax 530-993-0828

[www.sierracountyschools.org](http://www.sierracountyschools.org)

## ***OTHER EDUCATIONAL OPPORTUNITIES***

### **Sierra County Schools for Adults**

Wendy Jackson  
P.O. Box 955  
605 School St  
Loyalton CA 96118  
530-993-4953  
Fax: 530-993-0828

[Wjackson@spjUSD.org](mailto:Wjackson@spjUSD.org)  
[www.thescsa.org](http://www.thescsa.org)

### **Alliance for Workforce Development**

Business and Career Network  
305 S. Lincoln Street  
Sierraville, CA 96126  
530-994-3349

### **CPR / Work Place First Aid Training**

Rae Bell Arbogast  
530-287-3454  
[raebell44@gmail.com](mailto:raebell44@gmail.com)

**High Sierra's Family Services  
Family Resource Center**  
315 Main Street  
Loyalton, CA 96118  
530-993-1110

This is a non-profit agency that provides the following programs and services:

- **Family Outreach Program**, Home visiting
- **Sierra Safe Kids** (provides car seats, safety training, and bike helmets)
- **Nurturing Parenting**: A family centered initiative design to build nurturing parenting skills
- **Winter Coat Drive** (free gently used coats)
- **RAINBOW Family Support and Resource Network** (advocacy for special needs children 0-3)
- **Emergency Assistance & Salvation Army Fund**
- **Promotes National Child Abuse Prevention Month** activities
- **Grantee of Sierra County Child Care Council**
- **High Sierra's Food Pantry** - First and third Fridays of every month at 3pm; 614 Fourth St Loyalton CA 96118

**Wellness Center**  
207 Front Street  
Loyalton, CA 96118

Peer Support Services: 530-993-6731  
Mental Health Services Act Coordinator: 530-993-6745  
Fax: 530-993-1003

- **Peer Supported Resource and Wellness Center**
- Offers **Wellness and Recovery focused** activities
- Offers **Support and Services** to increase community involvement and reduce isolation
- Currently offering **WRAP** Sessions: Wellness Recovery Action Plan
- Please feel free to **stop by** and learn about Peer Support & Vet Support Services and the value that these services have in our community
- Veterans Support

**In-Home Support Services**  
202 Front Street  
Loyalton, CA 96118

- The IHSS Program will help pay for services provided to you so that you can remain safely in your own home.
- To be eligible, you must be over 65 years of age, or disabled, or blind. Disabled children are also eligible for IHSS. IHSS is considered an alternative to out-of-home care such as nursing homes or board and care facilities.
- **Quick Links**
  - \***CalFresh (Food Stamp) Benefits**: For people with low-income who meet federal income eligibility rules and want to add to their budget to put healthy and nutritious food on the table  
**Helpline 1-877-847-3663**
  - \***Apply now on line at: [www.getcalfresh.org](http://www.getcalfresh.org) or [BenefitsCal.com](http://BenefitsCal.com)**

## ***TRANSPORTATION***

### **Golden Rays Public Transportation**

305A Main Street  
P.O. Box 532  
Downieville CA 95936  
530-798-8555

### **Loyalton Senior Center**

302 First Street  
Loyalton, Ca 96118  
530-993-4770

## ***UTILITIES***

### **Ace Propane**

530-271-7365  
[www.acepropane.net](http://www.acepropane.net)

### **Alleghany Public Utility District**

530-287-3204  
[alleghanywater@gmail.com](mailto:alleghanywater@gmail.com)

### **Amerigas**

530-832-5133  
[www.amerigas.com](http://www.amerigas.com)

### **City of Loyalton**

water/sewer  
530-993-6750

### **Calpine Water Works**

PO Box 9  
Calpine CA 96124  
530-582-3844

### **Downieville PUD**

PO Box 444  
Downieville CA 95936  
530-289-2774

### **Ferrellgas**

530-823-0607  
[www.ferrellgas.com](http://www.ferrellgas.com)  
**Hunt & Sons (kerosene)**  
530-283-1080

### **Liberty Utilities**

Serving City of Loyalton & Southern Sierra  
County  
P.O. Box 107  
Tahoe Vista, CA 96148  
530-546-1728  
<https://libertyutilities.com/>

### **PG&E**

800-743-5000  
[www.pge.com](http://www.pge.com)

### **Plumas-Sierra Rural Electric Cooperative**

Serving most of the western Sierra Valley  
73233 State Route 70 Portola, CA 96122-7069  
800-555-2207  
[www.psrec.coop](http://www.psrec.coop)

### **Sierra City Waterworks, Inc.**

530-273-6447

### **Sierra Energy**

530-993-4378  
[www.sierraenergy.net](http://www.sierraenergy.net)

### **Sierraville PUD**

PO Box 325  
Sierraville CA 96126

### **Suburban Propane**

530-832-5534  
530-273-6113  
[www.suburbanpropane.com](http://www.suburbanpropane.com)

**SANITATION**

*Garbage removal:*

**Intermountain Disposal**  
108 Commercial Street, Suite A  
Portola, CA 96122  
530-832-4879

**GARBAGE TRANSFER STATIONS**

*Fees may apply*

**Loyalton**

#1 Garbage Pit Road,  
Loyalton, CA 96118

**Downieville**

#1 Ramshorn Road,  
Goodyears Bar, CA 95944

**Sattley/Calpine**

3065 A23  
Calpine, CA 96124

**Alleghany**

#1 Alleghany Dump Road,  
Alleghany, CA 95910

**Sierra City**

11 Cups Dump Road  
Sierra City, CA 96125

**WATER—BULK**

**Big Mountain Water Resources**

365 Main Street  
Quincy, CA 95971  
530-927-7433 or 530-354-4854  
*4000 gal potable water truck*

**North San Juan Fire Protection**

**District Station #3**

Tyler Foote Road  
P.O. Box 229  
North San Juan, CA 95960  
530-292-9159  
*3000 gal potable water truck*

**Norm Paul Water Hauling, Inc.**

1101 Skyline Drive  
Auburn, CA 95602  
530-885-5760  
*4000 gal potable water truck*  
*4400 gal potable semi*  
*tractor-trailer*

**Sierra County OES**

P.O. Box 530  
Downieville, CA 95936  
530-289-2850 / 289-3251 / 289-3700

## ***LIQUID WASTE HAULERS***

### **Navo & Sons, Inc.**

815 Idaho-Maryland Road  
Grass Valley, CA 95945  
530-273-2964  
[www.navo.com](http://www.navo.com)

### **Sani-Hut Company, Inc.**

1325 E. Greg Street  
Sparks, NV 89431  
775-358-6720  
[www.sanihut.com](http://www.sanihut.com)

### **Ben Toilet Rental, Inc**

530-456-2308  
800-767-8276  
[bens@bentoiletrentals.com](mailto:bens@bentoiletrentals.com)  
[www.bentoiletrentals.com](http://www.bentoiletrentals.com)

### **Water's Vacuum Truck Services, Inc**

888-909-7867 24x7  
775-825-1595  
[www.watersvacuum.com](http://www.watersvacuum.com)

### **Plumas Sanitation**

73762 Industrial Way  
Portola, CA 96122  
530-832-0370  
[www.plumassanitation.com](http://www.plumassanitation.com)

### **Anderson's Septic & Sewer**

530-273-4323  
[andersonseptic@yahoo.com](mailto:andersonseptic@yahoo.com)  
[andersonsepticandsewer.com](http://andersonsepticandsewer.com)

### **RS Clark Septic/Gold Country Septic**

530-273-5633  
[goldcountryseptic@att.net](mailto:goldcountryseptic@att.net)  
[rsclarksepticsevice.com](http://rsclarksepticsevice.com)

## ***U.S. FOREST SERVICE RANGER STATIONS***

### **Sierraville Ranger District**

317 S. Lincoln Street  
P.O. Box 95  
Sierraville, CA 96126  
530-994-3401

### **Yuba River Ranger District**

15924 Highway 49  
Camptonville, CA 95922  
530-288-3231

## ***WELL DRILLERS***

### **Bruce Mackay Pump & Well Service, Inc.**

1600 Mt. Rose Hwy  
Reno, NV 89511 (Verdi area)  
775-851-1600  
[www.brucemackay.com](http://www.brucemackay.com)

### **Hydro Resources West Inc.**

740 Bennie Lane, Suite A  
Reno, NV 89512  
775-329-2083  
[www.hydroresources.com](http://www.hydroresources.com)

### **Dickens Drilling, Inc.**

189 Danny Court  
Quincy, CA 95971  
530-283-4844  
[ddinc@digitalpath.net](mailto:ddinc@digitalpath.net)

### **Peters' Drilling & Pump Service**

P.O. Box 1546  
Grass Valley, CA 95945  
530-273-8136  
[www.petersdrilling.com](http://www.petersdrilling.com)

### **Gary C. Tanko Well Drilling, Inc.**

12150 Luther Road  
Auburn, CA 95603  
530-823-8234  
[www.tanko.com](http://www.tanko.com)  
[info@tanko.com](mailto:info@tanko.com)

### **Steve's Pumps & Well Drilling**

P.O. Box 249  
711-715 Sears Road  
Janesville, CA 96114  
530-253-3601  
[www.stevespumps.com](http://www.stevespumps.com)  
[TL@yourpro.com](mailto:TL@yourpro.com)

## ***VETERINARIANS SERVING SIERRA COUNTY***

- **Martin D. Schafer, DVM**  
Plumas Veterinary Services  
81010 Highway 70  
Beckwourth, CA 96129  
530-832-4485
- **Large Animal Veterinary Services**  
94325 Highway 70  
Chilcoot, CA 96105  
530-993-1400
- **Joseph M. Coli, DVM**  
Comstock Large Animal Hospital  
90 W. Laramie Drive  
Reno, NV 89521  
775-849-0120
- **Susan A. McCartney, DVM**  
Large Animal Veterinary Services  
20485 Cooke Drive  
Reno, NV 89521  
775-849-1921
- **Julie Wilkins, DVM**  
Large Animal Veterinary Services  
Loyalton / Oroville area  
530-519-3228
- **Edge Equine—Dr. Ian Lafoon**  
Mobile Veterinary Practice  
775-750-5249

## ***OXYGEN VENDORS SERVING SIERRA COUNTY***

- **Lincare**  
629 Entler Ave  
Chico CA 95928  
530-895-8414
- **Accellence Home Medical**  
5450 Mill St #101  
Reno NV 89502  
775-787-8880
- **Owens Medical Equipment & Respiratory Services**  
2690 Main St.  
Susuanville, CA 96130  
800-308-8098 Open 24/7

## ***DISASTER HEALTHCARE VOLUNTEERS of California***

**On-line registration system for medical and healthcare volunteers:**

<https://healthcarevolunteers.ca.gov/>

**What does it take to register for disaster service?**

1. During the on-line registration process, you will be asked to enter information regarding your license (if applicable).
2. Enter information about the best way to contact you, and other relevant background information.
3. Once you've registered, your credentials will be validated - before an emergency - so that you can be deployed quickly and efficiently. Your information will only be viewed by authorized system managers.

## **ANIMAL RESCUES AND ORGANIZATIONS**

### **American Humane Association**

1400 16th Street NW; Suite 360  
Washington, DC 20036  
800-227-4645

[www.americanhumane.org](http://www.americanhumane.org)  
[info@americanhumane.org](mailto:info@americanhumane.org)

### **Humane Society of Truckee-Tahoe**

10961 Stevens Lane  
Truckee, CA 96162  
530-587-5948

[info@hstt.org](mailto:info@hstt.org)

### **High Sierra Animal Rescue**

103 Meadow Ridge Lane  
Portola, CA 96122  
530-832-4727

[info@highsierraanimalrescue.org](mailto:info@highsierraanimalrescue.org)

### **National Animal Rescue & Sheltering Coalition**

Voicemail: 336-496-2772

[thenarsc@gmail.com](mailto:thenarsc@gmail.com)

### **Nevada County Veterinary Disaster Response Team**

Hm 530-477-6506

Cell 530-913-6506

[m4animals@aol.com](mailto:m4animals@aol.com)

### **Nevada Humane Society**

2825 Longley Lane, Suite B  
Reno, NV 89502-5942  
775-856-2000

### **Palomino Valley Pet Rescue, Inc.**

1258 Baring Boulevard #276  
Sparks, NV 89434  
775-358-5527

[questions@palominovalleypetrescue.org](mailto:questions@palominovalleypetrescue.org)

### **Red Rover**

3800 J Street  
Sacramento, CA 95816  
916-429-2457

[www.redrover.org](http://www.redrover.org)

[info@redrover.org](mailto:info@redrover.org)

### **Sierra Wildlife Rescue**

3030 Newtown Road  
Placerville, CA 95667  
530-621-4661

[www.sierrawildliferescue.org](http://www.sierrawildliferescue.org)

[info@sierrawildliferescue.org](mailto:info@sierrawildliferescue.org)

### **SPCA of Northern Nevada**

840 E. 5th Street  
Reno, NV 89512  
775-324-7773

### **Willows Change Pet Rescue Network**

Reno, NV 89506  
775-971-9547

[willowschange@charter.net](mailto:willowschange@charter.net)

# Floods

Floods are the most common and widespread of all natural disasters. If you live in an area where floods occur, you should know the following:

## What to do before a flood

- Plan for evacuation, including where you will go and the route you will take.
- Purchase flood insurance and keep all insurance policies in a safe place.
- Take photos or a videotape of the valuables you keep in your home.
- Listen to your radio or television for reports of flood danger.
- Keep your car filled with gas.

## What to do during a flood

- Do not try to walk or drive through flooded areas. Water can be deeper than it appears and water levels rise quickly. If your car stalls in floodwater, get out quickly and move to higher ground.
- Stay away from moving water; moving water six inches deep can sweep you off your feet. Cars are easily swept away in just two feet of water.
- Stay away from disaster areas unless authorities ask for volunteers.
- Stay away from downed power lines.
- If your home is flooded, turn the utilities off until emergency officials tell you it is safe to turn them on.
- Do not pump the basement out until floodwater recedes.
- Avoid weakened floors, walls and rooftops.
- Wash your hands frequently with soap and clean water if you come in contact with floodwaters.

## What to do after a flood

- Wear gloves and boots when cleaning up.
- Open all doors and windows. Use fans if possible to air out the building.
- Wash all clothes and linens in hot water.
- Discard mattresses and stuffed furniture; they can't be adequately cleaned.
- Wash dirt and mud from walls, counters, and hard surfaced floors with soap and water.
- Discard all food that has come into contact with floodwater; canned food is okay.
- If your well is flooded, your tap water is probably unsafe. If you have public water, the health department will let you know if your water is not safe to drink. Until your water is safe, use clean bottled water.
- Do not use your septic system when water is standing on the ground around it.

## **Hot Weather Precautions**

Severe heat may cause illness or even death. When temperatures rise to extreme highs, reduce risks by taking the following precautions:

### **Hot weather precautions to reduce the risk of heat exhaustion and heat stroke**

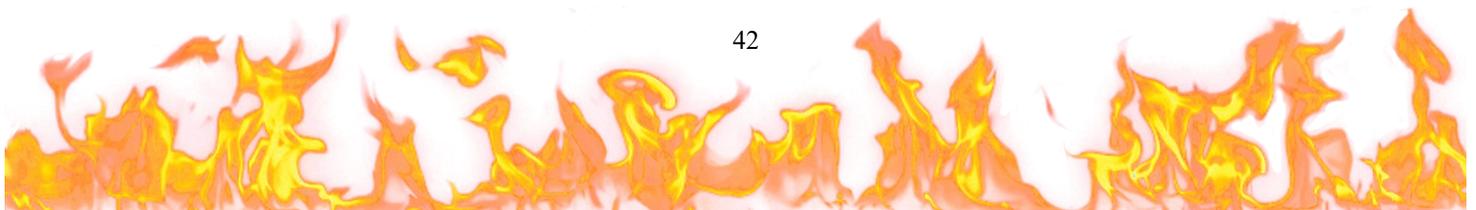
- Stay indoors and in an air-conditioned environment as much as possible unless you're sure your body has a high tolerance for heat.
- Drink plenty of fluids but avoid beverages that contain alcohol, caffeine or a lot of sugar.
- Eat more frequently but make sure meals are balanced and light.
- Never leave any person or pet in a parked vehicle.
- Avoid dressing babies in heavy clothing or wrapping them in warm blankets.
- Make sure pets have plenty of water.
- If you take prescription diuretics, antihistamines, mood-altering or antispasmodic drugs, check with a doctor about the effects of sun and heat exposure.
- Cover windows that receive morning or afternoon sun. Awnings can reduce the heat entering a house.

### **If you go outside**

- Plan strenuous outdoor activities for early or late in the day when temperatures are cooler; then gradually build up tolerance for warmer conditions.
- Take frequent breaks when working outdoors.
- Wear a wide-brimmed hat, sun block, and light-colored, loose-fitting clothes when outdoors.
- At first signs of heat illness (dizziness, nausea, headaches), move to a cooler location, rest for a few minutes, and slowly drink a cool beverage. Seek medical attention immediately if you do not feel better.
- Avoid sunburn: it slows the skin's ability to cool itself. Use a sunscreen lotion with a high SPF rating.
- Avoid extreme temperature changes. A cool shower immediately after coming in from hot temperatures can result in hypothermia, particularly for elderly or very young people.

### **If the power goes out or air conditioning is not available**

- Ask your doctor about any prescription medicine you keep refrigerated. (If the power goes out, most medicine will be fine to leave in a closed refrigerator for at least three hours.)
- Keep a few bottles of water in your freezer; if the power goes out, move them to your refrigerator and keep the doors shut.



# Power Outages

Power outages can cause many safety concerns; knowing the following information can help.

## Before a power outage

- Register life-sustaining and medical equipment with your utility company.
- Consider buying a generator. Keep your generator outside and run a cord inside. Don't connect your generator to main service panels — it's dangerous!
- Your disaster preparedness kit should contain flashlights, a battery-powered radio, and a wind-up clock.
- Have a corded telephone available — cordless phones will not work when the power is out.
- Have a safe alternative heat source and supply of fuel. Never burn charcoal or use a generator indoors.

## During a power outage

- Turn off lights and electrical appliances except for the refrigerator and freezer.
- Even if it is dark, turn light switches and buttons on lamps or appliances to the “off” position.
- Unplug computers and other sensitive equipment to protect them from possible surges.
- Leave one lamp on so you will know when power is restored. Wait at least 15 minutes after power is restored before turning on other appliances.
- Conserve water, especially if you use well water.
- Never use gas ovens, gas ranges, barbecues or portable or propane heaters for indoor heating—they use oxygen and create carbon monoxide that can cause suffocation.
- Candles can cause a fire. It's far better to use battery-operated flashlights or glow sticks for lighting.
- Using a kerosene heater, gas lantern or stove inside the house can be dangerous. Maintain proper ventilation at all times to avoid a build up of toxic fumes, and be sure to have a carbon monoxide detector.
- Stay away from downed power lines and sagging trees with broken limbs.

## Keep food safe

- Use and store food carefully to prevent foodborne illness when power outages make refrigeration unavailable.
- Use foods first that can spoil most rapidly.
- Keep doors to refrigerators and freezers closed. Your refrigerator's freezer will keep food frozen for a day.
- Use an ice chest packed with ice or snow to keep food cold. Use bags of ice to save refrigerator foods.
- **If in doubt, throw it out.** Throw out meat, seafood, dairy products and cooked food that does not feel cold.



## ***Preparing for Winter Storms***

Winter storms can range from moderate snow over a few hours to blizzard conditions with blinding, wind-driven snow that lasts several days. Prepare before the snow falls and the ice freezes.

### **Preparing for winter storms**

- Listen to your radio, television or on-line news for winter storm forecasts and other information.
- Prepare your home for cold weather. Install storm windows. Insulate outside walls, attics, and crawl spaces. Wrap pipes, especially those near cold outer walls or in attics or crawl spaces. Repair leaks in the roof, around the doors, and in the windows.
- Have appropriate cold weather clothing available.
- If you have a kerosene heater, refuel your heater outside and remember to keep it at least three feet from flammable objects.
- Make sure your fireplace functions properly.
- Have rock salt and sand on hand for traction on ice.
- Fill your gas tank before the snow starts falling.

### **During a winter storm**

- Wear several layers of loose fitting, light weight, warm clothing rather than one layer of heavy clothing. Wear mittens rather than gloves. Wear a warm, woolen cap.
- Reduce the temperature in your home to conserve fuel.
- Heat only the areas of your home you are using. Close doors and curtains.
- Be sure to eat regularly. Food provides calories that maintain body heat.
- Watch for signs of frostbite and hypothermia — slurred speech, disorientation, uncontrollable shivering, stumbling, drowsiness, and body temperature of 95 degrees Fahrenheit or less.

### **In your vehicle**

- Make sure someone knows where you are going. Stay on the main roads.
- If trapped in a blizzard, clear your tail pipe and run your engine and heater for 10 minutes every hour. Open your window slightly.
- During night hours, keep the dome light on in the car so rescue crews can see your vehicle.
- Keep an emergency kit in your vehicle. Include a three-day supply of water and non-perishable food that can be eaten without being cooked. Include a blanket or sleeping bag for each passenger, a flashlight, cell phone, shovel, sack of sand or kitty litter, booster cables, flare, and toilet paper.

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# TOBACCO USE REDUCTION PROGRAM TOBACCO IMPACTS...



Air and water quality



Health



Pollution



Wildfire

## JOIN US!



Everyone can play an important role in protecting our environment, community members and youth from the risks of tobacco use.

Call (530) 993-6704 to learn more!

## ENJOY SIERRA COUNTY SAFELY

When tobacco waste from e-cigarettes and cigarettes is not disposed of properly, it makes its way into our environment and pollutes the water, air and land.

Tobacco waste can also cause fires. According to the National Fire Protection Agency, smoking materials cause around 90,000 fires every year in the US.



**Please extinguish all fires, including cigarettes, and pack out your trash.**

# STAY INFORMED DURING ALL TYPES OF EMERGENCY EVENTS



## Sign up for Emergency Alerts

and

## Know the STATUS of Your Zone

The Sierra County emergency notification system, powered by Everbridge, will allow Sierra County to send you messages about situations as they happen across multiple devices, including your home phone, mobile device, email, and more.

For this system to be a success, we need your contact information so we can reach you in the event of an emergency. Don't worry, we will never sell or share your personal information with any third-party organizations.

Sign up online by visiting [www.sierracounty.ca.gov](http://www.sierracounty.ca.gov) and clicking on the Emergency Information Button or scan this code.

SCAN ME



SCAN ME



## FIND YOUR ZONE & STATUS NOW

[PROTECT.GENASYS.COM](http://PROTECT.GENASYS.COM)

