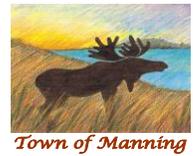




County of Northern Lights
& Town of Manning
Joint Emergency Management Agency



PERSONAL DISASTER PREPAREDNESS



Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if you did not have water, gas, electricity or a telephone after a major emergency? No matter how well your community has planned their disaster response, in the event of a large-scale event, first response resources may quickly become overwhelmed.

To ensure the safety and well-being of your family, you should begin preparing *now* to provide for your own basic needs for at least the **first 72 hours** following a major disaster.

CREATE A PLAN

- At least once a year, have a meeting with family members or housemates to design and/or update a plan for how each person will respond during an emergency.
- Draw a floor plan of your home, showing the location of exits (windows and doors), utility cut offs, first aid kits, emergency supplies, tools, clothing, etc. Make sure that each person is familiar with the plan.
- Determine a meeting place outside your home, within your neighborhood if you must leave your home quickly. Also determine alternate strategies and reunion locations outside your neighborhood should a disaster strike when you are not at home.
- Become familiar with the disaster plans at the daycare or school of your children, and at the workplace of your spouse or housemate(s).
- Make or update a contact list of key addresses and phone numbers and ensure each family member has a copy. (Caution everyone that during an emergency the phone should only be used if there is a pressing need to contact the police, fire department, EMS, utility companies, children's schools, etc.)
- Discuss each person's fears and ways of minimizing these fears through plans and strategies.

TRAIN

- Make sure each person knows and practices ways of protecting her/himself from falling objects, smoke, fire, caustic fumes, etc.
- Ensure everyone in your family understands and practices:
 - Their role in a disaster
 - How to turn off the water, gas and electricity
 - The escape routes from the home
 - How to use a fire extinguisher
 - First Aid procedures

AROUND THE HOME

- Secure items that could fall over and cause damage or injury, such as the hot water heater, refrigerator, bookshelves, and other tall or heavy furniture
- If necessary, change the placement of furniture and household items to make the environment safer. For example, don't place beds beneath windows or heavy objects over beds: keep exit routes clear; move heavy items to lower shelves or drawers; and remove or isolate flammable materials.
- Install clips, latches, or other locking devices on cabinet doors
- Provide strong support and flexible connections on gas appliances
- Make sure everyone has a flashlight and sturdy shoes near the bed
- Remove combustible materials in or around the house

DISASTER PREPAREDNESS KITS



HOME EMERGENCY KIT

Food and Water

- Water:
4 litres per person per day (2 L for drinking, 2 L for washing and cooking)
- Food:
 - Canned foods (soup, stew, beans, meat, fish, fruit, vegetables)
 - High energy foods (peanut butter, honey, jelly, crackers, granola bars)
 - Compressed food bars
 - Comfort/stress foods (hard candy, chocolate, cookies)
 - Special dietary needs
 - Multi-vitamin/mineral supplements,
 - Condiments and other (salt, pepper, sugar, instant coffee and tea)

First Aid Supplies

- First Aid Kit
- Critical/Prescription Medication: 7-10 day supply (include copies of prescriptions)
- Non-prescription drugs: Pain relievers, anti-diarrhea medication, antacid, laxatives

Clothing/Bedding

- One complete change of clothing per person
- Blankets or sleeping bags
- Special clothing: Winter wear, work boots, rain poncho

Tools/Emergency Supplies

- Basic Tools: Knife, Scissors, Axe, Pliers, Screwdriver, Small shovel, Crescent wrench (for turning off gas)
- Candles
- Duct tape and rope
- Extra car and house keys
- Flashlight (plus spare batteries and bulb)
- Garbage bags (for waste storage and rain protection)
- Matches or lighter (in waterproof container)
- Money: Cash and coins
- Portable radio (plus spare batteries)
- Re-sealable plastic bags
- Road map and compass
- Safety equipment: Safety goggles, heavy work gloves, dust masks
- Sanitation supplies: Soap, paper towels, toilet paper, damp towelettes
- Signal flares
- Small camp stove and fuel
- Tarp or tent
- Utensils: Knives and forks, can/bottle openers, paper plates
- Watch or clock (battery or wind-up)
- Whistle (to attract attention if necessary)

TIP: Try to use the same sized batteries for radios and flashlights as this will provide more flexibility and allow them to be interchanged if required

Specialty Items

- Baby supplies (diapers, baby food, soother, bottles, formula)
- Pet supplies (food, dishes, kennel, blanket)
- Spare eye glasses/lenses, denture needs, hearing aid batteries
- Copies of important documents (identification, insurance information)
- Notepad, pencils, playing cards, games, books



VEHICLE EMERGENCY KIT

- Antifreeze, oil, windshield washer fluid
- Basic tools: Scraper, Shovel, Snow brush, Screwdriver, Pliers, Knife
- Blanket or sleeping bag
- Candles and Matches (in waterproof container)
- Comfortable shoes and extra clothing
- Critical Medication (and copy of prescription)
- Emergency markers
- Extra car keys
- Fire extinguisher
- First aid kit (with seatbelt cutter)
- Flashlight (plus extra batteries and bulb)
- Road maps and compass
- Sand, salt or cat litter
- Sanitation supplies (plastic bags, towelettes)
- Tow rope, Jumper cables
- Warning light or road flares
- Water and Non-perishable food
- Whistle

Emergency Kit Check

- Every six months (Daylight Savings Time)
- Check food expiration date
- Replace water
- Check and replace batteries
- Replace prescription medication
- Update records: vaccinations, etc.
- Clothes: Verify current sizes, and add/subtract season-specific clothing

Safe Water in an Emergency Situation

Water can become unsafe if sewage, soil or chemicals are present. Unsafe water can cause people to become sick with diarrhea or vomiting, and if it enters an open wound or cut, can cause infection.

Use a container with a secure lid. Clean it before storing water in it, by filling it with hot boiling water then adding two ounces of household bleach per one gallon of water. Let mixture sit for five minutes, throw away the mixture, and let the container air dry.

If making water from snow or taking it from a stream or lake, heat it to a rolling boil for 10 minutes to kill all parasites. Water can also be treated in batches by using household bleach (5.25% available chlorine on the bottle). Add 2 drops of household bleach for every litre of water and let sit for 15 minutes.

There should be a faint chlorine odour after 15 minutes, otherwise repeat process. To reduce the taste of chlorine, let the water sit for a few hours before drinking. **Note:** that the use of household bleach to kill parasites in water is not as efficient as the first method (rolling boil).