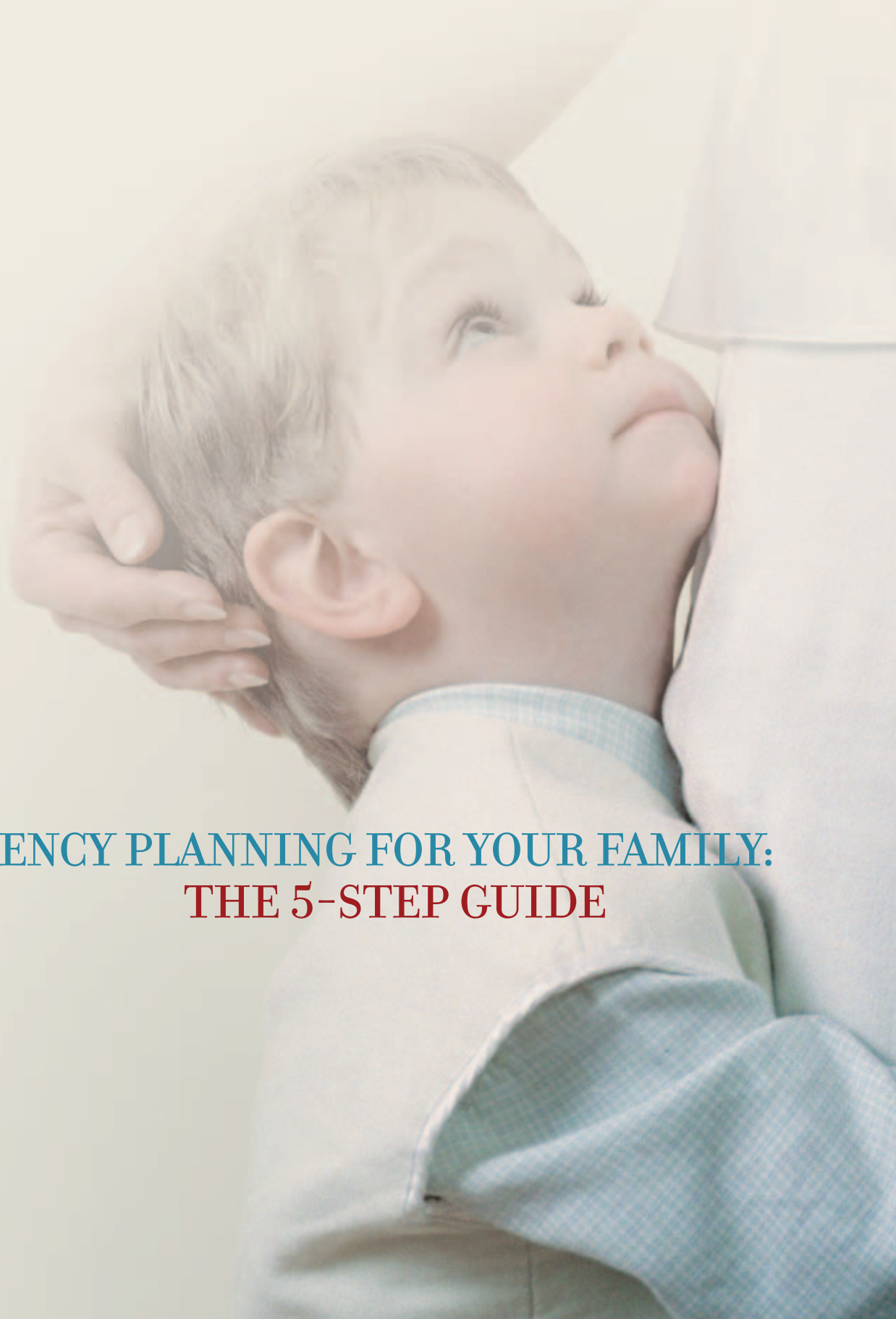




Public Safety and Emergency  
Preparedness Canada

Sécurité publique et  
Protection civile Canada



## EMERGENCY PLANNING FOR YOUR FAMILY: THE 5-STEP GUIDE

Canada 

## EMERGENCY CONTACT WALLET CARDS

MAKE SURE EACH MEMBER OF YOUR FAMILY HAS A COPY OF THIS CARD.

EMERGENCY CONTACT INFORMATION	EMERGENCY CONTACT INFORMATION
<p><b>Out-of-area contact name:</b> _____ Address: _____ Telephone: _____ E-mail: _____</p> <p><b>Temporary accommodation:</b> _____ Address: _____ Telephone: _____</p>	<p><b>Out-of-area contact name:</b> _____ Address: _____ Telephone: _____ E-mail: _____</p> <p><b>Temporary accommodation:</b> _____ Address: _____ Telephone: _____</p>
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Each year, thousands of Canadian families face emergency situations that could change their lives forever. Don't be caught off-guard.

**PREPARE NOW! HERE'S HOW...**

## 1 IDENTIFY THE RISKS

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Knowing the risks will help you better plan for them. You may find it helpful to prepare a list of the risks you are most likely to face and think about how they might affect your family.

Here are some possibilities to consider:

### NATURAL PHENOMENA

- Floods
- Earthquakes
- Tsunamis and storm surges
- Tornadoes, hurricanes and blizzards
- Hail and lightning
- Landslides and avalanches
- Freezing rain storms

### TECHNOLOGICAL FAILURES OR DELIBERATE ACTS

- Power outages
- Toxic chemical spills or fumes
- Terrorism, explosions
- Biological, radiological  
or nuclear incidents

"It was really eerie.  
After the shaking stopped, it went silent."

You can find out about the most common risks in your region by consulting the *Canadian Disaster Database* and the *Natural Hazards of Canada* map at [www.psepc.gc.ca](http://www.psepc.gc.ca) on the Internet.

**Here's a tip** ▶ Does your insurance policy cover all the dangers that you might encounter? If you have doubts, call your agent and ask about each possible situation on your list of risks.

## FAMILY EMERGENCY PLAN FOR:

Remember that the objective of a family emergency plan is to be prepared to be self-sufficient for a minimum of 72 hours

### Out-of-area contact

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

#### Telephone

(Home) \_\_\_\_\_

(Work) \_\_\_\_\_

(Cell) \_\_\_\_\_

E-mail \_\_\_\_\_

### Temporary accommodation

Location \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail \_\_\_\_\_

## FAMILY INFORMATION

Name	Date of birth	Medical information	Usual weekday location	Main family residence
1. _____	_____	_____	_____	Address _____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	Telephone _____
4. _____	_____	_____	_____	Telephone _____
5. _____	_____	_____	_____	E-mail _____
6. _____	_____	_____	_____	_____

_____ 's workplace	_____ 's workplace	_____ 's workplace
Address _____	Address _____	Address _____
Telephone _____	Telephone _____	Telephone _____
E-mail _____	E-mail _____	E-mail _____

_____ 's school	_____ 's school	_____ 's school
Address _____	Address _____	Address _____
Telephone _____	Telephone _____	Telephone _____
E-mail _____	E-mail _____	E-mail _____

## OTHER IMPORTANT NUMBERS

Post important numbers near your telephone or program them into your cell phone

Police: _____	Ambulance: _____	Fire: _____	Doctor: _____	Insurance: _____
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GIVE A COPY OF THIS PLAN TO EACH MEMBER OF YOUR FAMILY, YOUR EMERGENCY CONTACT, YOUR CHILDREN'S SCHOOL, ETC.

# 2

## PREPARE YOUR FAMILY EMERGENCY PLAN

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It's important to have a family emergency plan in place before disaster strikes. To prepare your plan, choose:

- An out-of-area contact, someone each member of the family can call or e-mail in case of an emergency. This person can help family members stay in touch and get together if they are separated. Be sure to pick someone who is far enough away so as not to be affected by the same situation.
- Temporary accommodation, such as a friend's place or hotel, where you can stay for a few days in case you are evacuated. This may also be where you decide to meet if you are separated during a disaster. When choosing your shelter, remember that bridges may be out and roads may be blocked. Don't forget to plan for your pets – they are not always welcome in emergency shelters or hotels.

Enter your out-of-area contact and temporary accommodation information into the family emergency plan template. It only takes a minute! Then print out the plan and give a copy to each member of your family, your out-of-area contact, your children's school (possibly their usual sports facilities as well – arena, pool, etc).

Post important numbers near your telephone  
or program them into your cell phone.

**Here's a tip** ▶ In case of a tornado, house fire or other unexpected incident, each member of the family should know what to do, step-by-step, in case you need to leave your home quickly. Practice your emergency home evacuation plan at least once a year, particularly if you have young children.

## 3

## ASSEMBLE YOUR EMERGENCY KITS

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Having essential items at hand will be a great comfort in an emergency. Many stores stock first aid kits for the home, trips, cars, outdoors, etc. You can also make your own. Here are some other examples of basic emergency kits.

### BASIC EQUIPMENT

- Small fuel-driven stove and fuel (follow the manufacturer's directions and store them properly)
- Waterproof matches, plastic garbage bags, duct tape and paper towels
- Disposable plates and glasses, knives, forks, spoons, manual can-opener and bottle opener

**Here's a tip** ▶ Place all these items in a portable container and keep it accessible.

"We used fondue fuel to heat water."

### FOOD AND WATER

- At least four litres of bottled water per person, per day
- Canned food: soups, stews, beans, pasta, meat, poultry, fish, fruits and vegetables
- Energy bars and dried foods
- Honey, peanut butter, nuts, syrup, jams, salt and pepper, sugar, instant coffee and tea

**Here's a tip** ▶ Keep enough water and non-perishable food to meet your needs for at least 3 days. Check the food and replace the water every year.

### SURVIVAL KIT

- Food and water
  - Flashlight and spare batteries
  - Crank or battery-operated radio (portable stereo and headphones)
  - Candles and matches or lighter
  - Whistle (in case you need to attract attention)
  - Toiletries, spare eyeglasses and other personal items
  - First aid kit, prescription drugs
-

- Extra set of keys and money (including small change for pay telephones)
- Copies of important documents (identification, personal papers)
- Winter clothing, boots and blankets or sleeping bags

**Here's a tip** ▶ Each member of the family could have their own personalized survival kit in a backpack, ready to go in case you need to evacuate.

### CAR KIT

- Shovel, scraper and snow brush
- Sand, salt or cat litter and antifreeze
- Matches and candles in a metal container
- Spare clothing and shoes, blanket
- Tow rope, jumper cables, windshield washer fluid
- Warning light or road flares and fire extinguisher
- First aid kit with seatbelt cutter
- Water and emergency food (such as energy bars)
- Roadmaps, whistle and flashlight

**Here's a tip** ▶ Always try to keep your gas tank at least half full, especially in the winter.

Your kits can be big or small,  
depending on your needs and the season.

All family members could have their own survival kit and another bag could be devoted to equipment and larger quantities of food and water for the whole family.

Keep special needs in mind. For instance, if you have a baby, don't forget to include supplies like diapers, powdered milk, a bottle and a pacifier. Think about the needs of older family members or people with disabilities. If you have pets, put aside a small bag of food for them.

**Here's a tip** ▶ Make copies of all your prescriptions and keep a minimum one-week supply of medications in your emergency kit.

## 4

## CHECK EMERGENCY PLANS...

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### AT YOUR CHILDREN'S SCHOOL OR DAYCARE

- In case of emergency, you should know if the school will keep your children until an authorized adult comes to get them or if they need to find their way home by themselves.
- Determine what kind of authorization the school requires to release your child to your representative if you cannot get there yourself.
- Ensure that the school knows your current contact information and that of the people authorized to collect your children for you. Give them a copy of your family emergency plan.
- Find out about the emergency plans of your children's schools. Help your children understand all that they must do when an alarm goes off.

"It's a really, really huge job to prepare a school!"

### AT WORK

- Find out about the emergency plan at your workplace. Ask questions: What would be your role in case of a disaster? What are the evacuation procedures? Is there an alternate work site in case of emergency?
- Keep important numbers – including fire, police, ambulance – near your telephone.

**Here's a tip** ▶ Contact your municipality to find out about local emergency plans. Ask about emergency shelters and evacuation procedures.



# 5

## PRACTICE AS A FAMILY AT LEAST ONCE A YEAR

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An emergency can happen anytime, anywhere. Practice often helps people feel less disoriented and better organized in case of a disaster – even in the middle of the night or the middle of winter.

### HAVE A FAMILY EXERCISE

- Show each member of the family where and how to turn off the water, electricity and gas in your home. (Prepare large, easy-to-see signs for water and gas shut-offs as well as the main circuit breaker.)
- Each person should also know where to find the fire extinguisher and how to use it in case of fire (and the fire alarm in an apartment building).
- Put yourself physically in each room of your home and practice evacuation (don't forget your emergency kit!).

“You don't think it's going to happen to you.”

### UPDATE YOUR FAMILY EMERGENCY PLAN

- Verify the telephone numbers and personal information of everyone on the plan.
- Print updated copies for all the members of your family, your children's school and other frequently-used facilities, as required.

### CHECK THE CONTENTS OF YOUR KITS

- Change the batteries in your flashlights and portable radio; replace spare batteries.
- Replenish your emergency kits. Replace bottled water, ensure that all food is still safe to eat and that medicines have not expired.

**Here's a tip** You never know when some basic first aid techniques could help. Remember, it's NOT possible to learn all the skills necessary to save a life during an emergency. Call your local Canadian Red Cross or St. John Ambulance to find out about first aid or cardiopulmonary resuscitation (CPR) courses offered in your area.

### LEARN MORE

A series of self-help brochures produced by the Government of Canada offers helpful hints and step-by-step information to become better prepared and recover more quickly in case of emergency. You can consult them at [www.safeguard.ca](http://www.safeguard.ca) on the Internet.



To obtain regional or local information, contact your provincial or territorial emergency management organization (look under "Safety" or "Emergency" in the blue pages of your telephone directory).

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