

# Plan. Prepare. Protect.

Emergency Preparedness Week (May 2–8, 2010) is Canada’s annual national event to increase awareness about individual preparedness.

Are you prepared for an emergency? Four steps will better prepare you to face any emergency:

- **Know** the risks
- **Plan** for an emergency
- **Prepare** an emergency kit
- **Protect** in case of an emergency

## **Know the Risks**

Knowing the risks in your region can help you to prepare better for them. Across Canada, we face a number of hazards. Some of these risks may be relevant to your community:

- Blizzards
- Droughts
- Earthquakes
- Extreme cold or heat waves
- Floods
- Hurricanes
- Landslides or avalanches
- Power outages
- Winter storms
- Tornadoes
- Tsunamis or storm surges
- Wild fires

## **Plan for an Emergency**

Every Canadian household needs an emergency plan. It will help you know what to do in case of an emergency. All you need is 20 minutes.

Your family may not be together when an emergency occurs, so plan how to meet or contact one another and discuss what to do in different situations.

Use the following pages to help create your plan. Keep your plan in an easy-to-find place (with your emergency kit).

### **Household plan**

#### *Emergency exits*

- Create a floor plan of your home that shows all possible exits from each room.
- Plan a main exit route and alternate exit route from each room.
- If you live in an apartment, use the stairs instead of elevators. If you cannot use the stairs, notify emergency personnel ahead of time.
- Create several evacuation routes from your neighbourhood if you need to leave in a hurry.

### *Meeting places*

- Identify safe places to meet if you cannot go home or you need to evacuate.

### *Children*

- Ask your children's school or daycare about their emergency plans and how they will contact families during an emergency.
- Find out what policy the school or daycare requires to release your children to a designated person if you can't pick them up.
- Provide the school or daycare with contact information for parents, caregivers and designated persons.

### *Pets*

- Prepare to take your pets with you to the home of a relative or friend, or identify pet-friendly hotels or pet boarding facilities in your area and away from home.

### *Special health needs*

- Establish a personal support network of friends, relatives, health-care providers, co-workers and neighbours who understand your needs.
- Details to include:
  - Accommodation needs
  - Insurance information
  - Allergies and medical conditions
  - Emergency contacts for medication
  - Family medical history
  - Recent vaccinations
  - Health screenings and surgeries
- Keep a copy of this information in your emergency kit and provide a copy to your personal support network.
- Ask your doctor about preparing a grab-and-go bag with a two-week supply of medication and medical supplies. Include prescriptions and medical documents.

### *Safe home instructions*

- Make sure you have a working carbon monoxide detector, smoke alarm, fire extinguisher and first aid kit.
- If you live in an apartment or are staying in a hotel, know where the fire alarms and emergency exits are located.
- Everyone should know where to find the fire extinguisher. All adults and older children should know how to use a fire extinguisher.
- Older children and adults should know how to turn off your home's water, electricity and gas. Make signs pointing out water and gas shut-offs as well as the location of the breaker panel or fuse box.
- Teach children how and when to dial 9-1-1 as well as how to call the designated out-of-town contact.

## **Prepare an Emergency Kit**

In an emergency, you will need basic supplies, as you may have to get by without power or tap water. Be prepared to be self-sufficient for at least 72 hours.

Make sure your kit is organized and easy to find. Would you be able to find your *Energizer Weather Ready flashlight* in the dark?

Keep your emergency kit in a backpack or duffle bag in an easy-to-reach, accessible location. If you have many people in your home, separate supplies in several backpacks.

### *Basic emergency kit*

- Water (2 litres of water per person per day)—include easy-to-carry bottles
- Food that won't spoil (canned food, energy bars, dried foods)—replace yearly
- Manual can-opener
- *Energizer Weather Ready flashlight* (and extra *Energizer batteries*)
- First aid kit
- Extra car and house keys
- Cash in small bills and change
- Copy of emergency plan and contact information
- Prescription medication, infant formula, equipment for people with disabilities, food, water and medication for pets or service animal (as per your needs)
- Copies of birth and marriage certificates, passports, licences, wills, land deeds and insurance
- Photos of family members

### *Recommended additional items*

- Two litres of water per person per day for cooking and cleaning
- Candles and matches or lighter
- Change of clothing and footwear
- Sleeping bag or warm blanket
- Toiletries
- Hand sanitizer
- Utensils
- Garbage bags
- Toilet paper
- 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 (to tape windows, doors, air vents, etc.)

Your *Energizer Weather Ready flashlight* is your safety beacon!

Whatever the emergency, your *Energizer Weather Ready flashlight* will help you to light the way. Take care of your flashlight and it will help you to take care of yourself and your family. Follow these Energizer Weather Ready flashlight safety tips.

- Keep a flashlight in easy-to-find and easy-to-access locations wherever you need one—the kitchen, the bedroom nightstand, a hallway closet, your office, your car and your emergency kit.
- Always keep spare Energizer batteries in a drawer or closet where you can always find them.
- Check your flashlight batteries annually to make sure that they are still fresh.
- Clean and inspect your flashlight annually. Put in fresh Energizer batteries and make sure that it lights properly.

## **Protect in Case of an Emergency**

*In an emergency*

- Follow your emergency plan.
- Get your emergency kit.
- Make sure you are safe before assisting others.
- Listen to the radio or television for information from authorities.
- Stay put until all is safe or you are ordered to evacuate.

*Evacuation orders*

- Authorities will not ask you to leave your home unless they have reason to believe you may be in danger.
- If you must evacuate, take your emergency kit, wallet and personal identification for each family member and copies of essential family documents. Bring a cell phone and spare battery or charger. Use travel routes specified by authorities.
- If you have time, get in touch with your out-of-town contact to let them know where you are going and when you expect to arrive. Call them when you've arrived. Tell them if family members have become separated.
- Leave a note telling others when you left and where you are. Shut off water and electricity if officials tell you to do so.
- Leave natural gas service on unless officials tell you to turn it off. If you turn off the gas, the gas company has to reconnect it. In a major emergency, it could take weeks for a professional to respond.
- Take pets with you. Lock your home. Follow instructions from authorities.
- If you go to an evacuation centre, register your personal information. Do not return home until authorities advise that it is safe to do so.