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**IS YOUR FAMILY PREPARED?**

# Emergency Preparedness Week

## May 1-7, 2016

### BASIC EMERGENCY KIT

You may have some of these basic emergency kit items already, such as a flashlight, battery-operated radio, food, water and blankets. The keys to make sure they are organized, easy to find and easy to carry. Whatever you do, don't wait for a disaster to happen.

#### BASIC EMERGENCY KIT ITEMS

- Easy to carry  
Think of ways that you can pack your emergency kit so that you and those on your emergency plan can easily take the items with you, if necessary
- Water  
Two litres of water per person per day (Include small bottles)
- Food  
Canned food, energy bars and dried foods (remember to replace the food and water once a year)
- Manual Can opener
- Flashlight and batteries
- Battery-powered or wind-up radio
- Extra batteries
- First aid kit
- Special needs items  
Prescription medications, infant formula or equipment for people with disabilities
- Extra keys for your car and house
- Cash
- Emergency Plan  
Include a copy of it and ensure it contains in-town and out-of-town contact information.

Remember, in an emergency or to save a life, call 9-1-1 for help. You cannot currently text 9-1-1. If you are not experiencing an emergency, do not call 9-1-1.

### Using Technology During a Disaster

We rely on technology more and more to keep in touch with our family, friends, and colleagues with a click of a button. But what happens in the event of a major emergency? Suddenly these tools can become vital in helping you and your family deal get in touch and stay informed. So here are some tips on the use of technology in an emergency.

- ➔ If possible, use non-voice channels like text messaging, email or social media. These use less bandwidth than voice communications and may work even when phone service doesn't.
- ➔ If you must use a phone, keep your conversation brief and convey only vital information to emergency personnel and/or family. This will also conserve your phone's battery.
- ➔ Unable to complete a call? Wait 10 seconds before redialing to help reduce network congestion. Note, cordless phones rely on electricity and will not work during a power outage. If you have a landline, keep at least one corded phone in your home.
- ➔ Keep extra batteries or a charger for your mobile device in your emergency kit. Consider getting a solar-powered, crank, or vehicle phone charger. If you don't have a cell phone, keep a prepaid phone card in your emergency kit.
- ➔ Keep your contacts up to date on your phone, email and other channels. This will make it easier to reach important contacts, such as friends, family, neighbours, child's school, or insurance agent.
- ➔ If you have a smartphone, save your safe meeting location(s) on its mapping application.
- ➔ Conserve your smartphone's battery by reducing the screen's brightness, placing your phone in airplane mode, and closing apps you are not using. You never know how long a power outage will last!

