

EMERGENCY PREPAREDNESS



Be Prepared Before it Happens!



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What is in the Emergency Preparedness Package?

How to Prepare for an Emergency

What to Include in Your Emergency Kit

How to Expand Your Emergency Kit

Documents for Your Emergency Kit

Heat: Heatwave, Heatstroke

Flooding, Blackwater

Natural Disasters: Earthquake, Tsunami, Avalanche & Landslides

Fire, Wildfires and Power Outages

Evacuation Process: Evacuation Alert, Evacuation Order

Evacuation Process: Stay in Place, Evacuation Rescind?

Transportation Plan

Stay in Place Plan

What to Do about Pets?

What to Do After an Emergency - Returning Home

What to Do After an Emergency - Take Care of Yourself

What to Do After an Emergency - Recovery Assistance

Emergency Preparedness Checklist

Staff Plan



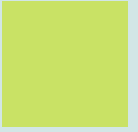
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EMERGENCY PREPAREDNESS CHECKLIST

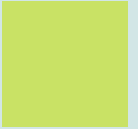
Do this before an emergency happens!



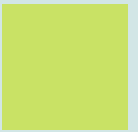
Do you have enough water for 3 days?



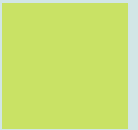
Do you have a week's worth of non-perishable food?



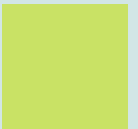
Do you have an emergency kit packed and ready?



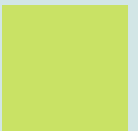
Do you have an emergency contact list prepared?



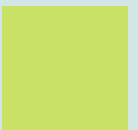
Do you have an evacuation plan?



Do you have transportation for your family/pets?



Do you have a shelter in place plan?



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HOW TO PREPARE FOR AN EMERGENCY

1



Pack an Emergency Kit

2



Identify safe areas that you can meet close to and far from your home



Stay alert! Keep up to date with warnings and stay in contact with loved ones

4

3



Know the evacuation location of your area

5



Look before you go! Make sure it is safe to leave your house



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WHAT TO INCLUDE IN YOUR EMERGENCY KIT:

You can fill your emergency kit with items from your local dollarstore

- Food & Water (one gallon per person, per day)
- refresh your supply every 3-6 months
- Battery-powered or windup radio
- High-powered flashlight
- Baby wipes, garbage bags, and twist ties
- Charged portable or solar cell phone charger
- Wrench to turn off utilities
- Plastic sheeting & duct tape, or emergency tents
- Whistle
- First aid kit

WHAT FOOD SHOULD I PACK?

Make sure to check and refresh these every 1-2 years

- Peanut butter and crackers
- Beef jerky
- Powdered soup mixes
- Powdered drink mixes
- Instant coffee or tea
- Whole grain cereal
- Granola bars or protein bars
- Canned fruits and vegetables
- Canned meats (tuna, chicken, etc.)
- Canned or bottled juices
- Dried fruit
- Nuts
- Comfort foods
- Baby food or formula (if necessary)
- Shelf-stable milk



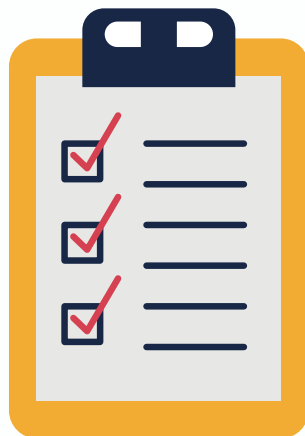
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HOW TO EXPAND YOUR EMERGENCY KIT

You can expand your emergency kit with the following:

- **Multi-tool**
- **Copies of essential documents in Ziploc bag**
- **List of emergency numbers**
- **Cash**
- **Change of clothing**
- **Heavy work gloves**
- **Personal care items**
- **Pain and prescription medication**
- **Emergency medical book and medical supplies**
- **Pet food and supplies**
- **Sleeping bags**
- **Empty water bottles**
- **Household bleach and dropper for water disinfection**
(16 drops to 1 gallon of water; don't use color-safe or scented bleach)



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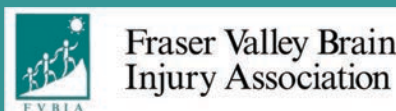
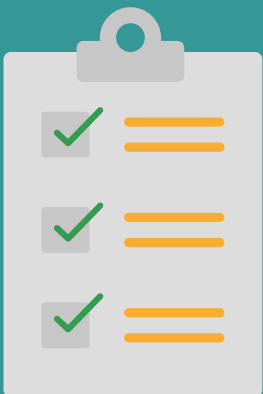
DOCUMENTS FOR YOUR EMERGENCY KIT

Make sure you have copies of the documents below:

- Birth Certificates
- Marriage Certificates
- Home and Auto Insurance Info
- Driver's License
- Passports
- Will and/or Power of Attorney
- Income Tax Documents
- Credit Card and Debit Card Info
- Prescription Medication and Allergies List
- Medical Condition List
- Recent Photos of Each Family Member
- Medical Information about Pets



**Keep All Items in a Plastic Ziplock Bag
and put them in your Emergency Kit**



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WHAT DO I DO DURING AN EMERGENCY?

Heat



Heat Wave:

- Stock up on food and pet food.
- Ensure enough medication for a week.
- Close your curtains.
- Fill a spray bottle with water.
- Keep cool packs in freezer.
- Ensure you have enough drinking water.
- Blow a fan over a bowl of ice.

Heat Stroke

- Body temperature of 104 degrees Fahrenheit or more
- Fainting
- Confusion
- Fast and strong pulse
- Dizziness
- Skin that is hot to the touch. The skin may also be red, dry, or damp.
- Upset stomach, nausea, or vomiting

DO: Call 911 immediately if someone is showing heat stroke symptoms. Heat stroke is a medical emergency.



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For Alerts: Go to www.EmergencyInfoBC website or call 211 for help finding services.

WHAT DO I DO DURING AN EMERGENCY?

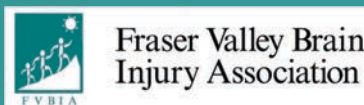
Flooding



- DO: Stay clear of rushing water and never try to drive through it.
- DO NOT enter a room that has been flooded.
- If at home: follow the evacuation process.

Blackwater after Flooding:

- Wastewater from our toilets or water containing toxic chemicals.
- DO NOT run any water or use any toilets until the source is identified.
- DO NOT attempt to clean areas affected and do not remove any objects from area.
- Avoid contaminated area and call **211**



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For Alerts: Go to EmergencyInfoBC website or call 211 for help finding services

WHAT DO I DO DURING AN EMERGENCY?

Natural Disasters

Earthquake:

- Move the car out of traffic and stop.
- Don't park under or on bridges.
- If indoors: Drop, Cover and Hold.



Tsunami:

- Know your emergency route.
- Get to high ground.
- Stay on higher ground until you get an all clear.



Avalanche and Landslides:

- Leave the area immediately if you hear a rumbling sound that increases in volume.
- Look out for falling rocks or boulders.
- Do not drive over road affected roads.
- If blocked in car, stay in car with seatbelt on.



WHAT DO I DO DURING AN EMERGENCY?

Wildfire:

- Drive to a safe place, pull over and call *5555.
- If at home: follow the evacuation stages.



Fire Alarm:

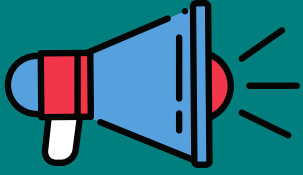
- Know where to go if a fire alarm sounds.
- Grab your emergency kit.
- Take your pets with you (Take dogs on a leash and cats in a carrier).
- Do NOT spend time packing a bag.
- Leave the building.

Power Outage

- Keep fridges and freezers closed.
- Unplug electronics and appliances.
- Never leave candles unattended.
- Use flashlights to reduce fire risk.



WHAT IS THE EVACUATION PROCESS?



Stage 1: Evacuation alert

Purpose: to inform the population of potential threat

GET READY TO EVACUATE

- Locate family members and identify Reception Center
- Gather essential items including emergency kit & medications
- Review your transportation plan.
- Monitor www.EmergencyInfoBC.



Stage 2: Evacuation order



Purpose: to alert people to leave their home.

LEAVE YOUR HOME OR LOCATION

- Close doors and windows, turn off all appliances.
- Gather all family.
- Take essential items .
- Take pets in kennels or on a leash.
- Leave the area immediately .
- Do not use telephone unless you need emergency services.



WHAT IS THE EVACUATION PROCESS?



Shelter in Place:

Purpose: some emergencies may require you to stay where you are.

STAY IN YOUR HOME OR LOCATION

- Go inside home or the closest building immediately.
- Close all doors and windows. Use duct tape to seal air intakes.
- Turn off heat, AC and ventilation systems.
- Monitor www.EmergencyInfoBC.



Stage 3: Evacuation Rescind

Purpose: Emergency zone is declared safe.

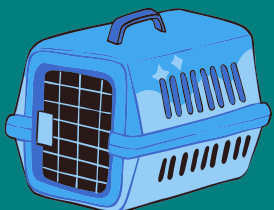
RETURN TO YOUR HOME OR LOCATION

- Note that the risk may re-occur at any time
- Monitor www.EmergencyInfoBC.



TRANSPORTATION PLAN

How are you going get you, and your family somewhere safe?



Do you have a way to transport your pets?

Is your emergency kit ready?



Do you have copies of your important documents?

Do you have meeting points with family planned close to and far from your home?



Call (250-692-3195) if you need transport assistance



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STAY IN PLACE PLAN

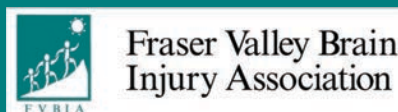
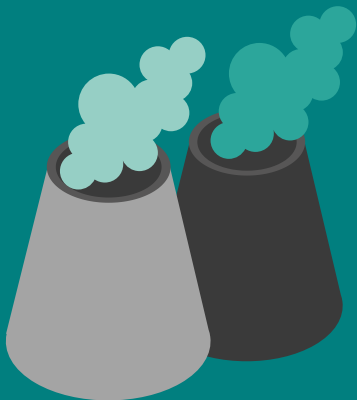
Some emergencies
involve a form of toxic
material

TOXIC

What to do:

- Stay Home!
- Close all doors and windows.
- Seal any air intakes.
- Stay away from windows
- Turn on TV for updates.
- You will be notified of the nature of the toxic substance.
- DO NOT try to pick up your children from school.

DO NOT leave your home.



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WHAT TO DO ABOUT YOUR PETS?

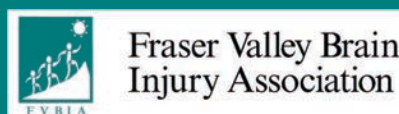
IF ORDERED TO EVACUATE, BRING YOUR PETS WITH YOU.

Be Prepared!

- Make sure your pets have tags that are up to date.
- Put your cell phone number on the tag.
- Contact hotels outside your immediate area to see if they are pet friendly.

Emergency Kit for Pets

- Pet food and water for 5 days.
- Medications and medical records.
- Doggy bags for pet waste, extra litter for cats.
- Leashes or pet carriers.
- Toy or familiar blanket.



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WHAT TO DO AFTER AN EMERGENCY?

Returning Home

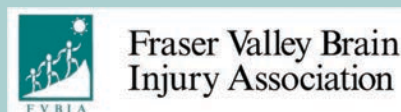
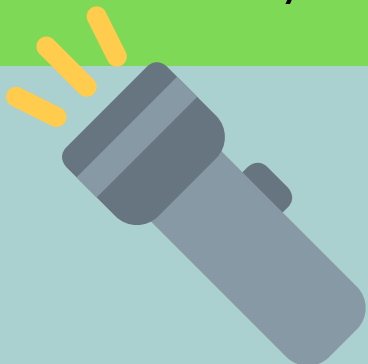
Take Care of Yourself

Recovery Assistance



Returning Home

1. Walk around the property before entering, noting any electrical wiring, gas smell or debris.
2. Take in flashlights, tools, drinking water, gloves, garbage bags and a first aid kit.
3. Note sewage and water damage. Water may not be safe to consume.
4. If using propane, gas or heating oil, contact supplier for inspection prior to use.
5. Throw out spoiled food or food in a fridge/freezer that has lost power.
6. Review insurance policies, take photos of damage.
7. Call your insurance provider if you have questions.



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WHAT TO DO AFTER AN EMERGENCY?

Returning Home

Take Care of Yourself

Recovery Assistance



Take Care of Yourself



Recovery is a process. It will take time for you to process the event.

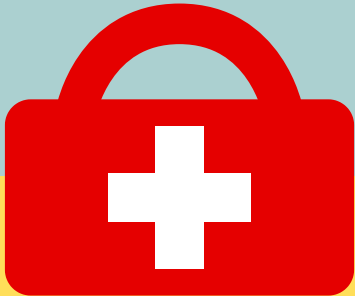
1. **Take care of your body:** get medical care if needed and continue to take your required medications.
2. **Talk:** talk to anyone you trust such as a friend, family member, doctor or therapist.
3. **Stay connected:** family and friends are there to support you. You can also join a support group.
4. **Routine:** focus on small things that you used to do like taking out the garbage.
5. **Relax:** try meditation or yoga to help you focus and reduce stress. YouTube has some great resources.

WHAT TO DO AFTER AN EMERGENCY?

Returning Home

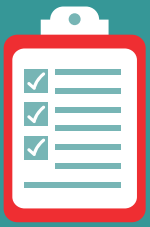
Take Care of Yourself

Recovery Assistance



Recovery Assistance

1. Contact your home insurance company.
2. Connect with Emergency Support Services in your community.
3. Document damage to equipment and structures.
4. If applicable, get written estimates from contractors that you can submit to insurance.
5. If you live in a First Nations community, Indigenous and Northern Affairs Canada (INAC) covers costs of repair. If you have private insurance, this is generally the coverage that will come first.
6. Assess your ability to house and care for livestock.
7. If your livestock has been relocated: contact your local government Emergency Operations Center (EOC) regarding location of livestock.



STAFF PLAN

Prepare your own household for an emergency

Make sure you and your family are safe

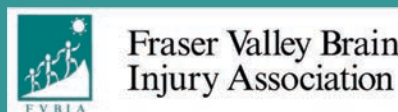
Get informed about any emergency updates for the area

Contact your supervisor to update them on your status.

Contact each of your clients to see if they are okay

Inform your supervisor of the clients you were able to reach,
and any that you haven't heard from

Guide your clients through the process of dealing with an
emergency and navigating funding, insurance etc.



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