

EMERGENCY PREPAREDNESS



Being prepared does not only mean being prepared for the challenges of an adventure or activity – it also means preparing for an unforeseen emergency. Emergency events can be caused by people, or they can occur naturally. These emergencies are called natural disasters. Different places are prone to different kinds of disaster.

HOW TO BE PREPARED Create and keep an emergency survival kit for your house

Things you need



Flashlight & batteries



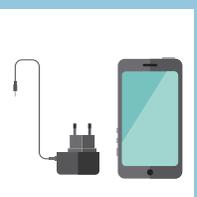
Radio and batteries or crank radio



Spare batteries (for radio and flashlight)



First-aid kit



Telephone that can work during a power disruption



Candles & matches/lighter



Extra car keys and cash



Important papers (identification)



Non-perishable food



Manual can opener



Bottled water (4 litres per person per day)



Clothing & footwear



Blankets or sleeping bag



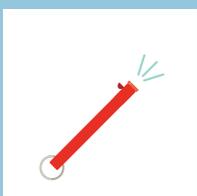
Toilet paper & other personal items



Medication



Backpack/duffle bag

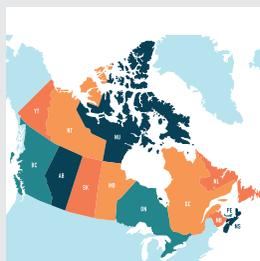


Whistle (to attract attention, if needed)



Playing cards

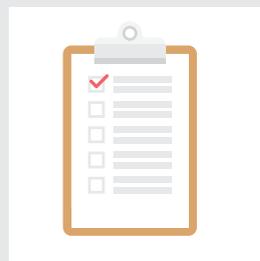
Make a Family Emergency Plan



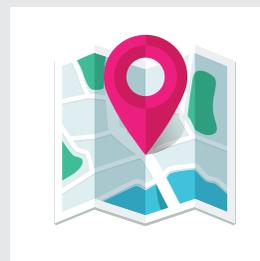
Know the risks for your area (risks in BC will be different than Manitoba!)



Make a family contact and information list



Use your checklist to make a survival kit



Know your plan: where to meet? Safe areas? When to call 911

What to do



Earthquake – did you know Canada experiences roughly 5000 earthquakes each year!

- Drop under a sturdy piece of furniture like a table or desk
- Protect your head and upper body
- Hold onto your cover.



Floods – Floods are Canada's most frequent natural disaster

- Keep your emergency kit close and in a portable container
- If you need to evacuate
- The local authorities will make an announcement when it is necessary, don't ignore this!
- Bring an emergency kit with you
- Follow the specific routes that have been confirmed safe
- If you can, leave a note informing others when you left and where you went.



Tornadoes – Canada gets the 2nd most tornadoes in the world, the United States are 1st!

- If you are in a house
- Go to the basement or take shelter in a small ground floor room
- If you have no basement, protect yourself by taking shelter under a heavy table or desk.
- In all cases, stay away from windows, outside walls and doors.
- If you are in a gymnasium, church or auditorium (meeting facility!)
- Large buildings with wide-span roofs may collapse if a tornado hits.
- If possible, find shelter in another building.
- If you can't leave find some overhead cover and protect yourself
- In all cases
- Get as close to the ground as possible, protect your head and watch for flying debris.
- Do not chase tornadoes - they are unpredictable and can change course abruptly.
- A tornado is deceptive. It may appear to be standing still but is, in fact, moving toward you.

