

# 26 WEEKS TO EMERGENCY PREPAREDNESS



## Know your hazards

1.



## Build your plan

2.



## Gather your supplies

3.

**Week 1: Sign up to receive emergency notifications via Alertable:** [www.srd.ca/alerts](http://www.srd.ca/alerts)

**Week 2: Learn about common and possible hazards in your community.** Is your community vulnerable to flooding? Landslides? Wildfires? Do a “home hazard hunt” to make your home safer: secure appliances and heavy furniture, move beds away from overhead objects and windows, FireSmart your yard, etc.

**Week 3: Start filling out a Home Emergency Plan.** Arrange an **out-of-area phone contact person**, and keep this and other emergency phone numbers near each telephone and written in your plan. Teach these numbers to all family members.

**Week 4: Assign every family member specific safety tasks** to do in an emergency. For example, designate one person to be in charge of turning off electricity, one to provide for those with special health needs, and one to look after pets.

**Week 5: Identify safe places** in your home and on your property. Plan and practice earthquake “drop, cover, hold” and evacuation drills using different escape routes. Know that your community may set up a **reception centre** for evacuees during an emergency.

**Week 6: Identify a family meeting place** away from home but close to your regular spots (between work and home or school).

**Week 7: Check your insurance policies** and make records of your possessions.

**Week 8: Gather important documents** like wills, insurance papers, medical records, credit card numbers, and identification. Make copies and store originals in a fire/waterproof container that will be accessible if your home is damaged.

**Week 9: Meet with neighbours to discuss emergency preparations**, skills within the community, and the possibility of sharing items such as generators.

**Week 10: Get a large, portable container** with a lid (preferably with wheels) to use as an emergency kit. Label the container and store it in an accessible location near an exit. Make sure all family members know what it will be used for and where it is.

**Week 11: Get a backpack or other easily portable bag** for every member of the family, including pets. Store in an accessible spot near an exit. These will be your Grab-and-Go bags for evacuations.

**Week 12: Stock your kit with at least a 7+ day supply of water** for every family member and pets. Ideally, store 4 litres of water per person, per day—2 for drinking and 2 for food preparation and hygiene. Consider including **water purification tablets**. **Stock each bag** with 1 - 2 days’ worth of water.

Want more information?

Visit [www.srd.ca/emergency](http://www.srd.ca/emergency).



## Gather your supplies

3.

### HELPFUL RESOURCES:

#### PreparedBC:

→ Hazard guides & Fill-in-the-blank Home Emergency Plan:  
[www.preparedbc.ca](http://www.preparedbc.ca)

#### Strathcona Emergency Program (SEP) resources:

→ SEP website:  
[www.srd.ca/emergency](http://www.srd.ca/emergency)

→ Alertable sign-up:  
[www.srd.ca/alerts](http://www.srd.ca/alerts)



*Got questions? We'd love to help you answer them.*

(250) 830 - 6702

[preparedness@srd.ca](mailto:preparedness@srd.ca)

- Week 13:** Stock your kit & bags with **non-perishable food** (cans, dried meat & fruit, bars, etc.) a manual can opener. If needed, include **infant supplies** like diapers, bottles, and formula. Plan for at least a **seven day supply** of food for each family member in your kit, and **1-2 day's worth in your bags**.
- Week 14:** Add **pet food items** and supplies to your kit.
- Week 15:** **Prepare a First Aid kit** that includes prescription medications, eyeglasses, bandages, sterile gauze pads, tape, scissors, tweezers, antibiotic ointment, hydrogen peroxide and other items such as over-the-counter pain pills.
- Week 16:** Get a **portable/hand crank radio and extra batteries** for your emergency kit.
- Week 17:** Add a **flashlight with batteries, candles, and waterproof matches** to your kit.
- Week 18:** Stock your kit and bags with both large and medium-sized **plastic garbage bags** (orange or yellow make good visible signals). Large bags can also be used as ponchos, ground covers or blankets. Add **plastic or paper dishes and cups** to your kit as well.
- Week 19:** Add a **change of clothing** for each family member to your kit. Be sure to include warm clothing, heavy work gloves and sturdy shoes. Add warm layers to your bags.
- Week 20:** Add **cash in small bills** to your kit and bags.
- Week 21:** Enroll a family member in a **First Aid course**. Pack **HELP/OK signs** in your kit.
- Week 22:** Add **personal items** such as toilet paper, handi-wipes, soap, detergent, toothbrush, toothpaste, comb, and sanitary supplies to your emergency kit.
- Week 23:** **Get a large bucket** with a tight-fitting lid to use as a toilet, and put it with your emergency kit. Use the bucket to store other **emergency tools** like an axe, a folding shovel and rope.
- Week 24:** Add **sleeping bags or blankets** (foil blankets take up less space) and consider adding **plastic emergency ponchos** to your kit.
- Week 25:** Add more **canned, freeze-dried, or dehydrated food products** to your kit until you have at least a three-day supply for each family member
- Week 26:** Add a **pocket knife, cutlery, a whistle** and **spare set of house and car keys**, and items like **books, toys and cards**.



Want more information?

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