



## Know the Risks



Across Canada, we face a number of natural hazards, which can vary from region to region. Knowing what to do during an emergency is an important part of being prepared. Find out more about risks in your region and how to prepare by visiting [GetPrepared.ca](http://GetPrepared.ca). Then use this guide for information on what to do in different situations.

### During an emergency.....

The following steps should be taken in emergency situations:

1. Make sure you are safe before assisting others.
2. Follow your emergency plan.
3. Get your emergency kit.
4. Monitor radio, television and online for information from authorities. Follow their instructions.
5. Stay put until it is safe or you are ordered to evacuate.
6. Limit phone calls to urgent messages only. Keep the lines free for emergency responders.

### Severe Storms

During severe storms:

- If possible, take shelter in a building and stay indoors.
- Monitor radio, television and online for weather warnings and instructions from authorities.
- If you have time, secure items that might be blown around or torn loose, such as lawn furniture.
- Stay away from windows, doors and fireplaces.
- If you are driving, stop your car away from trees or power lines.

### Thunder and Lightning Storms

If you are inside:

- Unplug radios, TV's and appliances. Use a battery-operated or wind-up radio to listen for weather warnings and instructions from authorities.
- Avoid using a corded phone and stay away from items that conduct electricity.
- If there is hail, stay away from windows, glass doors and skylights.

If you are outside:

- If caught in the open, crouch in the "leap frog" position to minimize ground contact. Do not go under a tree.
- If you are driving, stop your vehicle away from trees or power lines.
- If you are on the water, head for the shore immediately.

### Tornadoes

If you are inside:

- If you are in a high-rise, do not use elevators
- Go to the basement or small interior ground floor room. Take shelter under a table or desk.
- Stay away from windows, outside walls, fireplaces and doors.
- Avoid using a corded phone and stay away from items that conduct electricity.
- Limit phone calls to urgent messages only.

If you are outside:

- If time permits, go to the nearest solid shelter. If not take cover in a low lying area such as a ditch and protect your head. Beware of flooding and downpours and be prepared to move.
- Do not shelter under a bridge as winds can accelerate.
- Do not shelter in a mobile home that does not have a solid foundation.

### Power Outages



- Check if the power outage is limited to your home. If your neighbours have power, check your circuit breakers.
- If your neighbours' power is also out, contact your electrical supply company.
- Turn off all tools, appliances, electronics and all but one light inside and outside.
- Use your thermostat to turn off heating or air conditioning.
- Avoid opening your freezer or fridge.
- Do not use barbecues, camping heating equipment or home generators indoors. They can produce dangerous levels of carbon monoxide.
- Monitor a crank or battery-powered radio and online for weather warnings and instructions from authorities.
- If possible, use a battery or crank-powered light source. If you must use candles, use proper candle holders. Never leave lit candles unattended. Always extinguish candles before going to bed.

When the power returns:

- In cold weather, turn heating back on first, then wait 10 minutes before reconnecting everything else.
- Check food supplies. If a freezer door has been kept closed, food should stay frozen for 24-36 hours. Food contaminated with bacteria does not necessarily smell or look spoiled. When in doubt throw it out.

### Shelter in Place

(Chemical, Biological, Radiological or Nuclear Incident)

If you are told to shelter in place due to a CBRN incident:

- Close and lock all windows and exterior doors.
- Turn off all fans, heating and A/C systems to avoid drawing in outside air.
- Get your emergency kit.
- Go to an interior room without windows above ground level.
- Use duct tape or wet cloths to seal cracks.
- Limit phone calls to urgent messages only.

If possible, turn a radio to local stations, CHAB 800, Country 100 or Mix 103.9 or computer to <http://www.moosejaw.ca/> or <http://www.discovermoosejaw.com/> or until the "all clear" message is broadcast. In order to prevent the telecommunications system from overloading, only use your phone if it is an emergency.



## 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](http://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



## Evacuation Order

### If ordered to evacuate:

- Follow instructions from authorities.
- Take your emergency kit, plan, medications, wallet, identification and cell phone.
- Shut off water, electricity and gas if instructed to do so.
- Notify your out-of-town contact and leave a note inside indicating when you left and where you are going (if time permits).
- Lock your home.
- Use specified routes and pay attention to information on road closure. Stay off any disaster response routes designated for emergency responders.
- Register with a local reception centre in person or by phone.
- Do not return home until authorities advise it is safe.

## 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.