

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



**72**  
HOURS

IS YOUR FAMILY  
PREPARED?

[GetPrepared.ca](https://www.getprepared.ca)



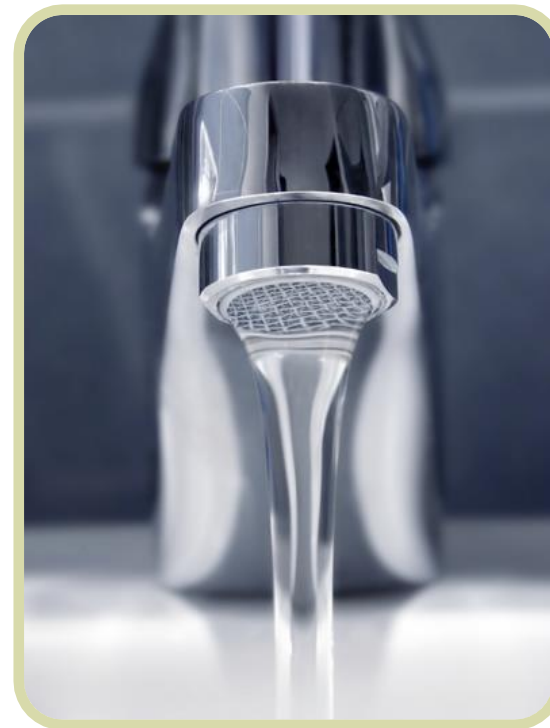
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## Have you ever thought about how to prepare for an emergency?

How would you:

- Look after your family for 72 hours?
- Cope without power or tap water?
- Contact your family and receive information?



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## 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





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## 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



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## 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





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## STEP 2

### Make a plan

## Plan for high-rise residents

- Evacuation plan
- Know your exits
- Extra water in case of power outage



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**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?



**STEP 2****Make a plan**

## 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





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## Pre-packaged kits:

- St. John Ambulance and The Salvation Army kits are available for purchase at [www.sja.ca](http://www.sja.ca) or from retailers across Canada
- Canadian Red Cross kits are available at [www.redcross.ca](http://www.redcross.ca)



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## Three steps to getting prepared:

- Know the risks
- Make a plan
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# **Prepare now!**

## **GetPrepared.ca**

### **1 800 O-Canada**

- Environment Canada Weather Office: [weatheroffice.gc.ca](http://weatheroffice.gc.ca)
- Safe Canada: [safecanada.ca](http://safecanada.ca)
- Canadian Red Cross: [redcross.ca](http://redcross.ca)
- St. John Ambulance: [sja.ca](http://sja.ca)
- The Salvation Army: [salvationarmy.ca](http://salvationarmy.ca)



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