

[www.GetPrepared.ca](http://www.GetPrepared.ca)



IS YOUR FAMILY  
PREPARED?

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



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

How would you:

- Cope without power or tap water?
- Contact your family?
- Get medication if pharmacies are closed?
- Get information from authorities after a major emergency?





## Fast Fact:

Although the majority of Canadians believe that having an emergency plan and emergency kit are important, *only a small number* of Canadians have actually created them.

## Learn the three steps to getting prepared:



**Know the risks**



**Make a plan**



**Prepare a kit**



## Common misconceptions:

- Most forms of 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.



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STEP

1



Know the risks  
Know your region.

Although the consequences of disasters  
can be similar, knowing the risks in  
your region can help you better prepare.

Find out about risks in your region:  
[www.GetPrepared.ca](http://www.GetPrepared.ca)  
1 800 O-Canada



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STEP

2



Make a plan.

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Every Canadian household needs an emergency plan.  
It will help you and your family know what to do in an emergency.

- Use your Emergency Preparedness Guide as an outline for your plan
- Keep your plan in an easy-to-find, easy-to-remember place
- Photocopy and distribute your plan in several areas  
(for example: briefcase, emergency kit, desk)



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STEP

2



Make a plan.



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## Taylor family: floor plan

- Emergency exits
- Designate a family meeting area
- Escape routes from neighborhood
- Ensure help for people with disabilities
- Tip: get first aid training



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STEP

2



Make a plan.



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## Jane & Bobbie 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



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STEP

2



Make a plan.



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## Grandma Taylor's plan

- Health information card
- Grab and go bag with medication, prescriptions, medical documents
- Ensure walkers, oxygen tanks and other emergency supplies are portable and accessible (to extent possible)
- Personal support network



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STEP

2



Make a plan.



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## Plan for high-rise residents

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



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STEP

2



Make a plan.



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## Max's plan

- Location of “pet-friendly” shelters/hotel
- Extra pet food and water in emergency kit
- How will you transport your pets?



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STEP

2



Make a plan.



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## 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



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STEP

3



Prepare a kit

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If you needed to survive for a  
minimum of 72 hours,  
what would you put in your kit?



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STEP

3



Prepare a kit



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## Pre-packaged kits:



St. John Ambulance and Salvation Army kits are available for purchase at [www.sja.ca](http://www.sja.ca).

Canadian Red Cross kits are available at [www.redcross.ca](http://www.redcross.ca).







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**Prepare now!**  
**[www.GetPrepared.ca](http://www.GetPrepared.ca)**  
**1 800 O-Canada**

**Other resources :**

Environment Canada Weather Office: [www.weatheroffice.gc.ca](http://www.weatheroffice.gc.ca)

Safe Canada: [www.safecanada.ca](http://www.safecanada.ca)

Canadian Red Cross: [www.redcross.ca](http://www.redcross.ca)

St. John Ambulance: [www.sja.ca](http://www.sja.ca)

Salvation Army: [www.salvationarmy.ca](http://www.salvationarmy.ca)



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