POSTPARTUM Support Center

FAMILY PREPAREDNESS PACKET · WINTER 2026–27

Get Ready for El Niño

Heavy rain, flooding, king tides and power outages may hit San Rafael this winter. This packet helps you keep your family safe.

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Who to call and where to find help

Start here

Sign up for AlertMarin
free emergency alerts

Request sandbag delivery
from PPSC volunteers

PPSC helps families prepare: sandbag delivery and preparedness education.
PPSC is not an emergency service. In an emergency, call 911.
Storm help (not an emergency): Marin County Sheriff (415) 479-2311 or call 211.

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Get Ready for El Niño

Heavy rain, flooding and high tides may hit San Rafael this winter. Simple steps now keep you, your baby and your family safe.

6 steps to prepare now

1 Sign up for AlertMarin
Free alerts by text, call or email. Scan to sign up.

2 Pack an emergency kit
Water, food, medicines, diapers, formula, flashlight, power bank.

3 Protect your home
Use free sandbags to keep water away from doors and low spots.

4 Know your flood risk
Check the County hazard map if you live in a low-lying area.

5 Stay informed
Check emergency.marincounty.gov for alerts during storms and high tides.

6 Stay out of floodwater
Never walk or drive through it. 6 inches of moving water can knock you down.

Free sandbags in San Rafael

Albert J. Boro Community Center
East lot · 50 Canal Street

Menzies Parking Lot (by Falkirk)
1428 Mission Avenue

Terra Linda Community Center
670 Del Ganado Road

Peacock Gap Park Parking Lot
Off Biscayne Drive

Need sandbags delivered?

PPSC volunteers can bring them to your home. Scan the code or go to:

forms.gle/b9SY1647uS85Ndmr7 · (415) 320-6707

Power out?

Report it to PG&E: **1-800-743-5002**. Use flashlights, not candles. Never use a generator or grill indoors.

Feeling overwhelmed?

You are not alone. PPSC Peer Support Line:
(415) 727-7473
Emergency? Call 911

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Emergency Kit Checklist

Pack for at least 3 days; a week is better. Keep it by the door, and check it twice a year: replace expired items and outgrown clothes and diapers.

The basics

- [ ] Water: 1 gallon per person per day (more for nursing moms)
- [ ] Flashlight and extra batteries
- [ ] Battery or hand-crank radio
- [ ] Medicines for 7 days, and a list of them
- [ ] Rain jackets, warm clothes, sturdy shoes, blankets
- [ ] A whistle to signal for help
- [ ] Food that won't spoil, and a manual can opener
- [ ] Phone chargers and a charged power bank
- [ ] First aid kit
- [ ] Cash in small bills
- [ ] Soap, hand sanitizer, toilet paper, trash bags

For babies and young children

- [ ] Diapers, wipes and cream for a week
- [ ] Cooler bag, ice packs, manual breast pump
- [ ] Disposable cups, bowls and spoons
- [ ] Extra clothes, blankets, pacifier
- [ ] Baby carrier or wrap; car seat in the car
- [ ] Portable crib or play yard for safe sleep
- [ ] Ready-to-feed formula, bottles and nipples
- [ ] Store-bought baby food and toddler snacks
- [ ] Baby medicine and a thermometer
- [ ] A favorite toy or book for comfort
- [ ] ID card with your phone number for each child

For pregnancy and after birth

- [ ] Prenatal vitamins and prescriptions
- [ ] Your doctor's and hospital's phone numbers
- [ ] Pads and postpartum supplies
- [ ] Hospital bag packed if your due date is close

Documents in a waterproof bag

- [ ] IDs, birth certificates, and copies
- [ ] Children's vaccine and medical records
- [ ] Photos of these papers, and a video of each room and your things, on your phone
- [ ] Medi-Cal, insurance and WIC cards
- [ ] Lease, bank and other important papers
- [ ] A recent photo of each family member

Flood insurance: ask now.

Home and renters insurance usually don't cover floods; renters can insure just their belongings. A new flood policy takes about 30 days to start, so ask your agent now.

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Family Plan and Storm Safety

Talk through this plan with everyone in your home before a storm comes.

Our family plan

- [ ] Every adult signed up for AlertMarin, with home, work and child care addresses (in English or Spanish)
- [ ] A meeting place near home, and one outside our neighborhood
- [ ] An out-of-area contact everyone can call
- [ ] Key phone numbers written on paper
- [ ] Two ways out of our home and neighborhood
- [ ] Where we will go if we must leave (family or friends)
- [ ] Our route to the hospital, and a backup route
- [ ] A plan for pets
- [ ] Our child care or school's storm plan
- [ ] Powered medical equipment? Sign up for PG&E Medical Baseline

Get your home ready

- [ ] Clear gutters and storm drains
- [ ] Move valuables, papers and electronics off the floor
- [ ] Get sandbags before the storm if water can reach your home
- [ ] Know where your gas and power shutoffs are; turn off gas only if you smell gas
- [ ] Take photos of your home and belongings
- [ ] Move your car to higher ground when flooding is forecast
- [ ] Renters: report leaks to your landlord now
- [ ] Test smoke and carbon monoxide alarms
- [ ] Report clogged storm drains to Public Works: (415) 485-3355

Before

- Check the forecast and tide times. Storms at high tide are the riskiest.
- Charge phones and power banks; fill your gas tank.
- Put sandbags in place.
- Keep your kit and documents by the door.

During

- Follow AlertMarin. Leave if told to evacuate.
- **Turn around, don't drown.** 6 inches of moving water can knock you down; 1 foot can sweep a car away.
- Stay away from downed power lines and creeks.
- Go higher, not to a basement or closed attic.

After

- Go home only when officials say it's safe.
- Keep children out of floodwater; it can carry sewage.
- Throw out food that touched floodwater.
- Take photos of damage; tell your landlord.
- Dry things out within 24–48 hours to stop mold.

Power out? Report it to PG&E at **1-800-743-5002**. Use flashlights, not candles. Never use a generator, grill or camp stove indoors; carbon monoxide can kill. Keep the fridge and freezer closed.

Sources: Ready.gov, CDC, City of San Rafael

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Safe Feeding in an Emergency

Feeding little ones during floods, power outages and evacuations.
Keep breastfeeding if you can — it's the safest way to feed a baby in a disaster.

How long is pumped breast milk safe?

4 hours	24 hours	4 days	6 months
On the counter (77°F or cooler)	In a cooler bag with frozen ice packs	In the refrigerator	In the freezer is best (up to 12 is OK)

Thawed milk: use within 1–2 hours once warm, or within 24 hours if kept in the fridge. **Never refreeze thawed milk.** Leftover milk: use within 2 hours after your baby finishes, then throw it out.

If the power goes out

- **Keep the fridge and freezer closed.** Fridge: about 4 hours. Full freezer: about 48 hours (24 if half full).
- **Frozen milk with ice crystals** can go back in the freezer.
- **Milk that thawed but still feels cold:** keep it cold and use it within 24 hours.
- **Opened or mixed formula:** throw it out if the power was off 4+ hours or the fridge is above 40°F.
- **No power for your pump?** Hand express or use a manual pump. Practice before a storm.

If you use formula

- **Ready-to-feed is safest,** especially for babies under 2 months, born early or with weak immune systems. Refrigerate once opened.
- **Powdered:** if tap water isn't safe, use bottled water or water boiled 1 minute. Mix while hot (about 5 min after boiling); cool before feeding.
- **Use mixed formula within 2 hours** (1 hour once feeding starts). Throw out leftovers.
- **Never water down formula.** Too much water can make your baby very sick.
- **Can't wash bottles?** Use disposable cups once.

Toddlers and older kids: pack store-bought baby food and snacks. After 4 hours without power, throw out fridge milk, meat, eggs, leftovers and cut produce.

When in doubt, throw it out.

Throw away food, formula, bottle nipples and pacifiers that touched floodwater. Nipples and pacifiers can't be cleaned safely.

Baby born early or in the NICU? Ask your care team about milk storage. Questions? PPSC: **(415) 320-6707** · Sources: CDC, FoodSafety.gov

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Keeping Little Ones Safe

Storm and power outage tips for families with children ages 0–5

Pack a go-bag for your little ones

- Diapers, wipes and cream for a week
- Ready-to-feed formula, bottles, nipples
- Water: 1 gallon per person a day, 3+ days
- Cooler bag, ice packs, manual pump
- Store-bought baby food and toddler snacks
- Disposable cups, bowls and spoons
- Medicines and copies of prescriptions
- Extra clothes, warm layers, a blanket
- A favorite toy or book for comfort
- Car seat in the car, and a baby carrier
- A recent photo of each child
- ID card with your phone number for each child
- Medi-Cal, WIC and vaccine cards, kept dry

When the power is out

- **Use flashlights, not candles.**
- **Never use a generator, grill or camp stove indoors.** Carbon monoxide can kill. Babies, young children and pregnant people are at higher risk.
- **Keep little ones warm** with layers and hats, and away from space heaters.
- **Medicine that needs a fridge?** Ask your pharmacist.
- **Report outages to PG&E:** 1-800-743-5002

Around floodwater

- **Keep children out of floodwater.** A small child can drown in inches of water, and it can carry sewage.
- **Keep children within arm's reach** near water.
- **Throw away pacifiers, teethers and soft toys** that touched floodwater. Clean hard plastic toys with bleach and water.
- **Wash hands** with soap and clean water before eating.
- **After the storm,** keep children away from wet, moldy areas, and don't let them help with cleanup.

Caring for feelings — theirs and yours

Young children feel our stress. Keep meals, naps and bedtime as normal as you can, hold them close, and explain things simply. Storms are hard on parents too.

PPSC Peer Support Line: (415) 727-7473 · National Maternal Mental Health Hotline (call or text 24/7, English & Español): **1-833-852-6262**

Get emergency alerts
Scan to sign up for AlertMarin, free:
emergency.marincounty.gov

Emergency? Call 911

Storm help, not an emergency: Marin County Sheriff **(415) 479-2311** or call **211**

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Evacuations and Road Closures

Know your zone, know what alerts mean, and plan more than one way out before a storm.

1. Know your evacuation zone

Every address in Marin has an evacuation zone. Scan the code or go to **protect.genasys.com** and type your address. AlertMarin alerts tell you which zones are affected.

Our family's zone: _____

2. What the alerts mean

Evacuation Warning

Danger may be coming. **Get ready to leave.** Leave now if you need extra time (small children, pets, health needs) or feel unsafe.

Evacuation Order

Danger now. **Leave right away.** This is a lawful order, and the area is closed.

Shelter in Place

Stay inside. Close and lock doors and windows. Wait for instructions. In a flood, go to the highest floor, not a closed attic.

3. Plan your way out

- **Know two ways out** of your neighborhood. The main road may be the first to flood.
- **Leave early,** before roads close. Flooding is worst when heavy rain meets high tide.
- **Check before you drive:** call 511 or see 511.org; for highways, quickmap.dot.ca.gov.
- **Never drive around a "Road Closed" sign** or into water. 6 inches of moving water can knock you down; 1 foot can sweep away a car.
- **Leave when told.** Routes and evacuation points are shared by AlertMarin and posted at emergency.marincounty.gov.

4. No car? Plan now

- **Ask family, friends or neighbors** now if they can drive you, and save their numbers on paper.
- **Car seats:** plan how you will bring your children's car seats.
- **Need help getting out?** Call 211 or text your ZIP code to 898211 for help with evacuation.
- **Trapped or in danger?** Call 911.
- **On foot?** Walk to higher ground and stay out of floodwater.

Check roads before you go.

Call **511** or scan for 511.org. Marin alerts, flooding and AlertMarin sign-up: emergency.marincounty.gov. The next two pages list roads that often flood in your area.

Sources: City of San Rafael, County of Marin, Ready.gov, Caltrans, 511.org, 211 Bay Area

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Flood Spots and Sandbags: San Rafael, Novato and Central Marin

These roads have flooded or closed in past storms and king tides. If you live or drive near them, plan another route and leave early.

Area	Roads that often flood	Free sandbags (County list)
San Rafael: Canal, Downtown, Santa Venetia	Canal: Bellam Blvd and Kerner Blvd (main routes to Hwy 101), Harbor St, Francisco Blvd. Downtown east of A St, around 2nd and 3rd St. Santa Venetia near Gallinas Creek. N. San Pedro Rd through China Camp.	Boro Community Center, 50 Canal St · Menzies lot, 1428 Mission Ave · Civic Center, 2 Peter Behr Dr · Peacock Gap Park lot, off Biscayne Dr
North San Rafael, Marinwood, Lucas Valley	Lucas Valley Rd / Smith Ranch Rd under Hwy 101. Hwy 101 between N. San Pedro Rd and Freitas Pkwy.	Terra Linda Community Center, 670 Del Ganado Rd · Civic Center, 2 Peter Behr Dr
Novato	Hwy 37 between Hwy 101 and Atherton Ave, and the ramps between Hwy 101 and Hwy 37 (Novato Creek).	Novato Corporation Yard, 550 Davidson St (Novato residents; 10 bags per household; fill your own)
San Anselmo and Fairfax	Downtown San Anselmo along San Anselmo Creek, including San Anselmo Ave and nearby streets. Fairfax: Creek Rd and streets along Fairfax Creek. **A flood siren means flooding is about to happen: go to higher ground or a higher floor.**	Sleepy Hollow Community Center, 1317 Butterfield Rd, San Anselmo · Bank St & Elsie Ln (next to the skate park), Fairfax
Ross, Larkspur, Kentfield, Corte Madera	Areas near Corte Madera and Ross creeks. Sir Francis Drake Blvd near Bon Air Center. Hwy 101 and Lucky Dr near Corte Madera Creek. Redwood Hwy at Greenbrae Boardwalk.	Piper Park, 250 Doherty Dr, Larkspur · College of Marin parking lot, Kentfield · Natalie Coffin Greene Park, Ross · Corte Madera Fire Station 14

All sandbag sites

Scan for the full County list. Bring a shovel. Some sites limit bags per household, and supplies can run out.

This is not a full list.

Any low road, creek crossing or underpass can flood. Check 511 before you drive, follow AlertMarin, and never drive into water.

Sources: County of Marin, City of San Rafael, City of Novato, Town of Fairfax, Ross Valley Fire, Caltrans, news reports 2014–2026

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Flood Spots and Sandbags: Southern and West Marin

These roads have flooded or closed in past storms and king tides. In some towns there is only one road out, so leave early.

Area	Roads that often flood	Free sandbags (County list)
Marin City and Sausalito	Donahue St and the Hwy 101 ramps in Marin City (pumps help, but it can still flood). Low streets near the Sausalito waterfront.	Marin City, 740 Drake Ave · MLK Jr. Park, 610 Coloma St · Sausalito Corps Yard, 530 Nevada St
Mill Valley and Tam Valley	Hwy 101 / Hwy 1 at Manzanita (Tam Junction), the Manzanita Park and Ride lot, and Shoreline Hwy. Miller Ave near Richardson Bay. Camino Alto at Miller Ave.	Hauke Park, 1 Hamilton Dr · Boyle Park, 71 Thalia St · Tamalpais CSD, 203 Marin Dr
Tiburon, Belvedere, Strawberry	Tiburon Blvd at Greenwood Cove Dr (the main road out). Paradise Dr, the only other way out, can flood too. Beach Rd in downtown Tiburon. Strawberry: Redwood Hwy frontage road near De Silva Island Dr, and the Seminary Dr park and ride.	Blackie's Pasture, Tiburon (only when big storms are coming) · Belvedere Community Center · W. Shore Rd · Lagoon Rd, Tiburon · Milland Dr fire road gate, Mill Valley (for Strawberry and Alto)
West Marin coast: Point Reyes, Olema, Inverness, Stinson, Bolinas	Hwy 1 between Olema and Point Reyes Station · Levee Rd (Point Reyes Station to Inverness Park) · Bear Valley Rd in Olema · Platform Bridge Rd · Calle del Arroyo near Hwy 1 in Stinson Beach.	Point Reyes Station, 4th & B St · Inverness Fire Station · Stinson Beach Fire Annex · Bolinas Fire Station, 100 Mesa Rd
San Geronimo Valley and Nicasio	Creek areas in Woodacre, Forest Knolls and Lagunitas (San Geronimo Creek), such as Castro St. Sir Francis Drake Blvd between Lagunitas and Olema.	Woodacre Station, 33 Castle Rock Ave · Nicasio Corp Yard, 5600 Nicasio Valley Rd

All sandbag sites

Scan for the full County list. Bring a shovel. Some sites limit bags per household, and supplies can run out.

This is not a full list.

Any low road, creek crossing or underpass can flood. Check 511 before you drive, follow AlertMarin, and never drive into water.

Sources: County of Marin, City of San Rafael, City of Novato, Town of Fairfax, Ross Valley Fire, Caltrans, news reports 2014–2026

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After the Storm: Getting Help

Stay safe, then ask for help. Some deadlines are short, so act soon.

1. Going home safely

- **Go home only when officials say it is safe.** Follow AlertMarin.
- **Keep children away from floodwater and mud.** Wash hands and toys; toss pacifiers it touched.
- **Take photos of all damage** before you clean up. Keep receipts.
- **Throw out food** that touched floodwater, or fridge food above 40°F for 4+ hours.
- **Never use a generator, grill or camp stove indoors.**

2. Replace lost food

- **CalFresh:** food lost in a power outage, flood or other disaster? Tell the County **within 10 days** to ask for replacement benefits. Call (877) 410-8817 (phone line closed Thursdays).
- **WIC:** lost WIC foods or formula? Call Marin WIC right away, (415) 473-6889. They may replace this month's benefits.
- **Free groceries:** call 211 or see sfmfoodbank.org/find-food.

3. Renters and repairs

- **Tell your landlord in writing** what is damaged. Keep copies and photos.
- Landlords must fix leaks, mold, no heat or water, and other unsafe problems.
- If a storm damaged your home, get legal help **before** you stop paying rent or move out.
- A landlord cannot evict you or raise rent to punish you for asking for repairs.
- **Free legal help:** Legal Aid of Marin (low-income residents), (415) 492-0230.

4. Take care of yourself

- Stress, worry and trouble sleeping are common after a disaster, for adults and for children.
- **PPSC Peer Support Line:** (415) 727-7473, during PPSC office hours.

Help is for everyone.

PPSC never asks about immigration status. We want every family to feel safe asking for help. Not sure where to start? Call 211, text your ZIP code to 898211, or call PPSC.

Sources: CDSS, CA WIC, Marin HHS, CDC, CA Attorney General, Legal Aid of Marin, 211

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Cleaning Up Safely After a Flood

Floodwater can carry sewage, chemicals and germs, so clean with extra care.

1. Before you go in

- **Go in only when officials say it is safe.**
- **If water reached outlets or the electric panel,** do not turn on the power. Have an electrician check first.
- **Smell gas?** Leave right away. Call 911, then PG&E at 1-800-743-5000.
- **Take photos and video** of damage before you clean.

2. Keep them out of cleanup

- **Children and babies.** Keep them somewhere else until the home is clean and dry.
- **Pregnant women**, and anyone with asthma, breathing problems or a weak immune system.
- Keep them away from wet, moldy rooms too.

3. Protect yourself

- Wear **rubber gloves and boots**, long sleeves and pants, plus an **N95 mask** and goggles around mold.
- Cover cuts. Keep floodwater out of wounds.
- Wash hands with soap and clean water often.
- Wash cleanup clothes apart from other laundry, in hot water.

4. Keep or throw away?

- **Throw away** things that soaked up floodwater: mattresses, pillows, carpet, stuffed toys, cardboard and paper.
- **Also throw away** food, medicine, pacifiers and bottle nipples that touched floodwater.
- **You can clean** hard things like glass, metal, ceramic and hard plastic.
- **Renters:** ask your landlord before removing carpet or walls.

5. How to clean and dry

- **Open doors and windows.** Use fans only if the power is safe.
- **Wash** hard surfaces with soap and clean water, then **disinfect** with 1 cup of bleach per 5 gallons of water.
- **Never mix bleach with ammonia** or other cleaners. It makes poison gas.
- **Dry everything within 24 to 48 hours** to stop mold.
- **Is your tap water safe?** Until officials say yes, use bottled water for drinking, cooking, formula and brushing teeth.

Mudslide warning signs

Heavy rain can make hillsides slide. Watch for new cracks in the ground or sidewalk; trees, fences or poles starting to lean; or a creek suddenly rising, dropping or turning muddy. **If you see these, leave right away.** Call 911 if anyone is in danger.

Sources: CA Dept. of Public Health, Cal OES / Listos California, CDC, EPA, PG&E, USGS

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PREPARE FOR FLOODS THIS WINTER



Sign up for emergency alerts. Follow local officials' instructions.

Plan for evacuation and **prepare to shelter in place.**

Stay away from fast-moving water. It's dangerous and can change without warning.

Turn around, don't drown! Don't walk, swim, or drive through floodwaters.

Move to higher ground. Don't get trapped in a basement or attic.

Consider flood insurance, your standard policies may not cover it.

For more information, visit **srfd.org/storms**

KEEP YOUR HOME SAFE

BY USING SANDBAGS TO REDUCE FLOOD DAMAGE

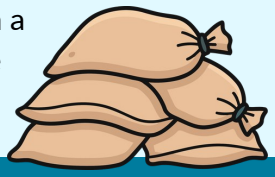
Why Use Sandbags

Place sandbags to redirect water or prevent water from entering under doorways and garage doors.

For more information and to watch an informational video on how to use sandbags, please visit srfd.org/storms or scan this QR code:

Filling Sandbags

Fill Level: 1/2 to 2/3 full (never more)
Why not fuller: Overfilled bags are stiff and won't mold together, leaving gaps for water to seep through.
Tying & Stacking: Tie bags high to increase flexibility. Leave enough unfilled space at the top so when you fold/tie it, the closure sits on top of the filled portion. Lay bags like bricks in a stepped pyramid, and fold the seams away from the water.



Sandbag Locations

Terra Linda Community Center: 670 Del Ganado Rd.

Menzies Parking Lot: Adjacent to the Falkirk Cultural Center, 1428 Mission Avenue

Peacock Gap Park: 699 Biscayne Dr. Parking Lot

Albert J. Boro Community Center: 50 Canal St.

For more information, visit **srfd.org/storms**

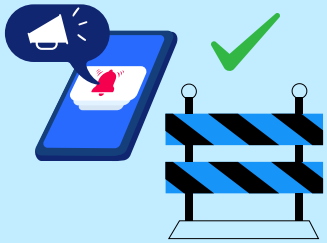
WHAT TO DO AND WHAT NOT TO DO DURING A FLOOD



Wear rain boots or waterproof footwear



Don't wear sandals or flip-flops



Stay informed and follow official alerts/warnings



Don't walk through flooded streets



Have an disaster kit or emergency go-bag



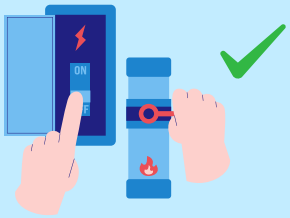
Don't drive through flooded areas



Shelter on higher floors if it's safe



Don't take shelter in basements or get trapped in attics



Disconnect electricity if there's a risk



Don't touch downed electrical wires



Keep children and pets safe



Don't ignore alerts or evacuation warnings



FLOOD
SAFETY TIPS

BEFORE



Stay informed. Sign up for emergency alerts.



Prepare an emergency kit.



Estalish evacuation routes and a family meeting point.



Clear gutters, storm drains, and leaves

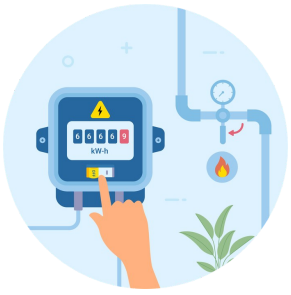


Consider flood insurance



Protect your property with sandbags

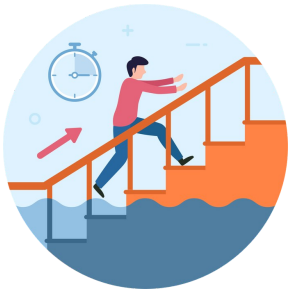
DURING THE FLOOD



Disconnect electricity and gas

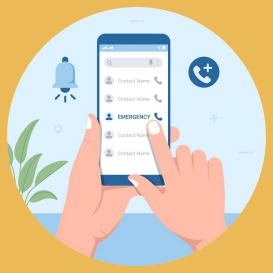


Do not walk or drive in flood waters



Get to higher ground or a higher floor

AFTER



Communicate to your family you are safe



When back home, clean and disfect surfaces and items

Stay Informed. Plan Ahead. To learn more, visit **srfd.org/storms**



WEATHER TOGETHER

Prepare Today. Protect Tomorrow.

El Niño is a climate pattern that can bring heavier rain and stronger winter storms to San Rafael.

What could **El Niño** mean for San Rafael?

- Power Outages
- Heavy Rainfall
- Downed Power Lines
- Flooding
- Mudslides and debris flows
- Road Closures

Prepare Before The Storm

Sign up for AlertMarin to receive emergency information and alerts. **emergency.marincounty.gov**

Prepare an emergency kit (enough for 3 days) and keep water, food, medications, and other essentials on hand.

Move your vehicle to higher ground as soon as you receive an AlertMarin alert or flooding is forecast.

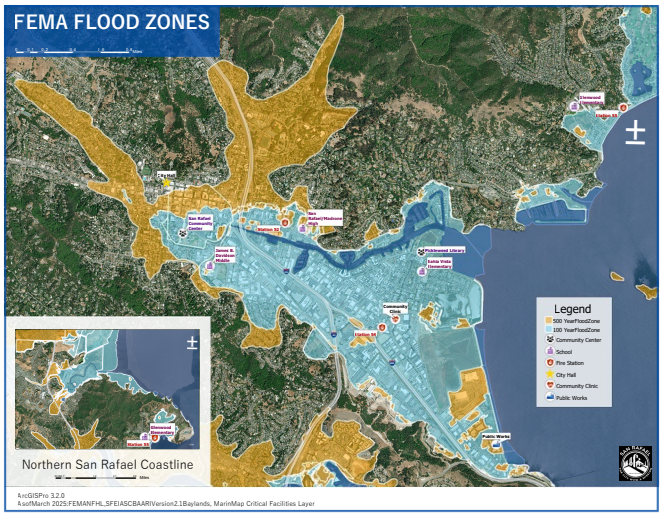
Have a plan for how you would evacuate and know the safe places closest to you, such as a higher floor or higher ground in your neighborhood.

Turn around, don't drown! Don't walk, swim, or drive through flooded areas.

Renters insurance typically does not cover flooding. **Consider a flood insurance policy.** Check that your auto insurance covers water damage.

El Niño Flooding Resources

Scan the QR code or visit **sanrafael.gov/el-nino** for city resources to help you prepare.



KNOW YOUR FLOODING ALERTS

Flood Watch

What:
Heavy rain is in the forecast and is expected to result in flooding. Issued for a large area.

Actions:
- Monitor weather forecasts.
- Review flood safety information.
- Make sure friends and family are aware of the upcoming flooding potential, and that they know how to stay safe!

Flood Advisory

What:
"Typical" or "common" flooding of:
- Urban areas with poor drainage
- Construction Zones
- Low water crossings
- Small creeks and streams

Actions:
- Beware of water on roadways.
- Never drive into flood waters, even if they appear shallow.
- Avoid drainage areas and creeks/streams that could rise rapidly.
- Minor flooding can become life-threatening with a bad decision.

Coastal Flood Advisory

What:
Minor coastal flooding is expected due to high tides, storm surge, or other coastal conditions. Low-lying coastal areas may be affected.

Actions:
- Avoid flooded roads and coastal areas.
- Never drive through flood waters.
- Move vehicles and belongings away from areas that may flood.
- Follow local alerts and road closures.

Flood Warning / Flash Flood Warning

What:
Flooding is occurring or is imminent. Rivers, streams, or low-lying areas are expected to overflow, threatening property and safety.

Actions:
- Take action now to protect life and property.
- Move to higher ground if you're in a flood-prone area.
- Avoid all flooded roads, don't drive or walk through them.
- Follow evacuation orders if issued.
- Stay tuned to local alerts for updates on rising water.

King Tide

What:
An unusually high tide is expected and may cause temporary flooding in low-lying coastal areas, even without heavy rain.

Actions:
- Avoid flooded roads, trails, and waterfront areas.
- Never drive through flood waters.
- Move vehicles and belongings away from areas that may flood.
- Check tide and weather conditions before traveling near the coast.

Know Your Flood Risk
- Check your property's flood risk using the **Marin County Natural Hazards Map**.
- Sign up for **AlertMarin** emergency alerts.
- Stay informed with **NWS Bay Area forecasts** and **NOAA tide predictions**.

Tips to Help Prepare Your Family and Property During High Tides



- [ ] **Sign Up for Alerts**
  Sign up for AlertMarin at **emergency.marincounty.gov** to stay informed.

- [ ] **Grab Sandbags Early**
  Pick up sandbags at Terra Linda Community Center, Menzie's Parking Lot (next to Falkirk Cultural Center), Peacock Gap Park, or Albert J. Boro Community Center.

- [ ] **Prepare in Advance**
  Put together an emergency kit and stock up on essentials before high tide so you're not stuck making trips once flooding sets in.

- [ ] **Make a Plan**
  Know your evacuation routes, where you'll go if your street floods, and how you'll get around if roads near you are closed.

- [ ] **Protect Important Documents**
  Keep ID, insurance papers, medical records, and prescriptions in a waterproof container.

- [ ] **Turn Around, Don't Drown!**
  Avoid flooded roads entirely. Even shallow water can stall a car or sweep you off your feet.

- [ ] **Clear Drains and Gutters**
  Clear your drains and gutters. Removing leaves and debris helps water drain faster instead of pooling.

- [ ] **Park on Higher Ground**
  Move your vehicle to higher ground. The A Street and C Street parking garages will be open during high tide events for free.

- [ ] **Check Your Flood Insurance**
  Check your insurance coverage. Standard homeowner's or renter's insurance usually doesn't cover flood damage, so look into a separate flood policy before storm season.

Stay Informed. Plan Ahead. To learn more, visit **srfd.org/storms**

The City of San Rafael is not responsible for loss, theft, or damage to vehicles or personal belongings. Vehicles left at owner's risk.

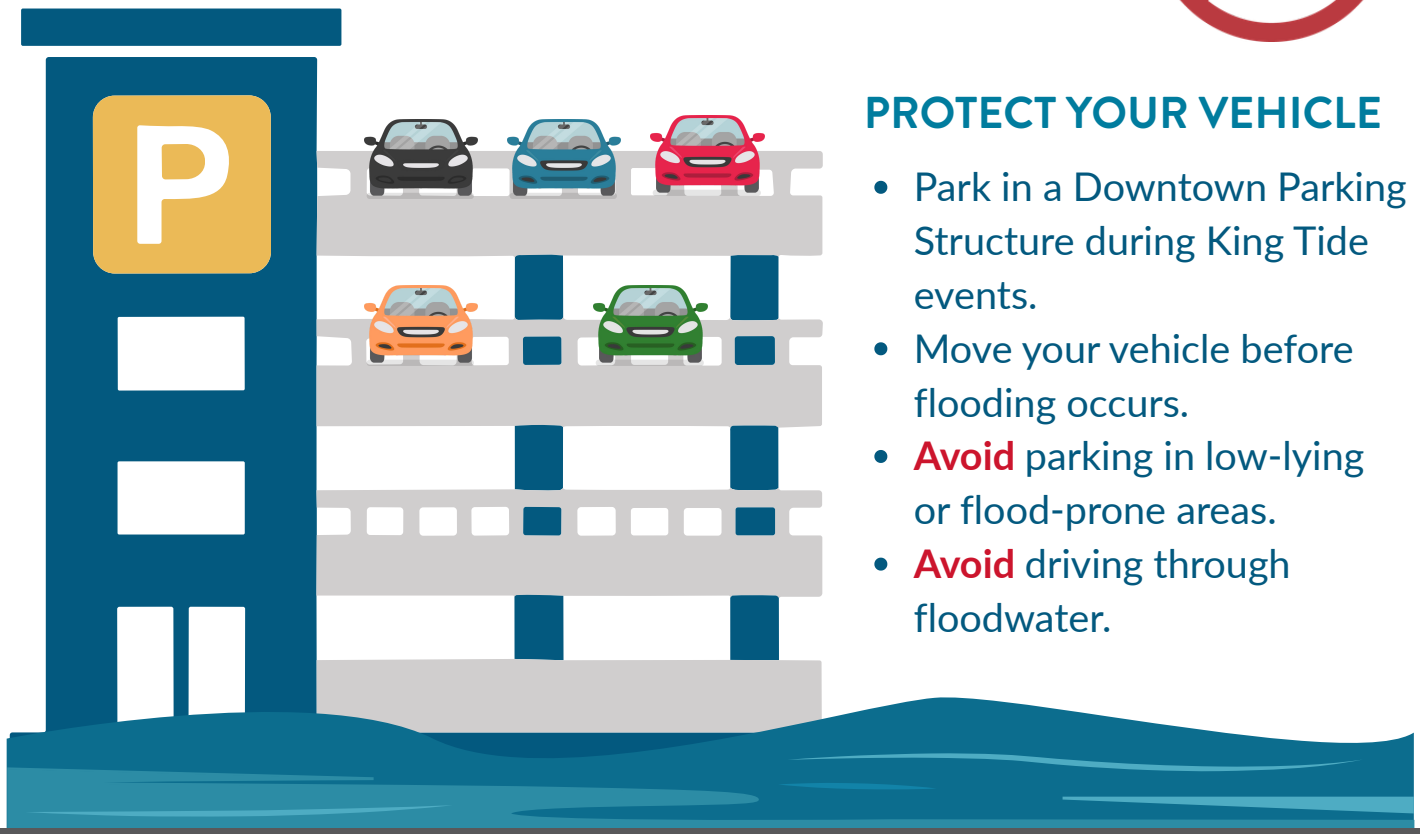
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MOVE YOUR VEHICLE. PREPARE FOR KING TIDES.

FREE PARKING DURING KING TIDE EVENTS

The Downtown Parking Structures on **A St./3rd St.** and **C St./3rd St.** will be open on 11/24-11/29 and 12/22-12/27 **FREE OF CHARGE** during designated King Tide events.





PROTECT YOUR VEHICLE

- Park in a Downtown Parking Structure during King Tide events.
- Move your vehicle before flooding occurs.
- **Avoid** parking in low-lying or flood-prone areas.
- **Avoid** driving through floodwater.

For more information, please visit **cityofsanrafael.org/storms**

AREA PRONE TO FLOODING



Before the Water Rises

STAY INFORMED
Monitor weather, flood warnings, and emergency alerts with AlertMarin.

MOVE YOUR VEHICLE
Park on higher ground before flooding begins.

PREPARE YOUR AREA
Get and place sandbags and clear debris from drains.

TURN AROUND, DON'T DROWN
Never drive, walk or swim through floodwater.

MOVE TO HIGHER GROUND
Know where to go if flooding threatens your area.

To learn more, visit
srfd.org/storms

Report Emergency Issues

- Downed trees, large branches or powerlines
- Blocked roadside storm drains or flooding
- Blocked access to roads, sidewalks, parks, or public pathways
- Traffic signal light out (completely off — not flashing to red)

Monday to Friday 7:00 am – 4:00 pm call Public Works at **415-485-3355**

After hours, call SRPD Dispatch (24/7): **415-485-3000**

*To report a downed powerline, call PG&E at **1-800-743-5002**

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Phone Numbers and Resources

Keep this page on your fridge. Scan a code with your phone's camera to open the website.

Emergencies and storm help

Life-threatening emergency	**911**
Marin County Sheriff, non-emergency (24/7)	**(415) 479-2311**
County Public Works, weekdays (unincorporated Marin; or FixItMarin app): flooding, mudslides, fallen trees. After hours: (415) 473-7513	**(415) 473-6530**
San Rafael Public Works (Mon–Fri 7 am–4 pm)	**(415) 485-3355**
San Rafael Police Dispatch, after hours (24/7)	**(415) 485-3000**
PG&E power outages (24/7)	**1-800-743-5002**
Storm info and sandbags (24/7, interpreters)	**211**
Road closures and traffic	**511**

Support for your family

Postpartum Support Center: sandbag delivery and preparedness help	**(415) 320-6707**
PPSC Peer Support Line	**(415) 727-7473**
National Maternal Mental Health Hotline (call or text 24/7, English & Spanish)	**1-833-852-6262**
Postpartum Support International HelpLine (not a crisis line; press 1 for Spanish)	**1-800-944-4773**

King tide dates

Expect very high tides and street flooding in low areas:
Nov 24–26 · Dec 22–25, 2026 · Jan 20–23, 2027

Free parking during king tides

Downtown garages at A St./3rd St. and C St./3rd St. are free **Nov 21–29 and Dec 22–27**. Move your car before flooding starts. January dates: check cityofsanrafael.org/storms.

AlertMarin
sign up for alerts

PPSC sandbag
delivery request

City of San Rafael
storm info and sandbags

Marin County
live alerts, flooding: emergency.marincounty.gov

Flood risk map
County hazard areas

How PPSC can help: free sandbag delivery (scan the code above) and help getting your family ready before a storm. PPSC is not an emergency service. **In an emergency, call 911.** For storm help, call the County or City numbers above, or 211.

POSTPARTUM Support Center

Made possible with support from

COASTAL QUEST Building Resilient Communities

MARIN COMMUNITY FOUNDATION