

Preparing Your Family For An Emergency

When preparing for an emergency, plan on having enough supplies to get you and your family through at least the first 72 hours. After a major emergency, there's a good chance that traditional emergency response services will be too busy to take care of you and your family. You need to prepare your home and neighbourhood.

The Plan

- Stock** up on at least a three-day supply of water, food, clothes, medical supplies and other necessary equipment (battery-operated radio, flashlights), for **all** family members. Make sure everyone knows where to find them. **See emergency supplies checklist.**
- Decide** where and when to reunite your family should you be apart when a disaster strikes.
- Choose** a person at least 300 kilometers away from the west coast to contact if family members are separated. Long distance phone service will probably be restored sooner than local service. Do not use the phone immediately after a major emergency.
- Know** the policies of the school or daycare center your children attend. Make plans to have someone pick them up if you are unable to get to them.
- If** you have a family member who does not speak English, prepare an emergency card written in English indicating that person's identification, address and any special needs such as medication or allergies. Tell them to keep the card with him/her at all times.
- Learn** Vancouver Fire Fighters First Aid / Fire safety Extinguisher training 604.822.8283 / 665.6011
- Conduct** Earthquake: **Drop, Cover & Hold On** drills every six months with your family.
- Practice** **Stop, Drop and Roll** drills for fire, as well as emergency exit drills in the house (EDITH) regularly.
- Know** the safest place in each room because it will be difficult to move from one room to another during an earthquake.
- Locate** the shutoff valves for **water, gas** and **electricity**. Learn how to shut off the valves before an emergency. If you have any questions, call the utility suppliers. **Only a government qualified person can return the gas valve back on.**

- Make** copies of vital records and keep them in a safe deposit box in another city / province. Make sure your originals are stored safely.
- Before** a major emergency occurs, call your local Emergency Social Services Program, (Vancouver - 604-215-4779,) to find out about their plans for emergency shelters and Pet emergencies in case of a disaster.
- Establish** all the possible ways to exit your place of residence. Keep those areas clear. Everyone knows their designated area outside the home & the locations of the nearest Community Centers.
- Take** photos and/or videos of your valuables. Make copies and keep them with a friend or relative in another city
- Include** your babysitter and other household help in your plans.
- Keep** an extra pair of eyeglasses and house and car keys on hand.
- Keep** extra cash and change. If electricity is out, you will not be able to use an ATM.

General Tips

Stay away from heavy furniture, appliances, large glass panes, shelves holding objects, and large decorative masonry, brick or plaster such as fireplaces.

Keep your hallway clear. It is usually one of the safest places to be during an earthquake .

Stay away from kitchens and garages, which tend to be the most dangerous places because of the many items that are kept there.

PREPARE TODAY...SURVIVE TOMORROW

Emergency Preparedness Checklist

USE YOUR MAGNET TO POST THIS ONTO YOUR FRIDGE

CHECK OFF SEVERAL ITEMS EACH WEEK AND YOU WILL SOON BE PREPARED!

TO DO

- Put a pair of old sturdy shoes by each bed
- Flashlight / batteries or light sticks near beds
- Practice "Drop, Cover & Hold On" family / work
- Arrange a family meeting place
- Find a safe place in each room of your house
- Identify hazards inside & outside of your home
- Store a clothing kit for each family member
- Prepare an emergency family plan
- Complete your "out of area" cards
- Prepare an emergency food plan
- Consider alternate cooking / adequate fuel
- ABC fire extinguisher, learn to use it safely
- Familiarize with utility shut off locations
- Promote E.P. with neighbours & family
- **Take additional E.P. Training:** NEPP
- Fire Extinguisher, First Aid, ERTT,

TO STORE

- Emergency water (dated & stored properly)
- Designated Natural gas shut off wrench
- Tarp, Tent, plastic sheeting, Camping supplies
- Crowbar / pry bar
- Pet emergency supplies- info collar always on

IN THE KIT

- Family Photos
- Work gloves
- Safety goggles & dust masks
- 1 – 2 rolls of toilet paper
- Sanitary supplies (toothbrush, diapers, etc)
- Liquid soap & paper towels
- Ponchos
- Emergency blankets
- Battery operated radio & batteries
- Flashlight & batteries
- Paper plates, plastic cutlery, etc.
- Can Opener
- Duct Tape
- Multi-blade knife
- Whistle
- 50' of rope
- First aid kit
- Garbage bags
- Extra medication / prescription
- Spare glasses / contact lens solution
- Cash
- Notebook & pencil

CAR & OFFICE

- Water (Nine 4½ ounce pouches)
- Food (3 day supply)
- Out of area cards
- Work gloves
- Dust masks
- Poncho, Emergency blanket
- Battery operated radio & batteries
- Flashlight & batteries, light sticks
- Multi-blade knife
- Whistle
- First aid kit
- Fire extinguisher
- Sturdy shoes
- Warm clothing
- Area maps
- Road flares
- Vehicle emergency equipment
- (Jumper cables, jack, etc)
- Cash / quarters or phone card
- Notebook & pencil
- Tissues

PET KITS

- Sturdy Crate or Carrier
- Identification tag & collar with out of area
- contact #
- Leash
- Work Gloves
- Water / Food - 7 day supply - each pet
- Non –spill Bowls
- Litter box / Plastic bags
- Special Medication
- Can opener/ plastic lids
- Copy of documents / Medical History
- Recent photo of your pet
- Pet first aid training and First aid Kit
- Emergency phone numbers
- News paper and Paper towels

☺ **All Kits & Supplies** ☺
Check / Replace – every 6 months

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Vancouver Fire fighters Community CPR/First Aid Training
604.822.8283