



# 'Be Emergency Ready' 72 Hour Preparedness



**Brought to you by the Emergency Measures  
Organization and the Moose Jaw Fire Department**

*Are you and your family prepared to be self-sufficient for at least 72 hours in the event of an emergency?*

**That's an important question and one that every person needs to ask.**

The E.M.O. and the Moose Jaw Fire Department wants every citizen in the City to be prepared. Everyone needs a plan, you can make a plan by accessing [www.getprepared.gc.ca](http://www.getprepared.gc.ca) and using the online tool or, you can make your own. If you are making your own plan, make sure it includes the following:

- Safe exits from your home and your neighbourhood
- Meeting places to reunite with family or roommates
- Designated person to pick-up your children should you be unavailable (provide information to the schools). Any arrangements you have made for anyone to pick-up your children must be made in advance with that information being provided to schools, day cares, clubs, etc. Children should never be released to anyone without arrangements being made in advance and proper picture ID being provided
- Contact persons, with phone numbers, close-by and out-of-town
- Health and insurance information
- Places for your pet(s) to stay
- Risks to be aware of for our area
- Location of your fire extinguisher, water shut-off valve, electrical panel, gas valve, and floor drain

## ***An Emergency Kit should be easy to carry and contain:***

- Two litres of water per person per day (small bottles are better)
- Food that will not spoil (cans, energy bars, etc.)
- Manual can opener
- Flashlight and batteries. Any other batteries you might need
- Battery powered or wind-up radio
- Blankets and a change of clothing and footwear for every member of your family
- Candles & matches or a lighter and a sturdy container to use them in (never leave a lit candle unattended)
- First aid kit that includes an over the shelf pain medicine, and prescription medications
- If needed, infant formula or equipment for disabilities
- Cash (smaller bills), some change. (Travellers cheques are useful.)
- A copy of your emergency plan

