

您的緊急狀況應對手冊



瞭解潛在危險



制定一個計劃



準備一個緊急物品包



您的家人準備好了嗎？



Public Safety Sécurité publique
Canada Canada

Canada

72 小時

您的家人準備好了嗎？

您的緊急情況應對手冊

您應該有足夠的準備照顧您自己和您的家人至少72 小時。如果災難在您的社區發生，救援人員可能不能馬上到達，因為他們需要救助那些急切需要救助的人。

只需要現在的幾個簡單步驟，您就可以有更好的準備來應對一系列緊急情況—任何時候，任何地方。使用這本手冊來制定您自己的緊急情況應對計劃。用手冊中的核對清單準備一個72小時緊急物品包。這些基本步驟會在緊急情況下幫助您和您家人。

我們的合作夥伴

本手冊由以下單位合作編製：



本手冊有多種媒體形式（聲音媒體，盲文，大號字和磁盤）。

欲索取，請電：

1 800 O-Canada (1 800 622-6232)

TTY: 1 800 926-9105

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第一步

1



瞭解潛在危險 瞭解您所在地區

雖然災害的後果可能是相似的，瞭解您所在地區的具體危險可以幫助您更好地做好準備。在全加拿大，我們面臨一系列危險，從卑詩省的地震，到努那維特省的暴風雪，到紐賓士域省的颶風。除了自然災害，還有其他形式的危險例如：斷電，工業或運輸事故，以及在加拿大領土上可能發生的恐怖事件。

以下清單列出了自然災害和其他危險。勾出最有可能在您的社區發生的危險。

- | | |
|-----------------------------|--------------------------------------|
| ☐ 斷電 | ☐ 泥石流或雪崩 |
| ☐ 暴風雪 | ☐ 暴風 |
| ☐ 乾旱 | ☐ 恐怖事件 |
| ☐ 地震 | ☐ 龍捲風 |
| ☐ 洪水 | ☐ 交通事故 |
| ☐ 危險物洩漏 | ☐ 海嘯 |
| ☐ 颶風 | ☐ 森林火災 |
| ☐ 工業事故 | ☐ 惡劣天氣 (高溫/嚴寒) |
| ☐ 爆發傳染病 | ☐ 其他 _____ |

欲知詳細緊急情況應對辦法，或order 地震，暴風，斷電和其他災害的自救準備計劃，請電：

1 800 O-Canada (1 800 622-6232)

TTY: 1 800 926-9105

星期一到星期五，當地時間早8:00 點至晚8:00 點

或訪問：www.GetPrepared.ca

第二步

2



制定計劃

每一個加拿大家庭都需要一個應急計劃。他將幫助您和您的家庭在緊急情況下知道怎麼辦。

請記住，災害發生時您的家庭成員可能不在一起。要計劃好如何相互聯絡和見面及在不同的情形下怎麼做。

使用下面幾頁制定您的計劃。大多數資訊您可以自己填上。有些資訊您可能要從市政索取。

把這個計劃保存在容易找到，容易記住的地方（例如，和您的緊急物品包放在一起）。最好拷貝這個文件，把它放在汽車裏和辦公室。

安全主張：學習急救知識，您可能會搭救生命。

除了制定應急計劃和準備緊急物品包之外，瞭解急救知識能搭救生命。請聯係您當地的紅十字會和聖約翰救護中心，查詢本地區的急救課程安排。

家庭計劃

疏散路徑

計劃好家裏每一個房間的緊急出口，盡量做到每個房間兩個。如果您住公寓，不要計劃使用電梯。另外，找好從所在居民點疏散的路徑以備需要緊急疏散。

家裏的緊急出口

從所在居民點疏散的路徑：

提示：保證家裏每個人知道如何迅速出去。至少每年演習一次。

會合場所

如果在緊急情況下不得不離開家，找好大家可以安全會面的地方。

家附近的安全會面場所：

所在居民點附近的安全會面場所

提示：家附近的會面場所應當和您的住宅處在街的同一側。這樣您不需要穿過街道，因為在緊急情況下街上會有救火車，救護車和很多其他車輛。

安全主張：拷貝重要的文件留存

拷貝出生證，結婚證，護照，執照證件，遺囑，地契和保險。把這些文件保存在家里安全的地方，同時保存複印件在家以外安全的地方。可以考慮存在銀行保險箱，或住在其他社區的親戚朋友家裏。

孩子

詢問您孩子的學校或託幼園的緊急情況對策。瞭解他們在緊急情況下如何與家長聯絡。

如果您不能自己接孩子們，需要指定的人去接，要了解學校或託幼園要求何種授權才能把孩子交給指定的人。

要確認學校或託幼園有家長，看護人和指定關係人的最新通訊錄。

指定人1：_____ 電話： _____

指定人2：_____ 電話： _____

有特殊健康需要的人

建立一個有朋友，親戚，醫療保健提供者，同事，和鄰居構成的個人支持網絡，以保證您的特殊健康需要。

將您詳細的醫療狀況，過敏反應，外科手術史，家庭病史，服用藥物，健康檢查，近期免疫，緊急聯絡人和保險等情況寫在紙上。

與您的醫生取得聯絡以幫助您準備一個方便藥箱，內有夠兩週用的藥和醫療器具，如果可能，也裝入處方和醫療文件。請記住即使緊急狀況結束後，藥房可能還要關門一段時間。

健康資訊

藥物和醫療設備

方便藥箱的放置地方

寵物應急計劃

請記住由於某些衛生條例的限制，一些公共避難所或賓館不允許寵物進入。另外，有些人可能對您的寵物過敏或恐懼。準備帶您的寵物到親戚或朋友家，或事先找一家“歡迎寵物”的賓館或寵物寄宿設施。

地點： _____

提示：不要忘記把寵物食物和水放入緊急物品包。

為具體的危險做準備

地震的時候該怎麼辦？洪水？斷電？針對那些最有可能在您所在地區發生的災害列出應急措施。

加拿大政府對具體的緊急情況提供了成系列的自救手冊。您可以在以下網址下載：www.GetPrepared.ca 或通過以下電話免費索取：

1 800 O-Canada (1 800 622-6232) TTY: 1 800 926-9105.

鄰里安全計劃

與您的鄰居合作以保證鄰里中每個人都得到照應。瞭解哪些人在緊急情況下需要特別幫助。結成小組，相互照應。

緊急情況聯係資訊

拷貝這個清單。把它放在理電話不遠的地方。如果可能，把這些電話號碼存入您的家庭電話和手提電話。

本地緊急情況電話號碼

火警，警察局，急救中心：9-1-1（如有次項服務）

其他： _____

非緊急情況號碼

警察局：_____

火災：_____

醫療門診：_____

其他聯繫電話：_____

本市以外的聯繫人

姓名：_____

家庭電話：_____

工作電話：_____

手提電話：_____

電子郵件：_____

家庭地址：_____

提示：

- 讓家裏每一個人都有準備，緊急情況下，每一個人都能通過電話或電子郵件與社區以外的同一個聯繫人聯絡。
- 社區以外聯繫人應住得足夠遠，這樣，他/她不至於受同一災害的影響。
- 如果您新到加拿大或者沒有本城鎮以外的聯繫人，請通過朋友，文化聯合會，或本地社區組織做出安排。

家庭

姓名：_____

家庭電話：_____

工作電話：_____

手提電話：_____

電子郵件地址：_____

家庭地址：_____

朋友/鄰居

姓名：_____

家庭電話：_____

工作電話：_____

手提電話：_____

電子郵件地址：_____

家庭地址：_____

家庭醫生：

病人姓名：_____

醫生姓名：_____ 電話：_____

病人姓名：_____

醫生姓名：_____ 電話：_____

保險代理人/公司

代理人/公司的名字：_____

電話：_____

家庭安全措施

要保證您有一氧化碳報警器，煙霧報警器和滅火器並工作正常。如果您住公寓或正在賓館里，要知道報警器在哪裏。

家裏每一個人都應該知道滅火器的位置。所有有能力的成年人和年長的孩子都應該知道如何使用滅火器。

年長的孩子和成年人應該知道如何關閉水源，電源和煤氣。製作大號、明顯的標誌，標明水源和煤氣開關以及繼電器的位置。

教會孩子怎樣和什麼時候撥打9-1-1。教會孩子如何聯絡本城鎮以外的聯係人。一定要讓孩子知道緊急物品包在什麼地方。

滅火器

位置：_____

水源開關

位置：_____

關閉辦法：_____

自來水公司電話：_____

電源箱

位置：_____

電力公司電話：_____

煤氣開關

位置：_____

關閉辦法（只有在管理部門要求關閉時，才關閉）

煤氣公司電話：_____

地面下水口

位置：_____

（無論何時都不要在下水口上擺放箱子，衣物或家具，以防發生水災時措手不及）

緊急情況措施

什麼時候撥打9-1-1（如有此項服務）

報告火災。 報告犯罪行為。 搶救生命。

如果是非緊急情況，請使用列在當地電話簿里的7位數電話撥打警察局，救火隊，和護理服務站。

在重大災害情況下

按照您的緊急情況計劃行事。

帶上您的緊急物品包。

先保證自身安全，然後幫助別人。

從電臺或電視收聽收看官方播報的資訊。本地官員可能會通知您守在原處。按它們的要求去做。

留在原地，直到一切都安全了再走動或按照要求疏散。

疏散命令

除非官方有理由相信您處於危險之中，否則不會要求您從家裏離開

如果您接到疏散命令，拿上您的緊急物品包，必要藥物，處方複印件，每個家庭成員的身份證件，必要家庭文件和手提電話（如果有的話）

按照本地官方指明的路綫疏散。

如果您有時間，打電話或發電子郵件給您的本城鎮以外的聯係人。告訴他們您要上路了和預計的到達時間。一旦您脫離了危險，馬上通知他們。如果任何家庭成員失散了，也讓他們知道。

如果有時間，留一個條子告訴別人您何時離開的，到哪裏去了。

如果官方要求，請關閉水源和電源。

除非官方要求關閉天然氣，否則不要關掉。（如果您關閉天然氣，天然氣公司需要重新接通。在重大災害情況下，可能要幾個星期才會有專業人員來接通。您將沒有煤氣供熱和做飯。）

帶上您的寵物。

鎖好門窗。

第三步

3



準備緊急物品包

在緊急情況下，您需要一些基本物品。您可能要在沒有自來水沒有電的情況下生活。準備好自給自足至少72 小時。

您可能已經有了一些必要的東西，比如手電筒，電池做電源的收音機，食物，水和毯子。關鍵是要保證他們放得有條理和容易找到。在沒電的情況下，您能找到手電筒嗎？

您的緊急物品包一定要容易攜帶。把它放在背包，行李袋或有轆轤的手提箱里，並放在容易拿到的地方，比如前廳的壁櫥里。要讓家裏每個人都知道緊急物品包的存放位置。

基本緊急物品清單

- 水 – 至少每人每天兩升水。包括緊急疏散情況下容易攜帶的小瓶裝水。
- 不易變質的事物，比如罐頭食品，能量餅乾和乾食品（記得每年更換一次食物和水）
- 罐頭開啓器
- 手電筒和電池
- 蠟燭和火柴或打火機（記住蠟燭要放在結實的盒子里，睡前要熄滅）
- 電池收音機或發條收音機（備足電池）
- 急救用具
- 特殊物品，比如處方藥物，嬰兒配方奶粉和殘障人士專用器具。
- 汽車和房子的備用鑰匙
- 一些小面額現金，比如10 元（旅行支票也很有用），和硬幣以備打電話用。
- 緊急情況計劃的拷貝和聯絡通訊錄

推薦的其他物品_r

- 每個家庭成員一套換洗的衣服和鞋襪
- 每個家庭成員一個睡袋或一條厚毯子。
- 哨子 (以便您需要吸引別人注意)
- 個人衛生用垃圾袋
- 衛生紙和其他個人用品
- 安全手套
- 基本工具 (錘子, 鉗子, 扳手, 螺絲起子, 固定件, 工作手套)
- 燃料和使用該燃料的爐子 (按使用說明使用並適當保存
- 每人每天兩升水供做飯和清潔。



成套出售的緊急物品包：

加拿大紅十字會緊急物品包在以下網址有售：www.redcross.ca

聖·約翰救傷隊和救世軍急救包可以在以下零售商店購買：

Zellers	Save-On-Foods	Value Drug Mart
Home Outfitters	IGA	Apple Drugs
Rexall	MarketPlace IGA	Rxellence Professional Dispensary
Pharma Plus	Thrifty Foods	Quality Foods
Canadian Tire	Buy-Low Foods	TSC Stores
London Drugs	Nesters Market	Jean Coutu
Overwaitea Foods	G&H Shop 'N Save	

提示：在緊急情況和斷電期間，自動取款機及其網絡可能不工作。您可能很難使用銀行卡和信用卡。

汽車用緊急物品包

如果您有汽車，準備一個小緊急物品包放在車內。這個緊急物品包應包括：

- 不易變質食品（比如能量餅乾）
- 水
- 毯子
- 換洗衣服和鞋
- 放於深罐中的蠟燭和火柴
- 內裝能割斷安全帶刀子的急救箱
- 警示燈或道路反光器
- 小鐵鍬，鏟子和雪刷
- 聯係電話單

推薦存於車內的其他物品

- 沙子，鹽或貓墊土（不結塊墊土）
- 防凍液，擋風玻璃清洗液
- 拖車網繩，跳啓動電纜
- 滅火器
- 道路地圖，哨子和手電筒

現在就準備

不要等到緊急情況發生。有些簡單的事情您現在就可以做 - 爲了您自己和家人的安全未雨綢繆。只要讀完這本小冊子，您就完全可以按部就班地開始準備了。

本週用一個晚上或用周末時間讀完這本小冊子。

制定您的計劃，準備您的緊急物品包。

寫一個條子提醒自己：一年以後的今天，更新緊急計劃，核對聯絡資訊，演習緊急疏散計劃，更換煙霧報警器和一氧化碳報警器的電池，更換緊急物品包的物品。

全國性資訊資源

欲瞭解詳細緊急情況準備措施，請訪問：www.GetPrepared.ca

欲索取本手冊，或地震準備，暴風準備，斷電準備等手冊，請電：

1 800 O-Canada (1 800 622-6232)

TTY: 1 800 926-9105

週一至週五，當地時間早8點至晚8點

加拿大環境部天氣辦公室

www.weatheroffice.ec.gc.ca

在本地電話簿藍頁Weather 下查找電話播報的天氣預報電話。

安全的加拿大

www.safecanada.ca

給所有加拿大公民，綜合聯邦，省，地區和市的安全資訊。

加拿大紅十字會

www.redcross.ca

為生存和生命作準備。從災難管理和急救工作的世界領導者學習如何計劃和準備。加拿大紅十字會是最大的人道主義組織的一部分。它的使命是幫助加拿大和世界各地社區鄰里中最弱勢的群體。

聖約翰救傷隊

www.sja.ca

營救生命 – 在職場，在家中，在運動遊戲場所。作為加拿大急救和心肺復生術搶救工作的傑出楷模，聖約翰救傷隊提供創新性的項目和產品，保障加拿大人有備無患。

救世軍

www.SalvationArmy.ca

救世軍通過其緊急狀況與災難服務在全世界帶給人們寬慰。時刻準備在最短時間部署其資源，我們的救災隊會立刻行動以減輕身體傷痛和幫助受傷者重新自立生活。

Your *emergency* preparedness *guide*



72
HOURS

**IS YOUR FAMILY
PREPARED?**



Public Safety
Canada

Sécurité publique
Canada

Canada

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72 HOURS IS YOUR FAMILY PREPARED?

YOUR EMERGENCY PREPAREDNESS GUIDE

If an emergency happens in your community, it may take emergency workers some time to reach you. You should be prepared to take care of yourself and your family for a minimum of 72 hours.

Learn how quick and easy it is to become better prepared to face a range of emergencies – anytime, anywhere. Use this guide to create your own emergency plan. Use the checklists to build a 72-hour emergency kit. These basic steps will help you take care of yourself and your loved ones during an emergency.

Our partners

This publication was developed in collaboration with:



Canadian Association
of Chiefs of Police



Canadian Association
of Fire Chiefs



CANADIAN
RED CROSS



St. John Ambulance



Giving Hope Today

This publication is also available in multiple formats: audio CD, Braille, large print, and electronic text. To order, please call:

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TTY: 1-800-926-9105

Scan this code with your mobile device to visit m.GetPrepared.ca



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IS YOUR FAMILY
PREPARED?

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KNOW THE RISKS

Although the consequences of various disasters can be similar, knowing the risks in your region can help you better prepare. Across Canada, we face a number of hazards, such as earthquakes in British Columbia, blizzards in Nunavut and tornadoes in Ontario. In addition to natural disasters, there are other types of risks, such as power outages and industrial or transportation accidents.

Some of the risks may be relevant to your community. Find out which ones by visiting www.GetPrepared.ca. You may want to identify the most likely ones for easy reference.

You may also want to find out how disasters have impacted Canadians. Learn more about disasters, including those triggered by natural hazards, technological hazards or conflict by using the Canadian Disaster Database at www.publicsafety.gc.ca/cdd.

To learn more about emergency preparedness or to order copies of this guide, call:

1 800 0-Canada (1-800-622-6232)

TTY: 1-800-926-9105

Visit www.GetPrepared.ca or follow @Get_Prepared on Twitter.

MAKE A PLAN



Every Canadian household needs an emergency plan. It will help you and your family know what to do in case of an emergency. It will take you about 20 minutes to make your plan.

Your family may not be together when an emergency occurs. Plan how to meet or how to contact one another, and discuss what you would do in different situations.

Use the following pages to create your plan. Most of this information can be filled out on your own. You may need to get some information from your municipality and province/territory about their emergency plans. A list of provincial emergency management agencies is available at the end of this guide.

Keep this document in an easy-to-find, easy-to-remember place (for example, with your emergency kit). Photocopy this plan and keep it in your car and/or at work. If you completed your plan online, keep an electronic version on your computer.

Household plan

Emergency exits

Draw up a floor plan of your home that shows all possible exits from each room. Plan a main exit route and an alternate exit route from each room. If you live in an apartment, plan to use the stairs instead of the elevators. If you are unable to use the stairs, notify emergency personnel ahead of time. Also, identify an evacuation route from your neighbourhood in case you need to leave in a hurry (and think of more than one option).

SAFE IDEA

Learn about first aid. You could save a life.

Along with making emergency plans and preparing an emergency kit, knowing first aid could save a life. Contact your local Canadian Red Cross or St. John Ambulance office to find out about first aid courses in your area.

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Meeting places

Identify safe places where everyone should meet if you cannot go home or you need to evacuate.

Safe meeting place near home:

Safe meeting place outside immediate neighbourhood:

Evacuation routes from neighbourhood:

SAFE IDEA

Make copies of important documents

Make copies of birth and marriage certificates, passports, licences, wills, land deeds and insurance. Take photos of family members in case a lost persons record is created. Keep them in a safe place, both inside and outside your home. You might want to put them in a safety deposit box or give them to friends and family who live out of town.

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Workplace

Learn about the emergency evacuation plans in place and what you will need to do. You may want to have some basic supplies at work, such as water and food that won't spoil, in case you need to stay put for a while. Check with your employer about workplace emergency plans, including fire alarms, emergency exits, meeting points, and designated safety personnel or floor wardens.

Children

Ask your children's school or daycare about their emergency policies. Find out how they will contact families during an emergency.

Find out what type of authorization the school or daycare requires to release your children to a designated person if you can't pick them up.

Make sure the school or daycare has updated contact information for parents, caregivers and designated persons.

Designated person 1: _____ Phone: _____

Designated person 2: _____ Phone: _____

School contact information: _____

Plan for pets

In case of an evacuation, remember that pets are not allowed in some public shelters or hotels. In case of an evacuation, prepare to take your pets with you to the home of a relative or friend, or take steps to identify pet-friendly hotels or pet boarding facilities in your area and further away from home.

Location and contact information: _____

Special health needs

Establish a personal support network of friends, relatives, health-care providers, co-workers and neighbours who understand your special needs.

Write down details about:

- | | |
|---|--|
| ☐ Accommodation needs | ☐ Insurance information |
| ☐ Allergies | ☐ Medical conditions |
| ☐ Emergency contacts | ☐ Medication |
| ☐ Family medical history | ☐ Recent vaccinations |
| ☐ Health screenings | ☐ Surgeries |

Keep a copy of this information in your emergency kit, and give a copy to your personal support network.

Talk to your doctor about preparing a grab-and-go bag, if possible, with a two-week supply of medication and medical supplies. Include prescriptions and medical documents. Remember that pharmacies may be closed for some time, even after an emergency is over.

Health information:

Medication and medical equipment:

Grab-and-go bag location:

Plan for specific risks

Public Safety Canada offers brochures on specific risks, such as earthquakes, power outages, floods and severe storms. Download your free copies at www.GetPrepared.ca.

Neighbourhood safety plan

Work with your neighbours to identify people who may need extra help during an emergency. To help make sure everyone is taken care of, assign “block buddies.”

Emergency contact information

Photocopy this list. Put a copy close to your telephone. If possible, program these phone numbers into your home phone and cell phone.

Emergency numbers

Fire, police, ambulance: 9-1-1 (where available)

Other: _____

Non-emergency numbers

Police: _____

Fire: _____

Health clinic: _____

Poison control: _____

Other contact numbers: _____

Out-of-town contact

Name: _____

Home phone: _____ Work phone: _____

Cell phone: _____ Email: _____

Home address: _____

Family

Name: _____

Home phone: _____

Work phone: _____

Cell phone: _____

Email: _____

Home address: _____

Friend/neighbour

Name: _____

Home phone: _____

Work phone: _____

Cell phone: _____

Email: _____

Home address: _____

TIP

Write yourself a reminder to update your emergency plan one year from now.

On this date next year, review your contact information, practise your emergency evacuation plans, change the batteries in your smoke alarm and carbon monoxide detector, and restock your kit(s). Change the batteries, food and water in your emergency kits once a year.

Family doctors

Patients' names: _____

Doctors' names and phone numbers: _____

Insurance agent/company

Agent's/company's name: _____

Phone: _____

Home and Car Policy numbers: _____

Home security system

Company's name: _____

Phone: _____

Safe home instructions

Make sure you have a working carbon monoxide detector, smoke alarm, fire extinguisher and well-stocked first aid kit. If you live in an apartment, or if you are staying in a hotel, know where the fire alarms and emergency exits are located.

TIPS

Arrange for each family member to call, email or text the same out-of-town contact person in case of an emergency.

Choose an out-of-town contact who lives far enough away that he or she is unlikely to be affected by the same event.

If you are new to Canada or have recently moved to a new area, make arrangements through friends, cultural associations or community organizations.

Make sure you have a fire extinguisher on every level of your home, including one in your kitchen. Everyone in your home should know where to find the fire extinguishers. All capable adults and older children should know how to use it. See instructions regarding the lifetime of your fire extinguisher and check with your local fire department for more information.

Older children and adults should know how to turn off your home's water, electricity and gas. Make large, easy-to-see signs for water and gas shut-offs as well as for the electrical panel.

Teach children how and when to dial 9-1-1 as well as how to call the designated out-of-town contact.

Locations of fire extinguishers:

Water valve location:

Utility company phone number: _____

Electrical panel location:

Utility company phone number: _____

Gas valve location:

Utility company phone number: _____

(Shut off gas only when authorities tell you to do so.)

Floor drain location:

(Always make sure the drain area is clear of boxes, furniture, etc., in case of flooding.)

Emergency instructions

Call 9-1-1 (where available) to report a fire, a crime or to save a life.

For non-emergency calls, use the ten-digit numbers listed in your local phone book, or this emergency plan, for police, fire and other health services.

Tip

Limit phone calls to urgent messages only.

Keep calls short to free up the lines for others.

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When notifying emergency services of your location, provide the exact street or civic address and nearest intersection.

In an emergency

Follow your emergency plan.

Get your emergency kit.

Make sure you are safe before assisting others.

Listen to the radio or television for information from authorities. Local officials may advise you to stay where you are. Follow their instructions.

Stay put until all is safe or until you are ordered to evacuate.

Evacuation orders

Authorities will not ask you to leave your home unless they have reason to believe that you may be in danger.

If you are ordered to evacuate, take your emergency kit, your wallet, personal identification for each family member and copies of essential family documents with you. Bring a cellular phone and spare battery or charger with you, if you have one. Use travel routes specified by local authorities.

TIP

For the gas and water valves, keep shut-off instructions close by and read them carefully.

If you have time, call or email your out-of-town contact. Tell them where you are going and when you expect to arrive. Once you are safe, let them know. Tell them if any family members have become separated.

If possible, leave a note telling others when you left and where you are. Shut off water and electricity if officials tell you to do so.



Leave natural gas service on unless officials tell you to turn it off. If you turn off the gas, the gas company has to reconnect it. In a major emergency, it could take weeks for a professional to respond.

Take pets with you. Lock your home. Follow instructions from authorities.

If you go to an evacuation centre, register your personal information at the registration desk. Do not return home until authorities advise that it is safe to do so.



GET AN EMERGENCY KIT

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.

You may have some of the items already, such as food, water and a battery-operated or crank flashlight. The key is to make sure they are organized and easy to find. Would you be able to find your flashlight in the dark?

Make sure your kit is easy to carry and everyone in the household knows where it is. Keep it in a backpack, duffle bag or suitcase with wheels, in an easy-to-reach, accessible place, such as your front-hall closet. If you have many people in your household, your emergency kit could get heavy. It's a good idea to separate some of these supplies in backpacks. That way, your kit will be more portable and each person can personalize his or her own grab-and-go emergency kit.

Basic emergency kit

- △ Water – at least two 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 (replace food and water once a year)
- △ Manual can-opener
- △ Crank or battery-powered flashlight (and extra batteries). Replace batteries once a year

TIP

Keep a corded phone in your home, as most cordless phones will not work during a power outage.

- △ Crank, battery-powered radio (and extra batteries) or a Weatheradio
- △ First aid kit
- △ Extra keys to your car and house
- △ Some cash in smaller bills, such as \$10 bills and change for payphones
- △ 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 (personalize according to your needs)

Recommended additional items

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

TIPS

When in doubt, do not drink water you suspect may be contaminated. Check with your municipality or local authorities for details.

Keep some cash on hand, as automated bank machines and their networks may not work during an emergency. You may have difficulty using debit or credit cards.

Pre-packaged kits

Canadian Red Cross kits can be purchased at www.shop.redcross.ca. Various kits and supplies are also available for sale from other commercial entities.

Emergency vehicle kit

Prepare a small kit and keep it in your vehicle.

The basic kit should include:

- △ Blanket
- △ Candle in a deep can and matches
- △ Extra clothing and shoes
- △ First aid kit with seatbelt cutter
- △ Flashlight (crank or battery-powered). Replace batteries once a year.
- △ Food that won't spoil (such as energy bars)
- △ List of contact numbers
- △ Radio (crank or battery-powered). Replace batteries once a year.
- △ Small shovel, scraper and snowbrush
- △ Warning light or road flares
- △ Water
- △ Whistle

Recommended additional items to keep in your vehicle

- △ Antifreeze, windshield washer fluid
- △ Fire extinguisher
- △ Road maps
- △ Sand, salt or cat litter (non-clumping)
- △ Tow rope and jumper cables

EMERGENCY KIT BASIC ITEMS



- 1 Water – at least two litres of water per person per day; include small bottles that can be carried easily in case of an evacuation order
- 2 Food that won't spoil, such as canned food, energy bars and dried foods (replace food and water once a year)
- 3 Manual can-opener
- 4 Crank or battery-powered flashlight (and extra batteries)
- 5 Crank or battery-powered radio (and extra batteries)
- 6 First aid kit
- 7 Extra keys to your car and house
- 8 Some cash in smaller bills, such as \$10 bills and change for payphones
- 9 A copy of your emergency plan and contact information
- 10 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 (personalize according to your needs).

RESOURCES

To learn more about emergency preparedness, visit www.GetPrepared.ca or on your mobile device at m.GetPrepared.ca

To order additional copies of this publication, call:
1 800 O-Canada (1-800-622-6232)
TTY: 1-800-926-9105

Environment Canada Weather Office

www.weatheroffice.gc.ca

1-900-565-4455; a \$2.99 per-minute charge applies

Check the blue pages in your local phonebook under Weather for weather reports and forecasting available by phone.

Canadian Red Cross

www.redcross.ca

613-740-1900 or check for your local branch phone number.

St. John Ambulance

www.sja.ca

613-236-7461 or check for your local branch phone number.

Toll-free: 1-888-840-5646

Salvation Army

www.SalvationArmy.ca

416-425-2111 or check for your local branch phone number.

Provincial and Territorial Resources

Contact your provincial or territorial Emergency Management Organization (EMO) for more information on emergency preparedness.

Alberta

Alberta Emergency Management Agency
Telephone: (780) 422-9000 / Toll-free: 310-0000
www.aema.alberta.ca

British Columbia

British Columbia Provincial Emergency Program
Telephone: (250) 952-4913 / Emergency: 1-800-663-3456
www.pep.bc.ca

Manitoba

Manitoba Emergency Measures Organization
Telephone: (204) 945-4772 / Toll-free: 1-888-267-8298
Emergency: (204) 945-5555
www.manitobaemo.ca

New Brunswick

New Brunswick Emergency Measures Organization
Telephone: (506) 453-2133 / Toll-free (24/7): 1-800-561-4034
24 hr: (506) 453-2133
www.gnb.ca/cnb/emo-omu

Newfoundland and Labrador

Fire and Emergency Services – Newfoundland and Labrador (FES-NL)
Telephone: (709) 729-3703
www.gov.nl.ca/fes

Northwest Territories

Northwest Territories Emergency Measures Organization
24 hr Emergency: (867) 920-2303
www.maca.gov.nt.ca/emergency_management/index.htm

Nova Scotia

Nova Scotia Emergency Management Office
Telephone (24 hr): 1-866-424-5620
<http://emo.gov.ns.ca/>

Nunavut

Nunavut Emergency Management
Telephone: (867) 975-5403 / 24 hr Emergency: 1-800-693-1666
<http://cgs.gov.nu.ca/en/nunavut-emergency-management>

Ontario

Emergency Management Ontario
Telephone: (416) 314-3723 / 24 hr: 1-877-314-3723
www.ontario.ca/emo

Prince Edward Island

Prince Edward Island Emergency Measures Organization
Tel: (902) 894-0585 / Toll Free 1-877-894-0585 /
After Hours (902) 892-9365
www.peipublicsafety.ca

Quebec

Quebec – Ministère de la Sécurité publique
Telephone (toll-free): 1-866-644-6826
General information (Services Québec): 1-877-644-4545
www.securitepublique.gouv.qc.ca/en/accueil.html

Saskatchewan

Saskatchewan Emergency Management Organization
Telephone: (306) 787-9563
www.cpsp.gov.sk.ca/SaskEMO

Yukon

Yukon Emergency Measures Organization
Telephone: (867) 667-5220 / Toll-Free: 1-800-661-0408
www.community.gov.yk.ca/emo/index.html



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