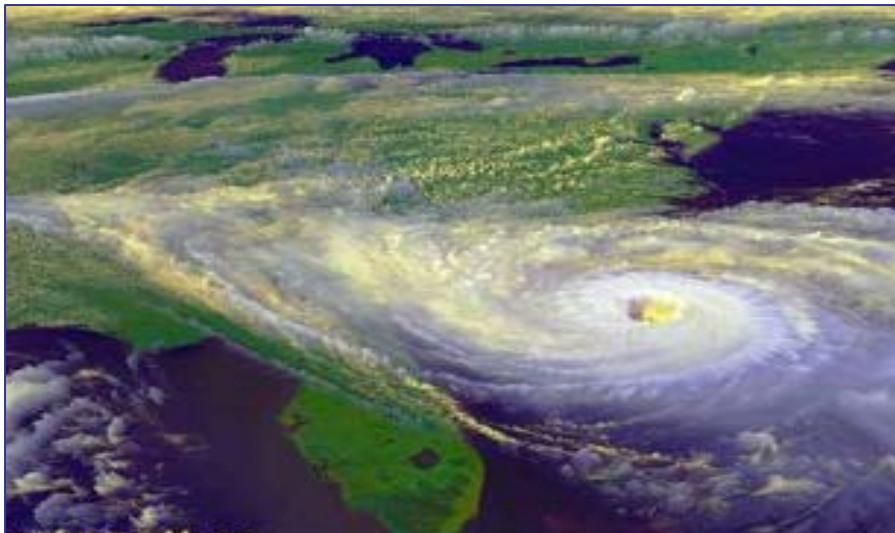


# Personal and Family Emergency Preparedness



# *Why do we need to prepare?*

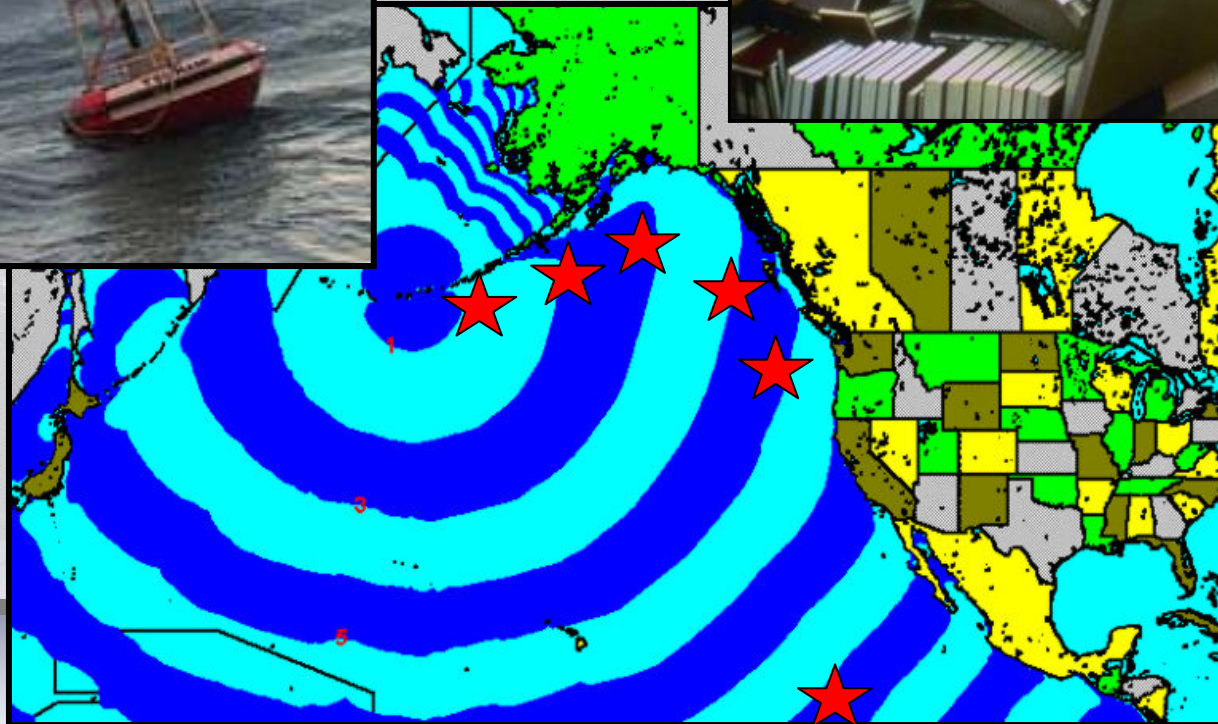
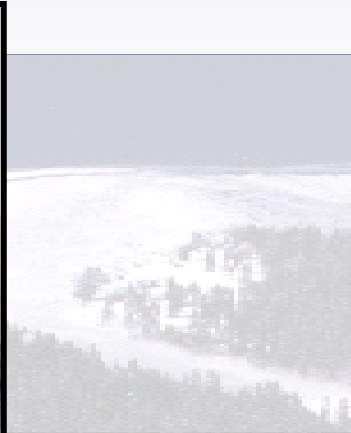




# *Floods and fires*

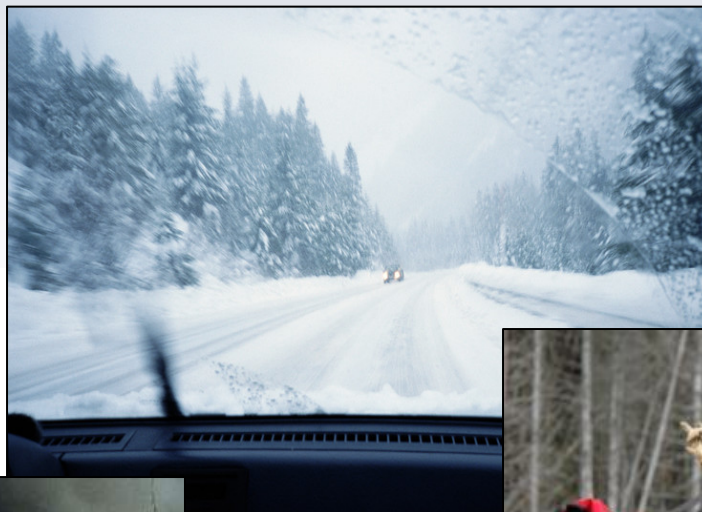


# *Seismic hazards*





## *Other hazards*



# *What are the risks in your area?*

There are 57 identified hazards throughout the province including fires, floods, hazardous, material spills, severe weather, disease outbreaks, earthquakes, tsunamis and landslides.

Find out about the hazards in your community.

Know your region.  
Know the risks.





## *When disaster strikes*

Disaster can strike quickly and without warning. It can force you to evacuate your neighbourhood or confine you to your home.

What would you do if basic services, such as water, gas, electricity, or telephones were cut off?

Local officials and relief workers may be on the scene after a disaster, but they cannot reach everyone right away.



# *Emergency Management in BC*

Emergency management is based on the fundamental principle of escalating response. It is up to the individual to know what to do in an emergency to protect themselves and their family. If individuals are unable to cope, governments respond progressively, as their capabilities and resources are needed.





## *Local government*

In BC, local governments are responsible for preparedness and response to emergencies and disasters in their communities.

As required by law, they maintain emergency plans and an emergency management organization. This is to ensure the safety of citizens if a situation escalates beyond the first responder level.

Their role encompasses risk assessment, mitigation, preparedness, planning, response and recovery.

Find out about your municipal or regional district emergency preparedness and planning through their web site or through the local emergency program coordinator.

# *Public safety lifeline volunteers*

There are more than 13,000 public safety lifeline volunteers across the province. They do everything from leading ground searches and helping the victims of serious car accidents to coordinating emergency social services providing assistance to people who are displaced during emergencies.

In a typical year, volunteers respond to over 7,000 emergencies province-wide. On average there are almost 1,000 search and rescue responses in B.C. annually.

Find out about becoming a volunteer.





# *Are you and your family prepared?*

## *Do you have:*

- ☐ A family emergency plan?
- ☐ A designated meeting place if family members are separated?
- ☐ Emergency supply kits for your home, car, office?
- ☐ The ability to survive on your own for at least 72 hours?
- ☐ An out-of-province contact if family members are separated?
- ☐ First aid training?
- ☐ Consideration for special needs or elderly?
- ☐ Provisions for your pet?



# ***Prepare for Shelter-in-Place or Evacuation***

**SHELTER-IN-PLACE** *(hazardous materials plume, radioactive release etc.)*

- Go indoors immediately and stay there.
- Close all windows and doors.
- Turn off the furnace, air conditioners and exhaust systems.
- Stay tuned to local media for instructions from emergency officials.

**EVACUATION** if an area is unsafe, officials may order residents to evacuate *(threat of interface fire, landslides, tsunamis, severe weather, flooding)*

- Have a 'grab and go' emergency kit ready for family and pets.
- Prepare to register at designated reception centre if evacuated.
- Stay tuned to local media and follow instructions of emergency officials.



# ***Basic home safety***

- ☐ Make sure that you have adequate home insurance coverage  
*(fire, earthquake)*
- ☐ Repair defective electrical wiring and leaky connections.
- ☐ Fasten shelves securely and place heavy objects on lower shelves.
- ☐ Hang pictures and mirrors away from beds.
- ☐ Secure water heaters.
- ☐ Consider securing structure to foundation in earthquake-prone areas.
- ☐ Store flammable products away from heat sources.
- ☐ Clean and repair chimneys, flue pipes and vents.
- ☐ Check smoke detectors and fire extinguishers regularly.
- ☐ Know where utilities shut-off valves are located.

## *Get everyone involved*

- ☐ Post emergency numbers and know when to call 911.
- ☐ Show family members how to turn off main utility switches.
- ☐ Learn about fire safety and how to use the fire extinguisher.
- ☐ Take a first aid and CPR class.
- ☐ Everyone should know where emergency kits are stored.
- ☐ Determine the best escape routes from your home and conduct earthquake drills (*drop, cover, hold*)
- ☐ Find the safe places in your home for each type of disaster.
- ☐ Decide on meeting places and out-of-province contacts if family members are separated.





# ***Your family emergency plan***

## **Select family meeting places**

- easy to remember and identify
- open spaces
- walking distance

## **Family emergency contact**

- someone reliable
- outside of province

## **Plan emergency exits and know escape routes**

## **Practice evacuation plan and earthquake drills**

## **Take first aid training and plan for special needs or elderly**



# *Neighbourhood emergency preparedness*

Those who have experienced disasters have witnessed the way in which neighbours naturally come together to help one another.

A team of neighbours with a variety of skills will have a much greater chance of coping following a disaster than will individuals trying to handle an incident on their own.

The Neighbourhood Emergency Preparedness Program (NEPP) is a neighbourhood team approach to becoming self-reliant following a disaster or emergency. The program teaches individuals and families how to be self sufficient for 72 hours up to a week and teaches neighbours how to plan and train as a team to respond safely and effectively during a disaster.

## Family emergency kit

***Be prepared for at least 72 hours***

- 'Grab and go kit'– home, car, office.
- Supply of food and water.
- First aid supplies – ie: bandages, prescription medications.
- Battery-powered radio, candles, flashlight, batteries.
- Important documents and cash – insurance, passports, etc.
- Children and pet needs.





# Emergency Supplies

Flashlight

Battery Powered Radio

First Aid Kit

Medication



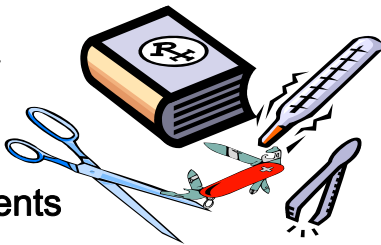
Dressings

- adhesive tape
- bandages



Additional Items

- tweezers
- scissors
- thermometer



Personal Documents  
Cash

Food and Water

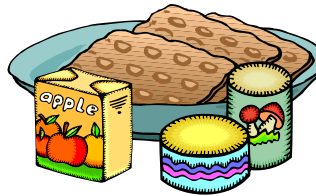
- canned and dehydrated food
- bottled water
- powdered milk



Infant needs

Pet needs

Special needs and elderly



Fuel and Light

- matches
- candles

Equipment

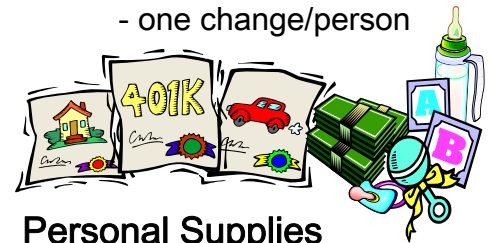
- can opener
- dishpan
- dishes (disposable)

Bedding

- sleeping bag/foil blankets
- plastic sheet/tarp

Clothing and shoes

- one change/person



Personal Supplies

- toiletries
- towels
- book, games

**You should have emergency supplies for at least 72 hours**

**“Grab and go kits”**

# *Elderly or persons with disabilities*

- Establish a personal support network.
- Carry an emergency health information card.
- Conduct an “ability self-assessment.”
- Practice assertiveness skills.
- Add additional supplies to emergency kit.



# *Emergency supplies for pets*

Consider packing a "pet survival" kit. Include food, water and medications.

Also include copies of medical records along with a photo of your pet.

You will need a leash, harness and collar and make sure identification tags are up-to-date and securely fastened to your pet's collar.



*Know that emergency housing or hotels may not accept pets, and special arrangements may have to be made with friends or relatives.*



# ***If disaster strikes...first things first***

## **If disaster strikes**

- Remain calm and patient. Put your plan into action.
- Listen to your battery-powered radio for instructions from emergency officials.
- Prepare for further impacts such as aftershocks or other hazards developing.

## **Check for injuries**

- Give first aid or get help for seriously injured people.

## **Check for damage**

- Use flashlights. Do not immediately light matches or turn on electrical switches.
- If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly.
- Shut off any other damaged utilities and check for structural damage.
- Check for spilled medicines, bleaches, gasoline, and other flammable liquids.



## ***Practice and maintain your plan***

- ☐ Review emergency planning with family members at least every six months.
- ☐ Review floor plan of all levels of your home with normal and emergency exits including two from each bedroom.
- ☐ Conduct fire, earthquake and emergency evacuation drills.
- ☐ Replace stored water and food in emergency kits as necessary.
- ☐ Maintain fire extinguishers and know how to use them.
- ☐ Check smoke alarms on a regular basis.

# *72 Hours—is your family prepared?*

Emergency preparedness may seem like a lot of work.

If you do a little at a time, as your budget permits, your family will be well prepared if disaster strikes.

Know the risks, plan ahead and prepare your emergency kit.

***Provincial Emergency Program***

[www.pep.gov.bc.ca](http://www.pep.gov.bc.ca)