

Preparing your family for emergencies – Presenter's notes

Slide 1

- Presenter introduces himself, topic and group members.

Slide 2

After introductions, begin a group brainstorming session using the five bullet points

- Why 72 hours? International standard for how long governments require to mobilize in large-scale emergency
- Find out what group is already doing/add sense of urgency to those who haven't done anything
- For the most part, there are no right/wrong answers – you will be elaborating on the answers throughout the presentation

Slide 3

After discussion, ask:

1. How many of you think having an emergency kit is important?
 2. How many of you have actually created one? Would you be able to use it if an emergency happened tomorrow?
- Being prepared could mean that you don't have to evacuate your home, but if you do, your stay at a shelter will be much more bearable with your own emergency supplies.

Slide 4

Today we will be going over three simple steps to getting a bit more prepared in case of an emergency:

- **Step one: Know the risks**
- **Step two: Make a plan**
- **Step three: Get a kit**

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1. Most forms of emergencies are short lived

- Events such as Hurricane Juan (2003) in Nova Scotia, floods in Alberta and Newfoundland (2005) and winter storms in British Columbia (2006-2007) are hazards that occurred with little notice and had lasting consequences. For example, the severe storms in British Columbia that occurred over several consecutive months led to boil water advisories, extensive property damage and power outages affecting over 200,00 people. *

2. I won't ever have to deal with an emergency where I live

- One in three Canadians live in regions that are susceptible to earthquakes and most reside in areas subject to flooding, transportation accidents, hazardous spills and severe storms
- **Tip to presenter:** If possible, give examples of incidents in your local area. Check out the Canadian Disaster Database at <http://publicsafety.gc.ca/res/em/cdd/index-en.asp>

3. There are a lot of emergencies I just can't prepare for

- There are common consequences that can happen in any emergency such as loss of power, water and telephone service or access to food and medical supplies

4. Preparing takes too much time

- Buying or assembling a kit is easy, and can be even easier when assembled over a period of time

* http://www.pep.bc.ca/hazard_preparedness/Historical_Severe_Weather_Nov06.html

Slide 6

Turn to your EP Guide and note the checklist on page 6.

- **Step one** in preparedness is to Know the risks and Know your region.
- **Risks can include: (you may want to list those most relevant to your region)**
 1. Blizzards
 2. Droughts
 3. Earthquakes
 4. Extreme cold or heat waves
 5. Floods
 6. Hurricanes
 7. Landslides or avalanches
 8. Power outages
 9. Winter storms
 10. Tornadoes
 11. Tsunamis or storm surges
 12. Wildfires
 13. Other: _____

For more information on the risks specific to your region, visit GetPrepared.ca. Or the Canadian Disaster Database at <http://publicsafety.gc.ca/res/em/cdd/index-en.asp>.

Slide 7

You should be on page 7 of your EP Guide.

Pages 7–15 in your Guide provide a great outline to help you create your emergency plan; you may want to jot down some ideas today, but be sure to complete this on your own time.

Slide 8

Bottom of page 8 in EP Guide.

We will be using the **Taylor family** as an example of how to start an emergency plan.

Here is the example of the Taylor family's home floor plan. Using the floor plan, they will:

- Locate all emergency exits from each room in your home
- Plan escape routes from the neighbourhood and meet with neighbours to discuss
- Designate a family meeting area and be sure to share the information with all family members
- Ensure that neighbours with disabilities know they can contact you for help
- **SAFE TIP:** Get first aid training — it can help save a life!

Slide 9

Turn to page 9 of EP Guide.

If you have children, you will need to make a special plan for their safety. For Jane & Bobby Taylor's plan:

- Find out school or daycare's emergency policies, including emergency procedures and how they will communicate with the Taylor family during an emergency
- Give updated contact information each year to the school/daycare, including designated contact people for Jane and Bobby should their parents be unavailable
- Teach children who their contact people are and how to get in touch with them

Slide 10

Turn to page 10 of EP Guide.

Grandma Taylor has special needs, so she will need a specialized emergency plan. This may contain:

- A health information card, with her medication and allergy list, insurance information and vaccination history – this can be stored in several areas, including on her fridge and in her wallet
- A grab-and-go bag with **two weeks** of medication supplies and prescriptions

Also:

- Ensure assistive equipment, including a walker and an oxygen tank in a secure place in order to access them quickly in case of an emergency
- Create a personal support network that will check on her in case a caregiver cannot contact her in an emergency
- If you have a disability or special needs, include additional items in your emergency kit according to your needs. For more information, visit the GetPrepared.ca website

Slide 11

Ask if there is anyone in the audience who lives in a high-rise – if not, continue to next slide

If you are a high-rise resident, note that:

- You should know the evacuation plan for your building and the proper response for various alarm sounds
- You should identify the location of stairwell exits and keep all exits free of obstructions
- People with disabilities should advise their building manager/superintendent of their special needs during an emergency

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Turn to page 9 of your EP Guide.

The Taylor family's cat, Max, also has his own plan in case of an emergency.

- Call around in advance and find a "pet-friendly" facility or hotel in your area and further away from home, as not every shelter/facility accepts animals
- Prepare a similar emergency kit for your pet as you would for your family – include extra pet food/water, ID tags, harness, leash and pet litter box
- Plan how you will gather your pets and how you will transport them in an emergency

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You can continue on with your plan by filling in the information on pages 8–14 in the EP Guide.

Before we continue on to **Step 3, Get a kit**, here are some other helpful hints:

- Choose an out-of-town contact that lives far enough away and will not be affected by the same event (e.g. someone in another region or province)
- Plan for each family member to call or email the same out-of-town contact person in the event of an emergency
- If you are new to Canada or don't have an out-of-town contact, make arrangements through friends, cultural associations or local community organizations
- **Practice and review the plan at LEAST once a year to update and refresh your memory**

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Turn to page 16 of your EP Guide.

Step 3 to emergency preparedness is to **Get a kit**.

- In an emergency, you will need some basic supplies – be prepared to be self-sufficient, before help arrives, for at least 72 hours.

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NOTE: Before clicking items on screen, get audience to call out things they'd put in their kit.

- Water – at least 2 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 (remember to replace the food and water once a year)
- Manual can opener
- First aid kit
- Battery-powered radio or wind-up radio and extra batteries – use your radio to stay informed of messages from authorities
- Wind-up Flashlight (and batteries, if necessary)

You may now disassemble the pre-packaged emergency kit in front of audience, should you have one. Be sure to indicate other kit items (pages 16–17 of Guide):

- Special needs items, like baby formula and prescription medications
- Extra keys for your car and house
- Cash in smaller bills, such as \$5–\$10 bills and change, as cash registers, etc. may not work
- A copy of your emergency plan and contact information

- Important documents such as copies of birth certificates, passports, wills and insurance in your kit will make it easier to stay organized during an emergency

Slide 16

Turn to page 18 of the *EP Guide*.

- If you are making your own emergency kit, use the lists on **pages 16–17** of your EP Guide for tips on what to include
- There is also a list of items for a small car kit to keep in your vehicle
- **TIP:** You may want to ensure you have other items in your home, such as a corded phone, as most cordless phones will not work during a power outage

Make sure your kit is easy to carry. Keep it in a backpack, duffel bag or suitcase with wheels, in an easy-to-reach, accessible place, such as your front hall closet. Make sure everyone in the household knows the emergency kit's location.

Slide 17

The steps we reviewed today will help you get yourself and your family prepared for an emergency. By:

- a. Knowing the risks**
- b. Making a plan and**
- c. Getting a kit**

...you are taking responsibility for preparing your family. We all hope that emergencies don't occur – but that's no reason to delay...

Slide 18

This presentation and your ***Emergency Preparedness Guide*** are just a few of the many resources available to assist in your preparedness.

(All resources listed on page 35 of your *EP Guide*)