

Preparing Your Family for Emergencies:

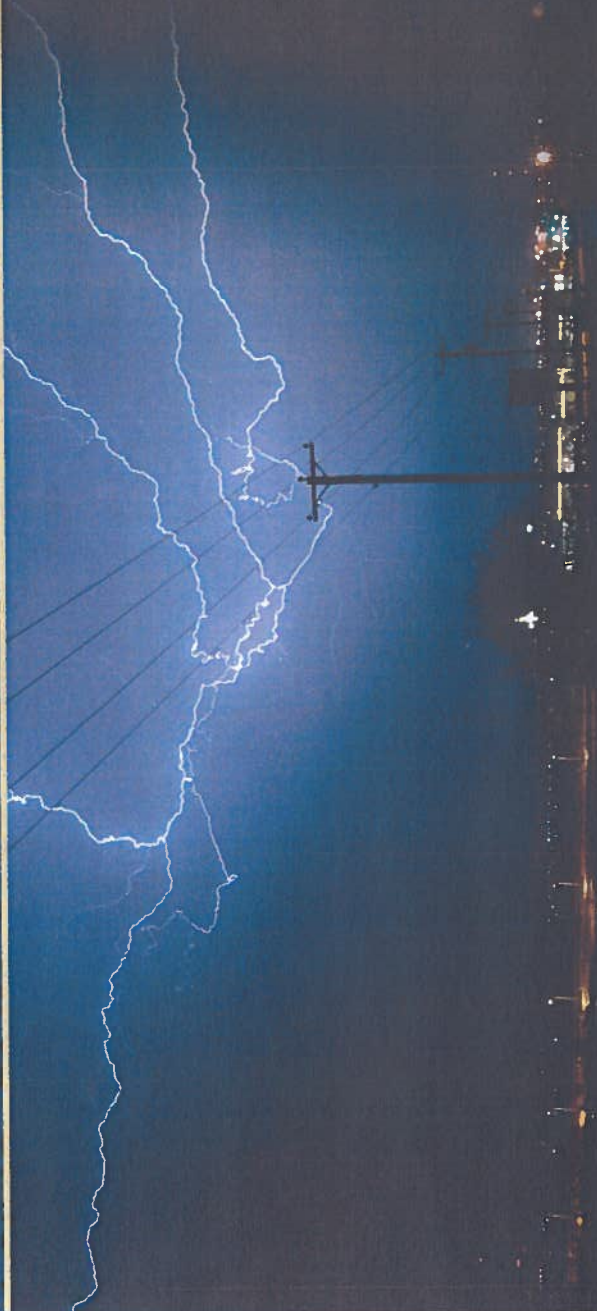
A Step-by-Step Guide

A circular logo with the number '72' in a large font and the word 'HOURS' in a smaller font below it, all in white on a dark background.

72
HOURS

IS YOUR FAMILY
PREPARED?

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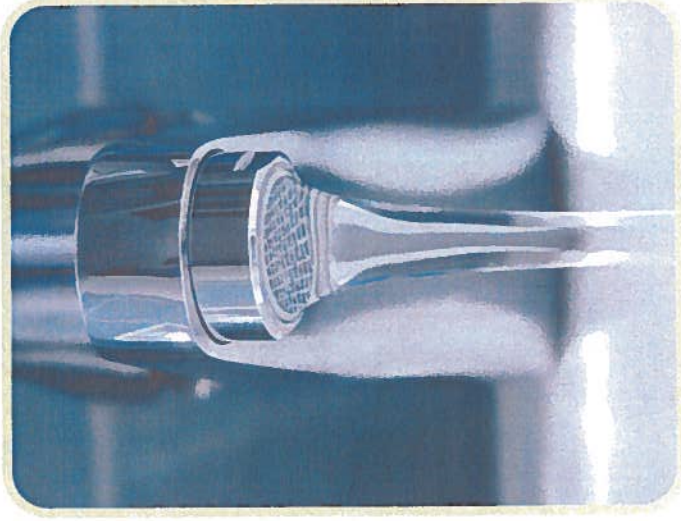
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IS YOUR FAMILY
PREPARED?

Have you ever thought about how to prepare for an emergency?

How would you:

- Look after your family for 72 hours?
- Cope without power or tap water?
- Contact your family and receive information?



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Fast fact:

- Although the majority of Canadians believe that having an emergency plan and emergency kit are important, *only a small minority* have actually created them



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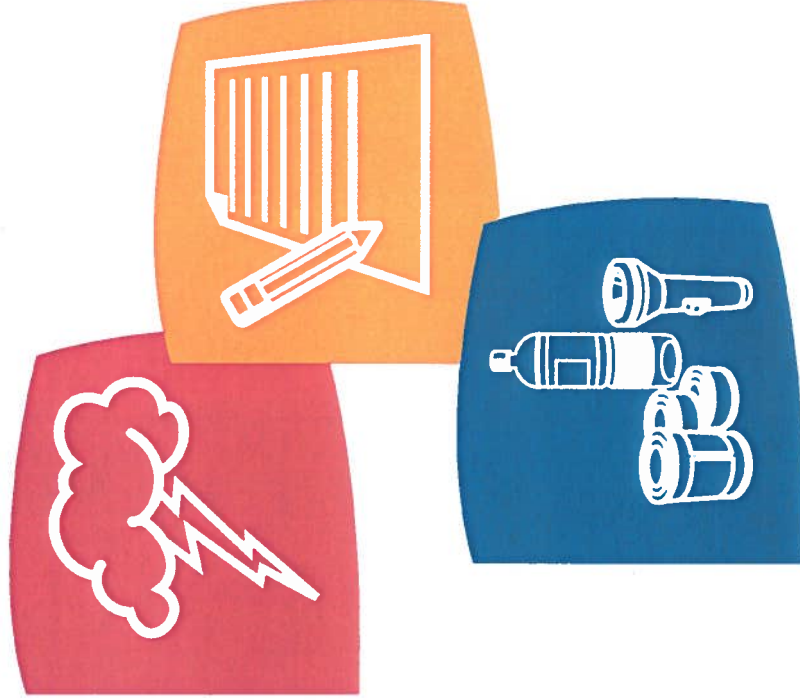


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Learn the three steps to getting prepared:

- Know the risks
- Make a plan
- Get a kit



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Common misconceptions:

- Most emergencies are short-lived
- I won't ever have to deal with an emergency where I live
- There are a lot of emergencies I just can't prepare for
- Preparing takes too much time



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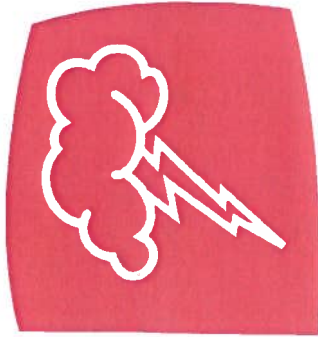


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STEP 1

Know the risks Know your region

The consequences of emergencies can be similar, but knowing the risks in your region can help you better prepare.



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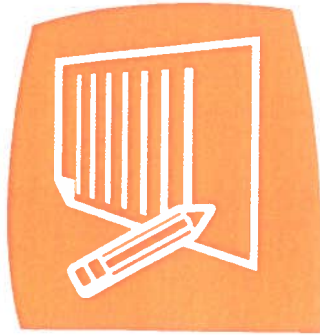


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STEP 2

Make a plan

You aren't prepared — until you make a plan.

- Use your *Emergency Preparedness Guide* as an outline
- Photocopy your plan
- Keep copies of your plan in safe and memorable places



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STEP 2
Make a plan

Taylor family: floor plan

- Emergency exits
- Designate a family meeting area
- Escape routes from neighbourhood
- Ensure help for people with disabilities



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STEP 2
Make a plan

Jane & Bobby Taylor's plan

- School's emergency policies
- Updated contact information
- Designate contact persons and make sure your children know how to get in touch with them



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STEP 2 Make a plan

Special needs plan

- Health information card
- Grab-and-go bag with medication, prescriptions, medical documents
- Ensure walkers, oxygen tanks and other emergency supplies
- Personal support network



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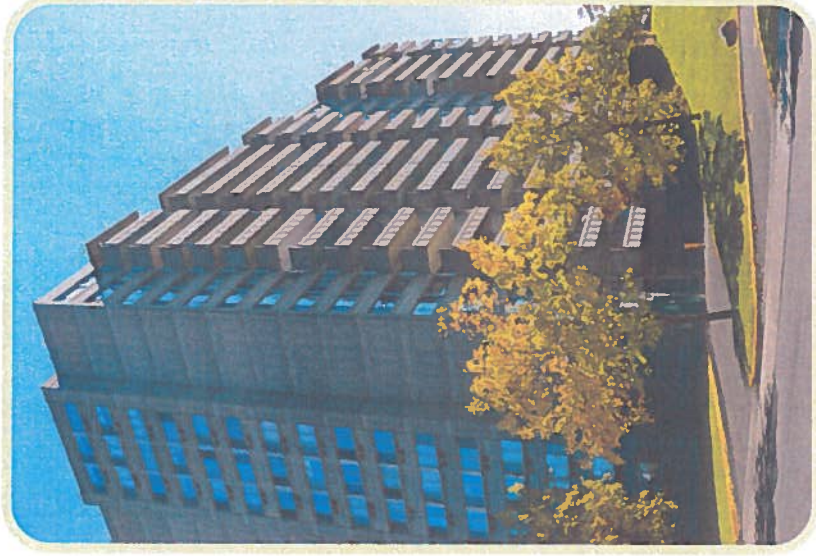
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STEP 2
Make a plan

Plan for high-rise residents

- Evacuation plan
- Know your exits
- Extra water in case of power outage



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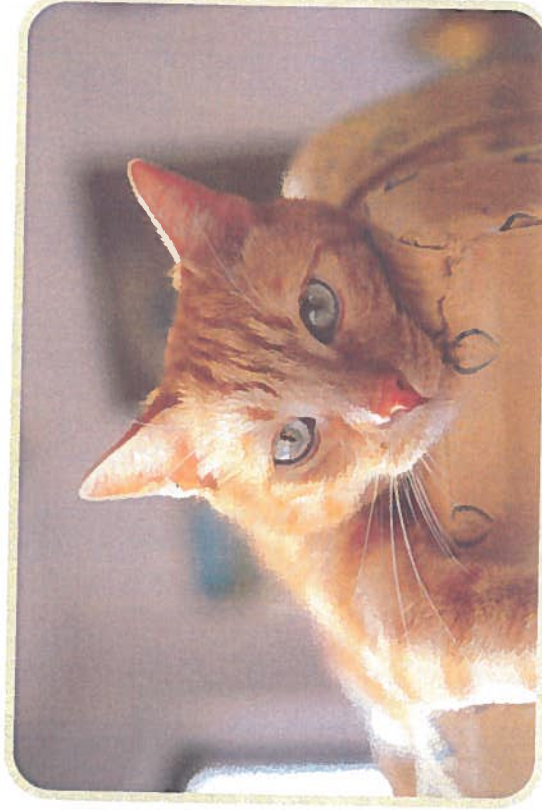
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STEP 2
Make a plan

Max's plan

- Location of "pet-friendly" shelters/hotel
- Extra pet food and water in emergency kit
- How will you transport your pets?



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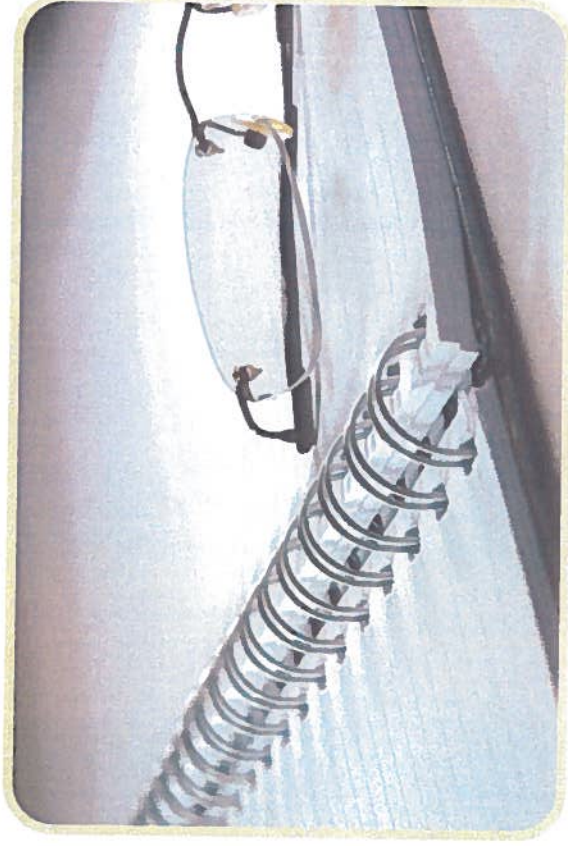
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STEP 2 Make a plan

Other helpful hints:

- Choose an out-of-town contact person
- Make arrangements through friends or cultural centres
- Practice your plan!
- Review your plan once a year



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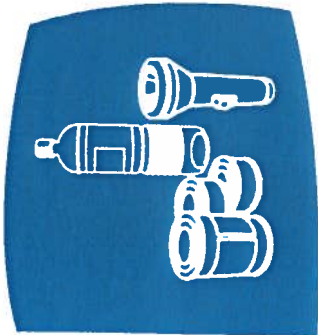
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STEP 3

Prepare a kit

To prepare for an emergency that could last 72 hours or more, what would you put in a kit?



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72 HOURS

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IS YOUR FAMILY PREPARED?



STEP 3 Get a kit



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Pre-packaged kits:

- St. John Ambulance and The Salvation Army kits are available for purchase at www.sja.ca or from retailers across Canada
- Canadian Red Cross kits are available at www.redcross.ca



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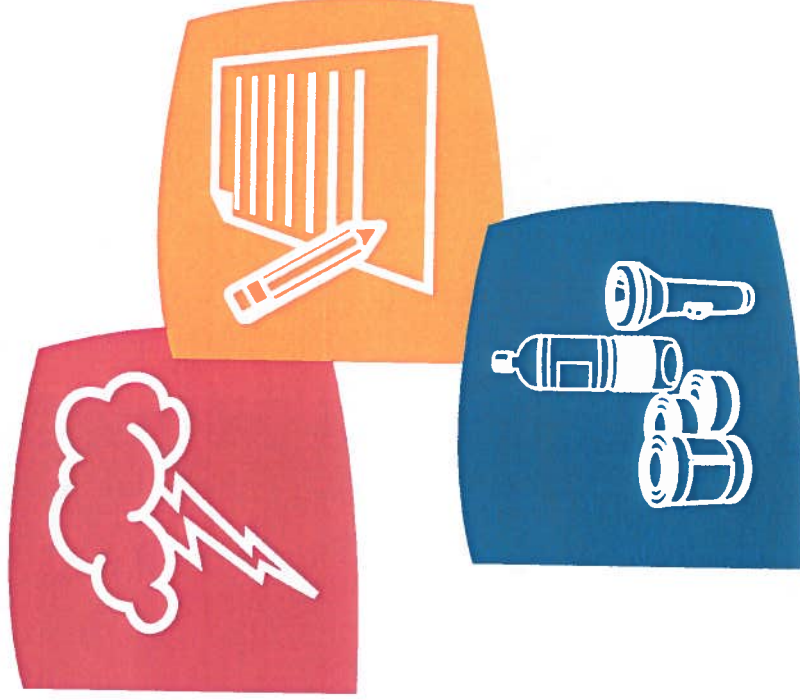


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Three steps to getting prepared:

- Know the risks
- Make a plan
- Get a kit



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Prepare now!
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1 800 O-Canada

- Environment Canada Weather Office: weatheroffice.gc.ca
- Safe Canada: safecanada.ca
- Canadian Red Cross: redcross.ca
- St. John Ambulance: sja.ca
- The Salvation Army: salvationarmy.ca



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You can buy an emergency kit online and in stores across Canada. St. John Ambulance and The Salvation Army have prepared an emergency kit which can be purchased at www.sja.ca or at retailers across Canada. Canadian Red Cross kits can be purchased at www.redcross.ca.

For more information call:
1 800 O-Canada (1-800-622-6232)
TTY 1-800-926-9105

...or buy one

- Emergency plan** — include a copy in your kit as well as contact information
- Cash** — include smaller bills, such as \$10 bills and change for payphones
- Extra keys** for your car and house
- Special needs items** — pet food, prescription medications, infant formula or equipment for people with disabilities
- First aid kit** (and extra batteries)
- Wind-up or battery-powered radio** (and extra batteries)
- Wind-up or battery-powered flashlight** (and extra batteries)
- Manual can opener** (a year)
- Food** that won't spoil, such as canned food, energy bars and dried foods (replace once a year)
- Water** — two litres of water per person per day (include small bottles)

Basic emergency kit shopping list:

Assemble one...

- Two additional litres of water per person per day for cooking and cleaning
- Candles and matches or lighter (place in sturdy containers and do not burn unattended)
- Change of clothing and footwear for each household member
- Sleeping bag or warm blanket for each household member
- Toiletries
- Hand sanitizer
- Toilet paper
- Utensils
- Garbage bags
- Household chlorine bleach or water purifying tablets
- Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, pocket knife)
- Small fuel-operated stove and fuel
- Whistle (to attract attention)
- Duct tape

Consider these additional emergency kit supplies...

Get an emergency kit
Start today!

