

## **72 Hours: Is Your Family Prepared:**

If an emergency happens in your community, it may take emergency workers some time to reach you. You should be prepared to take care of yourself and your family for a minimum of 72 hours.

**STEP 1. KNOW THE RISKS:** Knowing the risks in your region can help you better prepare. Some risks may be relevant in your community. Visit GetPrepared.ca(<http://getprepared.ca>) or follow @Get Prepared (<http://twitter.com/@GetPrepared>) on Twitter.

**STEP 2. MAKE A PLAN:** Every household needs an emergency plan. Your family may not be together when an emergency occurs. Plan on how to meet or how to contact one another, and discuss what you would do in different situations. Keep your plan in an easy-to-find place and photocopy it and keep a copy in your car, work and close to your phone.

**NEIGHBOURHOOD SAFETY PLAN:** Work with your neighbours to identify people who may need extra help during an emergency.

Update your emergency plan in a year and review your contact information, change the batteries in your smoke and carbon monoxide detectors and restock your kit(s). Change the batteries, food and water in your emergency kits once a year.

**MEETING PLACES:** Identify safe places where everyone should meet if you cannot go home or you need to evacuate.

**SAFE IDEA:** Make copy of birth, marriage certificates, passports, licences, wills, land deeds and insurance. Take photos of your family members in case a lost persons record is created. Keep them in a safe place both inside and outside your home. You may want to put them in a safety deposit box or give them to friends who live out of town.

**WORKPLACE:** Learn about emergency evacuation plans in place and what you will need to do. You may want to have some basic supplies at work, such as water and food that won't spoil, in case you need to stay put for a while.

**CHILDREN:** Ask your children's school or daycare about their emergency policies. Find out how they contact families during an emergency. Find out what kind of authorization the school or daycare requires to release your children to a designated person if you can't pick them up. Make sure the school or daycare has an updated contact information for parents, caregivers and designated persons.

**PLANS FOR PETS:** In case of an evacuation, remember pets are not allowed in some public shelters or hotels. In case of an evacuation, prepare to take your pets with you to the home of a relative or friend, or take steps to identify pet-friendly hotels or pet boarding facilities in your area and further away from home.

**SPECIAL HEALTH NEEDS:** Establish a personal support network of friends, relatives, health-care providers, co-workers and neighbours who understand your special needs. Talk to your doctor about preparing a grab-and-go bag, if possible with a two-week supply of medication and medical supplies. Include prescriptions and medical documents. Remember that pharmacies may be closed for some time, even after an emergency is over.

Arrange for each family member to call, e-mail or text the same out-of-town contact person in case of an emergency.

**EMERGENCY INSTRUCTIONS:**

- Call 9-1-1 to report a fire, crime or to save a life
- For non-emergency calls, use the ten-digit numbers listed in your phone book, or your emergency plan, for police, fire and other health services (O.P.P 1-888-310-1122)
- When notifying emergency services of your location, provide the exact street or civic address and nearest intersection.
- For the gas and water valves, keep shut-off instructions close by and read them carefully.

**IN AN EMERGENCY**

- Follow your emergency plan.
- Get your emergency kit.
- Make sure you are safe before assisting others.
- Listen to the radio or television for information from authorities. Local officials may advise you to stay where you are. Follow their instructions.
- Stay put until all is safe or until you are ordered to evacuate.

To learn more about emergency preparedness, visit GetPrepared.ca (<http://getprepared.ca/>) or on your mobile device at m.Getprepared.ca (<http://m.GetPrepared.ca>)

- Environment Canada Weather Office [www.weatheroffice.gc.ca](http://www.weatheroffice.gc.ca) (<http://weatheroffice.gc.ca>)
- Canadian Red Cross [www.redcross.ca/prepare](http://www.redcross.ca/prepare) (<http://www.redcross.ca/prepare>)