

Ministry of Finance



26 Weeks to Family Emergency Preparedness



Where ideas work

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Major disasters such as earthquakes can occur without warning. The safety of your family will likely be the first concern on your mind. Preparing your family ahead of time can significantly reduce the risks to their safety and will help you stay calm when disaster strikes.

Individuals must be prepared to take care of themselves for at least 72 hours before help arrives. This handy guide, 26 Weeks to Family Emergency Preparedness, is designed to make it easier for you to prepare your family for a major emergency.

There are also resources identified in the back of the booklet to help you document your plan and purchase the emergency supplies that you need.

Don't delay, prepare today!

Chris Trumpy
Deputy Minister, Ministry of Finance



Where ideas work

Week #1

Portable Container

- Get a portable container with a lid to use as an emergency kit.
- A plastic storage bin or garbage can works well, particularly one with wheels.
- Choose an accessible location for the container near an exit, and label the container.
- Make sure all family members know what it will be used for and where it is.



Week #2

Three-Day Supply of Water

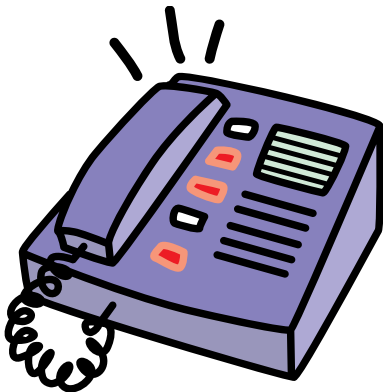
- ❑ Stock your kit with a three-day supply of water, and don't forget to include water for your pets.
- ❑ You need four litres of water per person per day – two for drinking and two for food preparation and hygiene.



Week #3

Out-Of-Area Phone Contact

- Arrange an out-of-area phone contact person, and keep this and other emergency phone numbers near each telephone.
- Teach each family member these numbers.



Week #4

Canned Meat & Dried Fruit

- Stock your kit with several varieties of canned meat and dried fruit.
- Include a manual can opener.



Week #5

Portable Radio & Extra Batteries

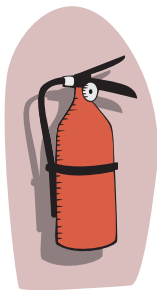
- Get a portable radio and extra batteries for your emergency kit. Wind-up radios are also a good choice.



Week #6

Learn About Hazards

- Find out what the hazards are in your community, and do a home hazard hunt to make your home safer.
- Secure appliances and heavy furniture, and move beds away from heavy mirrors and windows.



Week #7

Specific Safety Tasks

- Give every family member specific safety tasks to do in an emergency. For example, designate one person to be in charge of turning off electricity, one to collect the emergency container, one to take charge of any pets, etc.
- Add nuts and granola bars to your kit.



Week #8

Identify Safe Places

- Identify safe places in your home and on your property.
- Plan and practice evacuation drills using two different escape routes from each room.
- Add containers of juice or juice crystals to your kit.



Week #9

Plastic Garbage Bags

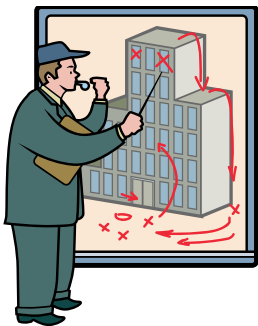
- Stock you kit with both large and medium-sized plastic garbage bags (orange or yellow make good visible signals).
- Large bags can also be used as ponchos, ground covers or blankets.
- Add plastic or paper dishes.



Week #10

Identify a Family Meeting Place

- Identify a family meeting place away from home but close to your regular spots (between work and home or school.)
- Add books, toys and cards to your kit.



Week #11

Flashlight & Extra Batteries

- ❑ Add a flashlight and extra batteries, along with candles and waterproof matches.



Week #12

Dried Soups, Crackers & Peanut Butter

- Add some dried soups, crackers and peanut butter to your emergency kit.



Week #13

Check Your Insurance Policies

- Check your insurance policies and make records of your possessions.



Week #14

Prepare a First-Aid Kit

- ❑ Prepare a first-aid kit that includes extra prescription medications, extra eyeglasses, bandages, sterile gauze pads, tape, scissors, tweezers, antibiotic ointment, hydrogen peroxide and over-the-counter pain pills.



Week #15

Change of Clothing

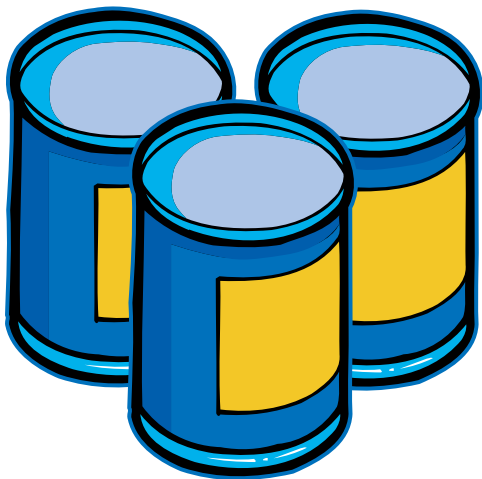
- Add a change of clothing for each family member to your kit.
- Be sure to include warm clothing, heavy work gloves and sturdy shoes.



Week #16

Canned Food

- Add some canned food like stews, baked beans and vegetables to your kit.



Week #17

First-Aid Course

- Enrol a family member in a first-aid course.



Week #18

Personal Toiletry Items

- Add personal toiletry items like toilet paper, handy wipes, soap, detergent, toothbrush, toothpaste, comb, sanitary supplies, etc. to your emergency kit.



Week #19

Evaporated Canned or Powdered Milk & Cereal

- ❑ Add evaporated canned or powdered milk and cereal to your kit.



Week #20

Infant Supplies

- ❑ If needed, include infant supplies including disposable diapers, disposable bottles, formula, etc. to your emergency kit.



Week #21

Large Bucket & Emergency Tools

- Get a large bucket with a tight-fitting lid to use as a toilet, and put it with your emergency kit.
- Use the bucket to store other emergency tools like an axe, a folding shovel and rope.



Week #22

Freeze-Dried or Foil Pouch Food Products

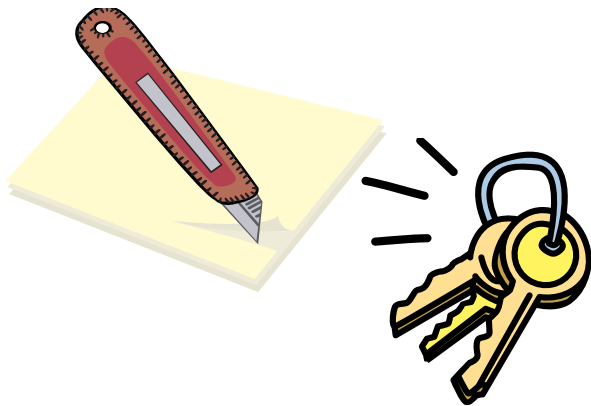
- ❑ Add some freeze-dried or foil pouch food products like meats, soups, vegetables and stews.



Week #23

Pocket Knife, Cutlery, Whistle, House and Car Keys

- Add a pocket knife (Swiss army style), cutlery, a whistle and spare set of house and car keys to your container.



Week #24

Leash, Pet Carrier & Pet Food

- ❑ Keep a leash or pet carrier near your kit and add a three-day supply of pet food and water.



Week #25

Sleeping Bags, Blankets & Water Purification Tablets

- Add sleeping bags or blankets to your kit.
- Add water purification tablets.



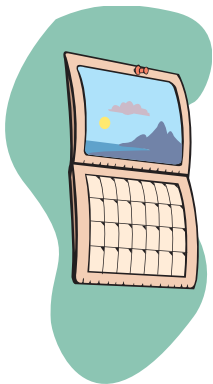
Week #26

Assemble Important Documents & Family Photo Album

- Assemble important documents like wills, insurance papers, medical records, inventory of possessions, identification, etc. in a fireproof/waterproof container.
- Add a family photo album to your emergency kit with current photos of all family members.



After the Planning



Now you and your family are personally prepared for any emergency!

Once your emergency kit is assembled and your emergency plan is in place, remember to rotate and replace items as they expire.

And most importantly, practice your plan and update it as your family's needs change.

We gratefully acknowledge the support and development of this 26 Week Guide by the Provincial Emergency Program.

Provincial Emergency Program www.pep.bc.ca

PEP Toll-Free Message Line: 1-888-811-6233

Emergency Basics - Fire

If You Discover Fire or See Smoke

- Call 911
- Warn persons nearby
- Assist physically-challenged people
- Evacuate by the nearest exit calmly but briskly
- Do not go back into the building for any reason
- Do not place yourself at risk

If you are caught in smoke

- Drop to your hands and knees and crawl
- Hold your breath as much as possible
- Breathe shallowly through your nose
- Filter your nose and mouth with a cloth

If you are trapped in a room

- Place a piece of cloth material under the door
- Retreat – close as many doors as possible
- Be prepared to signal from the window, but do not break the glass unless absolutely necessary

Emergency Basics - Earthquake

During the Shaking

- **DROP** under the nearest sturdy furniture
- **COVER** your head and torso
- **HOLD** onto whatever is covering you

After the Shaking

- Stay in the DROP, COVER and HOLD position.
- Count to 60. Allow objects to settle and check area before moving
- Do not use phone except to report fires or medical emergencies

Emergency Basics - Medical

Medical Emergency

- Call 911
- Before starting any first aid, ensure there is no danger to yourself or the victim
- If qualified, give first aid until relieved by first aid or ambulance attendant

26 Weeks to Family Emergency Preparedness

For Further Information

- Provincial Emergency Program:
www.pep.bc.ca
- Public Safety Canada: Is Your Family Prepared?:
www.getprepared.ca
- Make A Plan (online resource):
www.getprepared.gc.ca/plan/plan_e.asp

For Supplies

- Emergency Kits – Product Distribution Centre:
www.pss.gov.bc.ca/pdc/safety-emergency-response-kits-home.html
- Your local fire and safety store



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