



PREPAREDNESS



72 hours: Is your family prepared?

How long can your family survive without outside assistance? If an emergency happens in your community, it may take emergency workers some time to reach you. You should be prepared to care of yourself and your family for a minimum of 72 hours.

What kinds of risks do we face in the Nation?

Although the consequences of various disasters can be similar, knowing the risks around your home as well as your community and region can help you better prepare. We face the number of hazards, such as blizzards, wildfires and possible tornadoes. In addition to natural disasters there are other types of hazards, such as power outages and industrial or transportation accidents. Wildfires can threaten communities and restrict movement, Heavy rains can cause significant overland flooding. We need to prepare for all hazards.

Your family's emergency kits

All families should have two emergency kits: a ready-to-stay kit and a ready-to-go kit. These two kits will help you survive 72 hours, whether you stay in your home or need to evacuate.

Ready-to-stay kit

Your ready-to-stay kit should include the items you will need to stay safe at home for a few days. You can keep these things at home in a plastic tub or a special cabinet.

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.



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Basic emergency kit

- Water – at least two litres of drinking 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
- Crank or battery-powered flashlight (extra batteries)
- Crank 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
- A copy of your emergency plan and contact information
- If applicable, other items such as prescription medication, infant formula, equipment for people with disabilities, or food, water and medication for your pets or service animal

Recommended additional items

- Two additional litres of water per person per day for cooking and cleaning
- Candles and matches of lighter (place candles in sturdy containers and do not burn unattended)
- Change of clothing and footwear of 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 manufacturers directions and store properly)
- A whistle (in case you need to attract attention)
- Duct tape (to tape up windows, doors, air vents etc.)



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When is Shelter-In-Place

Shelter-In-Place is the practice of going or remaining indoors during a sudden outdoor release of a hazardous substance. It has been demonstrated to be the most effective response during the first few hours of a substance release. Sheltering indoors creates a buffer between you and any toxic hazard that may be in the outside air.

The goal of Shelter-In-Place is to reduce the movement of air into and out of the building until the hazard has passed. It is based on using a building that is constructed tightly enough to withstand typical Canadian winter weather conditions.

An event such as a fire, motor vehicle crash, industrial incident, or a natural disaster may cause a substance release. As a result, emergency responders may request that you Shelter-In-Place.

When asked to take shelter, you need to take the following steps:

1. Immediately gather everyone indoors and stay there.
2. Close and lock all windows and outside doors. If convenient, tape the gaps around the door frames.
3. Extinguish indoor wood burning fires. If possible, close flue dampers
4. Turn off appliances or equipment that either blow outside air or suck in outside air such as:
 - Bathroom and kitchen fans
 - Built in vacuum systems
 - Gas stoves
 - Fire places
 - Clothes dryers
 - Air conditioners
5. Turn down thermostats by about five degrees Celsius to minimize the on time of furnaces.
6. Leave open inside doors.
7. Avoid using telephone, except for emergencies, so that you can be contacted by emergency response personnel.
8. Stay tuned to local radio, television and Alberta Emergency Alert for possible information updates.
9. Even if you see people outside, do not leave until told so.
10. After the hazardous substance has passed you will receive an all clear message. You may receive instructions to ventilate your building by opening all windows and doors, turning on fans and turning up thermostats. Once the building is completely ventilated, return all equipment to normal.

Please take precautions for this may help you to protect you and your family



PREPAREDNESS INFORMATION