



PREPAREDNESS

72 hours: Is your family prepared?

How long can your family survive without outside assistance? If an emergency happens in your community, it may take emergency workers some time to reach you. You should be prepared to care of yourself and your family for a minimum of 72 hours.

What kinds of risks do we face in the Nation?

Although the consequences of various disasters can be similar, knowing the risks around your home as well as your community and region can help you better prepare. We face the number of hazards, such as blizzards, wildfires and possible tornadoes. In addition to natural disasters there are other types of hazards, such as power outages and industrial or transportation accidents. Wildfires can threaten communities and restrict movement, Heavy rains can cause significant overland flooding. We need to prepare for all hazards.

Your family's emergency kits

All families should have two emergency kits: a ready-to-stay kit and a ready-to-go kit. These two kits will help you survive 72 hours, whether you stay in your home or need to evacuate.

Ready-to-stay kit

Your ready-to-stay kit should include the items you will need to stay safe at home for a few days. You can keep these things at home in a plastic tub or a special cabinet.

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.





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Basic emergency kit

- Water – at least two litres of drinking water per person per day; include small bottles that can be carried easily in case of an evacuation order.
- Food that won't spoil, such as canned food, energy bars and dried foods (replace food and water once a year)
- Manual can opener
- Crank or battery-powered flashlight (extra batteries)
- Crank or battery-powered radio (and extra batteries)
- First aid kit
- Identification
- Extra keys to your car and house
- Some cash in smaller bills, such as \$10 bills
- A copy of your emergency plan and contact information
- If applicable, other items such as prescription medication, infant formula, equipment for people with disabilities, or food, water and medication for your pets or service animal

Recommended additional items

- Two additional litres of water per person per day for cooking and cleaning
- Candles and matches of lighter (place candles in sturdy containers and do not burn unattended)
- Change of clothing and footwear of each household member
- Sleeping bag or warm blanket for each household member
- Toiletries
- Hand sanitizer
- Utensils
- Garbage bags
- Toilet paper
- Household chlorine bleach or water purifying tablets
- Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, dust mask, pocket knife)
- Small fuel operated stove and fuel (follow manufacturers directions and store properly)
- A whistle (in case you need to attract attention)
- Duct tape (to tape up windows, doors, air vents etc.)



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When is Shelter-In-Place?

Shelter-In-Place is the practice of going or remaining indoors during a sudden outdoor release of a hazardous substance. It has been demonstrated to be the most effective response during the first few hours of a substance release. Sheltering indoors creates a buffer between you and any toxic hazard that may be in the outside air.

The goal of Shelter-In-Place is to reduce the movement of air into and out of the building until the hazard has passed. It is based on using a building that is constructed tightly enough to withstand typical Canadian winter weather conditions.

An event such as a fire, motor vehicle crash, industrial incident, or a natural disaster may cause a substance release. As a result, emergency responders may request that you Shelter-In-Place.

When asked to take shelter, you need to take the following steps:

- 1) Immediately gather everyone indoors and stay there.
- 2) Close and lock all windows and outside doors. If convenient, tape the gaps around the door frames.
- 3) Extinguish indoor wood burning fires. If possible, close flue dampers
- 4) Turn off appliances or equipment that either blow outside air or suck in outside air such as:
 - Bathroom and kitchen fans
 - Built in vacuum systems
 - Gas stoves
 - Fire places
 - Clothes dryers
 - Air conditioners
- 5) Turn down thermostats by about five degrees Celsius to minimize the on time of furnaces.
- 6) Leave open inside doors.
- 7) Avoid using telephone, except for emergencies, so that you can be contacted by emergency response personnel.
- 8) Stay tuned to local radio, television and Alberta Emergency Alert for possible information updates.
- 9) Even if you see people outside, do not leave until told so.
- 10) After the hazardous substance has passed you will receive an all-clear message. You may receive instructions to ventilate your building by opening all windows and doors, turning on fans and turning up thermostats. Once the building is completely ventilated, return all equipment to normal.

Extreme cold

In Alberta, an extreme cold warning is issued when temperatures or the wind chill index reach minus 40°C or colder. Being exposed even for short periods in these conditions can be dangerous.

Protect yourself and your loved ones

- Stay safe, warm and protected.
- Stay indoors when possible. If you have to travel by car, know your route ahead of time and make sure you have a well-stocked emergency kit in your vehicle.
- Dress in warm, windproof layers. Watch for signs of frostbite. Frostbite can occur in less than 10 minutes in extreme cold.
- When working outside, do not over exert yourself. Sweating can lead to hypothermia, which can be fatal.
- Make sure your pets have warm shelter during a cold snap.

Outage

An outage is a short or long-term loss of water or electric power. It can affect a single property, a building or an entire community.

Many of Alberta's hazards, such as high winds, freezing rain and flooding, can damage power lines causing power outages.

Water outages can be caused by extreme temperature fluctuations and pipe corrosion causing water main breaks, among other reasons.

Before an outage

Be prepared for an outage before it happens.

What to do before

- Download the [Alberta Emergency Alert](#) app for critical, life-saving alerts.
- Find out where your community will post information and updates during an emergency.
- Make sure your [emergency kit](#) is stocked with supplies such as food, battery-powered or crank flashlights and radios, along with extra batteries.
- Develop and practice a preparedness plan for you and your loved ones.
- Store water for your family (including pets) for drinking, cooking and hygiene.
- Have a backup exit plan if you rely on an elevator.
- Install a carbon monoxide detector with backup battery power.
- Have backup power in place for your generator, heat and critical medical equipment. Follow all manufacturer's instructions when installing backup units, or have them professionally installed.
- If you have a vehicle, keep the tank full in case fuel stations lose power or close down.

During an outage

Outages can leave you without heat, water, lights, air conditioning, information services and vital communication channels. Services such as grocery stores, pharmacies, gas stations, banks and ATMs may be closed during an extended outage

What to do during

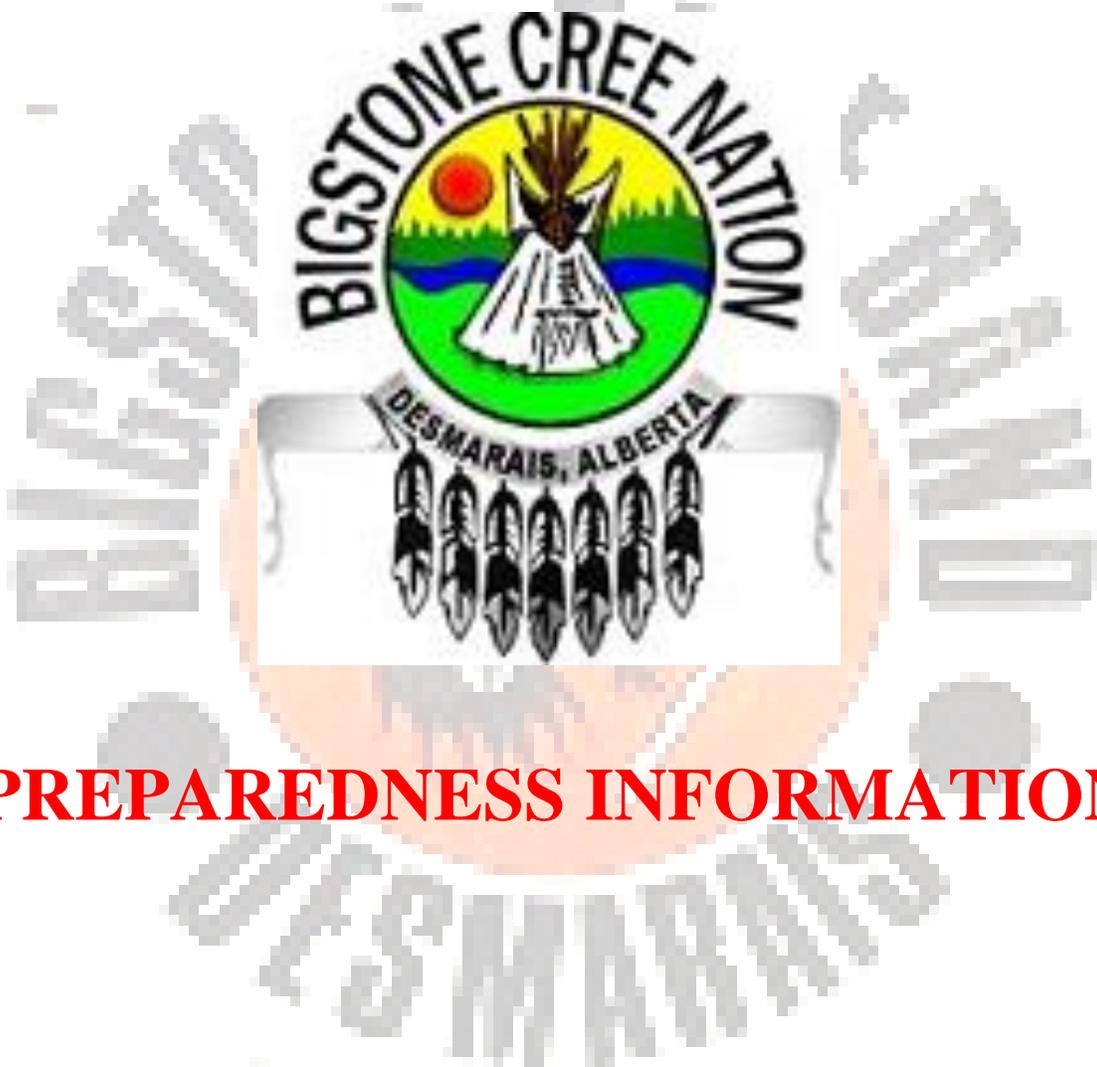
- If the power is still on in your neighbourhood but not in your home, check your breaker.
- Call your utility provider to determine if the interruption is widespread or only affecting your property.
- Leave one light on inside and one light on outside so you and the utility worker will know when power has been restored.
- Do not use any household appliances that require water.
- Know when to go. If it is too cold to stay where you are, and it is safe to leave, head to a shelter until it is safe to return.

Outage survival tips

Extreme heat and cold can have a greater impact on older adults, young children or those with health issues. If you must remain where you are, follow these tips:

- Head to the lowest level of the building, as it will stay warm longer.
- Keep doors and blinds closed.
- Have extra blankets and warm clothes on hand.
- Use a wood-burning or gas fireplace if you have one.
- Turn cell phones to battery-saving mode and only use them for emergency calls.
- Disconnect appliances and electronics.
- Keep freezer and refrigerator doors closed.

Please take precautions for this may help you to protect you and your family



PREPAREDNESS INFORMATION

