

# FLOODING, STORMS & PALA



## TURN AROUND! DON'T DROWN!

In San Diego County, the drying that is projected with increased drought intensity and longer seasonal dry periods is offset with a projected increase in the wettest days.



## EXTREME RAINFALL

events are becoming increasingly frequent and severe as a result of climate change.



## PALA'S HIGH-RISK HEALTH IMPACTS

- Storm and flooding-related injury and death
- Illness due to inability to access critical health services (from damage to roads, power, telecommunications, hospitals)
- Carbon monoxide poisoning (e.g. from generators during a power outage)
- Mental health impacts including post-traumatic stress, depression, anxiety and grief
- Infections due to contact or ingestion of pathogens in contaminated water
- Drinking water supply interruption
- Short or long-term relocation
- Lost work, school, or business days
- Illness due to mold infestation
- Illness and death caused West Nile Virus and Zika

Storms will be less frequent and occasionally stronger. Greater drought conditions and lower soil moisture lead to flash floods along rivers and creeks in inland areas, as well as mudslides and landslides, especially in areas recently affected by wildfire.

## WHAT IS PALA DOING TO ADAPT AND PREPARE?

- Develop tribal transportation resilience plan to evaluate, strengthen and expand infrastructure (roads, bridges, etc.) and systems (transit)
- Install, reengineer or conduct preventative maintenance on retaining walls, drainage systems, water storage tanks, stormwater retention basins, culverts, storm systems, porous surfaces etc.
- Increase urban forestry, tree, landscapes and other green infrastructure to reduce stormwater runoff and increase heat resilience and increase tree canopy. Expansion and management of Pala's natural infrastructure such as healthy watersheds and soils can build local resilience by improving soil water-holding capacity and reducing flooding and erosion.



## TIPS FOR STAYING SAFE DURING STORMS AND FLOODING

- Follow directions from local officials regarding evacuation, shelters and safe drinking water advisories
- Avoid driving through flooded roads
- Avoid contact with floodwater and disinfect everything that has touched floodwater
- [Create your own emergency supply kit](#)
- [Learn about the National Flood Insurance Program \(NFIP\) Flood Smart – Flood Facts](#)
- Check on elders and other vulnerable neighbors
- Don't forget your pets!
- Take advantage of medical and emotional care services
- Engage in healthy coping behaviors and seek comfort in community events following a weather-related disaster
- [Set up a family Evacuation Plan](#)
- [Follow Pala Environmental Department on Facebook for climate updates and information](#)
- [Sign up for San Diego County's Alert System](#)