Preparing Your Family for Emergencies:
A Step-by-Step Guide

72 HOURS

IS YOUR FAMILY PREPARED?

GetPrepared.ca
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?
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
Learn the three steps to getting prepared:

- Know the risks
- Make a plan
- Get a kit
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
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.
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
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
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
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
STEP 2
Make a plan

Plan for high-rise residents

- Evacuation plan
- Know your exits
- Extra water in case of power outage
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?
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
STEP 3
Prepare a kit

To prepare for an emergency that could last 72 hours or more, what would you put in a kit?
STEP 3
Get a kit
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
Three steps to getting prepared:

- Know the risks
- Make a plan
- Get a kit
Prepare now!
GetPrepared.ca
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