



Get a 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**. Make sure your kit is easy to carry and everyone in the household knows where it is!!



Make a Plan

Every household needs an emergency plan. It will help you and your family know what to do in an emergency – and it only takes 20 minutes. Make the plan part of your emergency kit.

Visit GetPrepared.ca to complete an emergency plan online. Then, fill in key information for quick access.

Emergency Preparedness for Children

Helping kids prepare for emergencies

- Teach them about natural hazards like tornadoes, severe thunderstorms, ice storms and blizzards – and what to do when they occur.
- Make a family emergency plan, and prepare an emergency kit together.
- Teach your kids what to do in case of a fire.
- Make sure your kids know what to do at school if an emergency happens.

Helping kids cope

Children in particular can feel the stress deeply – and may react in different ways. The key to helping your children cope is simply by being there and making them feel safe.

- Take their fears seriously and tell them that it's okay to be scared.
- Explain the events as best you can and acknowledge what's frightening about what happened.
- Tell your kids what you think and feel. Doing so helps them feel less alone if they know that their feelings are similar to yours.
- Maintain familiar routines, like mealtimes and regular bedtime hours.
- While parents can play a huge role in helping children deal with anxiety, it may be helpful to talk to a professional such as a psychologist or social worker, who can help children understand and cope with their emotions.



Emergency Kit List...

- ☑ Water – at least 2 litres per person per day
- ☑ Food that won't spoil, such as canned food, energy bars and dried foods
- ☑ Manual can opener
- ☑ Crank or battery powered flashlight (and extra batteries)
- ☑ Crank or battery operated radio (and extra batteries)
- ☑ First aid kit
- ☑ Extra keys (vehicle & home)
- ☑ Cash in smaller bills, and change for payphones
- ☑ A copy of your emergency plan and contact information
- ☑ Special items such as prescription medication, infant formula and equipment for people with disabilities



Keeping in Touch in Emergencies...

Being able to communicate with family, friends and emergency responders during an emergency is critical. However, keep in mind that everyday communication devices may not work properly during an emergency.

- If possible, use non-voice channels like text messaging and email or social media, as these use less bandwidth than voice communications and may work even when phone service has been disrupted.
- If you must use a phone, keep your conversation brief and convey only vital information.
- If you are unable to complete a call, wait 10 seconds before redialing.
- Keep extra batteries or a charger in your emergency kit.