

~~UNPREPARED~~



**Getting prepared can
be broken down into
12 small steps.**

Complete each step and by the end
of the year, you and your family will
be better prepared.

Step 1 – Assess your risk

- A tornado is a hazard, not a disaster. However, when individuals are not prepared for a hazard, and it happens, it is referred to as a disaster. Who you are, where you live and how well you are able to understand and follow emergency instructions all contribute to determining your risk in a disaster.
- If you provide care for another person, develop a plan to communicate with people who depend on you. Plan what they would do if you couldn't reach them.
- If you or someone in your family requires medication regularly, or has physical limitations, create a personal support network of people who can check in with them when an emergency happens.
- If you live alone, make sure you have a network of individuals who will recognize if you are missing. Keep a whistle in your emergency kit in case you are trapped in your home after a disaster.
- If you are a pet owner, create an emergency kit for your pet. If you are asked to evacuate, some evacuation centres do not allow pets. Plan options of where your pet could stay.
- Ensure you have adequate insurance and that you have a minimum of 72 hours (3 days) worth of supplies (including cash).

Step 2 – Store 72 hours worth of water

- Everyone in your household will require four litres of water per day, for three days.
- Each pet requires four litres in total of water.
- Replace stored bottled water every year.
- If you bottle your water, sanitize the bottles before filling. Use clear plastic bottles with tight sealing caps; milk jugs don't make good water containers as they don't seal well. A two litre plastic pop bottle is a better idea. This water supply needs to be replaced every six months.
- Locate utility shut offs in your home and show all family members where they are.
- Purchase a generator if your water comes from a private well (or make sure that your current generator is set up to power the well).
- In the event of water system failure, keep in mind that your hot water tank and water pipes have potable water in them. Do not use the water in a hot water tank if the tank or fixtures have been submerged in flood water.

Step 3 – Be ready to evacuate

- Create an emergency preparedness kit that can self-sustain you and your family for up to 72 hours.
- If you are asked to evacuate, your household will be directed to an evacuation centre. Even if you plan to stay somewhere else (e.g. at a friend's house), still stop in to register at the centre. That way, emergency personnel will know how to get a hold of you when the status of the emergency changes.
- If asked to "shelter-in-place", it means to stay or go inside until the danger has passed. Shelter-in-place orders are given when it would be dangerous to leave the building you are in. If you have children, become familiar with their school's shelter-in-place procedures.

Step 4 – Store 72 hours worth of food

- Purchase enough non-perishable food for your household for three days and place the food in a large plastic container with a lid. Keep track of the shelf-life of the food in your emergency supply and rotate as needed. This is part of your emergency preparedness kit.
- Have a manual can opener. Ensure you have foods from all food groups, high energy foods like protein bars and nuts and comfort foods like chocolate.

- If your refrigerator and freezer do not have a thermometer, consider installing one. That way, you can monitor how warm the appliances get and if it is safe to consume the food. If the temperature in your refrigerator is above 5 degrees C (41 degrees F) for more than four hours, perishable food items may be unsafe to eat. If frozen food is above 5 degrees C for more than two days, it may be unsafe.
- If you have a baby in the household, ensure that you have extra formula, diapers and baby necessities.

Step 5 – Add to your emergency preparedness kit

- Consider adding the following to your emergency preparedness kit:
 - An empty pill bottle of current medications
 - A list with your doctor's name and contact information
 - Baby formula, baby food and diapers
 - A replacement favourite comfort item, such as a blanket or toy for children
 - Extra health items for people who have certain medical conditions
- Keep a copy of important papers such as your will, advance medical directives, birth and marriage certificates and passports in a safety deposit box.

- Have a photo of your pet in your emergency preparedness kit in the event you are separated.
- Keep extra water and food in your home for your pet.
- Give a trusted neighbour your house key so they can check on your pet if you are delayed in returning home.
- As a household, determine where your evacuation destination will be, that everyone in your household knows where it is and how to get there.

Step 6 – Get involved in your community

- Seek additional ways you can make your community stronger. People who are involved in the community and who look out not only for themselves, but for others, are key in helping repair a community that has faced disaster.
- Get more engaged in the community by volunteering with Victim Services, the Red Cross, Salvation Army or any other disaster-related organization. Inquire for more opportunities with the Information and Volunteer Centre, 780-464-4242.
- Join Neighbourhood Watch, your community league or simply meet your neighbour.
- Connect with an isolated person in your neighbourhood.

Step 7 – Know how to get in touch with family during a disaster

- Designate an “outside the area” emergency contact and make sure all family members have the number. This designate will be able to keep track of family members and provide information on their whereabouts. Local phone calls and long distance calls work on different circuits; when local calls are overloaded, you may still be able to make long distance ones.
- Cell phones have proven unreliable in a disaster as networks become overloaded or communications infrastructure may be affected by the event. Have a corded (not cordless) phone available in case of power failure.



- Designate a reunion site outside your neighbourhood where all family members can meet. Ensure that everyone in your household knows where it is and how to get there. This is a different location than a meeting place outside your home (like one that would be used in a house fire) because if you are evacuated, you won't be able to go back to your home for a while.
- Make sure your pet has identification on at all times in case you are separated during a disaster.
- Help your neighbour who may have trouble receiving emergency information.
- Talk to your children about what to do in a disaster.

Step 8 - Ensure that people who depend on you are prepared for a disaster

- Become familiar with emergency procedures for your child's school and daycare.
- Help develop a plan for those people you know who rely on regular assistance or if you provide such assistance. Determine what that person would do if help was unavailable for several days.
- Create an emergency preparedness kit for people who may not be able to make one themselves and show them where it is, what is in it and when they would use it.



Step 9 - Know how emergency information will be communicated

- Strathcona County Alerts will be used in the event of an emergent, significant or time-sensitive emergency affecting Strathcona County. Alerts can be received via text, phone call or email. Sign up to receive alerts today at www.strathcona.ca/scalerts
- An Alberta Emergency Alert will be used to notify people in a large-scale disaster. This system will be used through local media to communicate emergency messages. Alerts can also be sent to mobile devices. Sign up today at www.emergencyalert.alberta.ca
- In some cases, emergency personnel may go door-to-door. Please follow any instructions they provide.
- If you or someone you know may have difficulty receiving, understanding or acting on emergency information, develop a personal support network that can help make sure the emergency message is received and understood by that person.

Step 10 – Get prepared for a potential power outage and know what to do

- Purchase a battery operated or hand crank radio and add it to your emergency preparedness kit. Emergency messages can be communicated via local radio stations.
- After the power goes out in an emergency, unplug major appliances and electronics. When the power comes back on, there may be power spikes that can damage large appliances or delicate electronics.
- Limit the times you open your refrigerator and freezer. An unopened refrigerator will keep food cold for about four hours and an unopened freezer will keep food frozen for 24 hours.
- Discard food if refrigerator temperature exceeds five degrees for more than two hours.
- Use candles only when absolutely necessary. Use caution when burning.



- Do not use the kitchen range or oven to heat during a power outage.
- In a disaster, do not call 9-1-1 to report power outages or to inquire about power restoration; only call 9-1-1 in life-threatening emergencies. In Strathcona County, phone FORTIS Emergency Response at 780-310-9473 to report a downed power line.
- Stay away from downed power lines and anything they come into contact with such as fences or buildings. Do not drive over downed power lines as they may be energized.
- Do not use charcoal or gas grills inside a structure as you may be overcome by carbon monoxide.
- Consider purchasing a generator to lessen or eliminate the impact of a power outage on your life.

Step 11 – Be prepared to be self-sufficient for 72 hours

- Reflect on your household's unique needs and supplement your 72-hour emergency preparedness kit with items that provide additional comfort and peace of mind in an emergency.
- Create a tool kit for emergencies and include the following items:
 - moist towelettes, garbage bags, toilet paper
 - dust masks, plastic sheeting, duct tape
 - waterproof matches, paper plates, plastic utensils, portable grill or camp stove to use outdoors only
 - windup flashlight, rechargeable lantern, extra batteries, light sticks
 - hammer, wrench, utility knife, screwdriver, nails
 - extra prescription medication (or a list of medications)
 - prepaid calling card, car charger for cell phone, important contact numbers
- Have an extra supply of cash (no power equals no ATM).
- Organize emergency supplies for your pet's specific needs. For example, is your pet on medication? Can it tolerate cold for long periods? Is your pet on special dietary food?

Step 12 – Take a first aid class and have a first aid kit available

- Response times by emergency responders may take longer in a disaster. Learn basic first aid and CPR so you can help your family or friends in an emergency. Emergency Services offers first aid and CPR courses regularly. Check course offerings and register online at www.strathcona.ca/sces
- Prepare a stocked first aid kit.
- Know what to do while waiting for the ambulance:
 - Stay on the line with 9-1-1 and follow their instructions. Do not hang up unless asked to do so.
 - Know where you are; can you give the Emergency Communications Operator your exact address?
 - Stay calm and try to keep the patient calm.
 - Don't move the patient who was injured in a car accident or who has fallen.
 - Have someone look out for the ambulance and escort them to the patient.

Source: www.do1thing.us



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COUNTY

For more information

www.strathcona.ca/sces | safety.educators@strathcona.ca | 780-464-8468