

# Three Steps to

If an emergency happens in your community, it may take emergency workers some time to get to you. You should be prepared to take care of yourself and your family for a minimum of 72 hours. By taking a few simple steps today, you can become better prepared to face a range of emergencies – anytime, anywhere.

## *Emergency* Preparedness

### 1. KNOW THE RISKS

Although the consequences of various disasters can be similar, knowing the risks in your region can help you better prepare. Across Canada, we face a number of hazards, such as earthquakes in British Columbia, blizzards in Nunavut and tornadoes in Ontario. In addition to natural disasters, there are other types of risks, such as power outages and industrial or transportation accidents.

Find out the risks most likely in your community by visiting the 'Know the risks' section from the [GetPrepared.ca](http://GetPrepared.ca) website or by calling 1 800 O-Canada to obtain our Natural Hazards map.

### 2. MAKE A PLAN

Every Canadian household needs an emergency plan. It will help you and your family know what to do in case of an emergency.

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

It only takes 20 minutes to complete a personalized plan online. You can then print it out. Most of this information can be filled out on your own. You may need to get some information from your municipality.

To complete your emergency plan online, visit the 'Make an emergency plan' page from the [GetPrepared.ca](http://GetPrepared.ca) website.

To fill out your home emergency plan, you will need to think about the following:

Safe exits from home and neighbourhood

Meeting places to reunite with family or roommates

Designated person to pick up children should you be unavailable

Contact persons close-by and out-of-town

Special health needs

Place for your pet to stay

Risks in your region

Location of your fire extinguisher, water valve, electrical box, gas valve and floor drain

Keep this document in an easy-to-find, easy-to-remember place

(for example, with your emergency kit). Photocopy your plan

and keep it in your car and/or at work.

### 3. GET AN EMERGENCY KIT

In an emergency you will need some basic supplies. You may need to get by without power or tap water. Be prepared to be self-sufficient for at least 72 hours. Make sure your kit is easy to carry and everyone in the household knows where it is. Keep it in a backpack, duffle bag or suitcase with wheels, in an easy-to-reach, accessible place, such as your front-hall closet.

## Basic emergency kit

Water – at least two litres of water per person per day. Include small bottles that can be carried easily in case of an evacuation order

Food that won't spoil, such as canned food, energy bars and dried foods

(Replace food and water once a year).

Manual can opener

Wind-up or battery-powered flashlight (and extra batteries)

Wind-up or battery-powered radio (and extra batteries)

First aid kit

Extra keys to your car and house

Some cash in smaller bills, such as \$10 bills and change for payphones

A copy of your emergency plan and contact information

Special items such as prescription medication, infant formula, equipment for people with disabilities or food, water and medication for your pets or service animal (personalize your kit according to your needs)



## Recommended additional items

Two additional litres of water per person per day for cooking and cleaning

Candles and matches or lighter (place candles 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

Utensils

Garbage bags

Toilet paper

Household chlorine bleach or water purifying tablets

Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, dust mask, pocket knife)

Small fuel operated stove and fuel (follow manufacturer's directions and store properly)

A whistle (in case you need to attract attention)

Duct tape (to tape up windows, doors, air vents, etc.)

## Check your kit once a year

to ensure contents are up to date. **Re-stock** as needed.

To order this publication in alternate formats (audio, Braille, large print, diskette, CD) call, Monday to Friday, 1 800 O-Canada (1-800-622-6232) | TTY: 1-800-926-9105. Public Safety Canada also publishes a more detailed guide on emergency preparedness that you can obtain by visiting [www.GetPrepared.ca](http://www.GetPrepared.ca) or by calling the number previously mentioned.

**GetPrepared.ca** | 1 800 O-Canada (1-800-622-6232)

TTY: 1-800-926-9105