



Public Safety
Canada

MAKE A FAMILY EMERGENCY PLAN

- Every Canadian household needs an emergency plan. It will help you and your family know what to do in case of an emergency.
- Your family may not be together when an emergency occurs. Plan how to meet or how to contact one another, and discuss what you would do in different situations.
- It only takes 20 minutes to complete a personalized plan online. You can then print it out. Most of this information can be filled out on your own. You may need to get some information from your municipality. To complete your emergency plan online, visit the 'Make an emergency plan' page from the [GetPrepared.ca](http://www.getprepared.gc.ca) website: <http://www.getprepared.gc.ca/index-eng.aspx>

- To fill out your home emergency plan, you will need to think about the following:
 - Safe exits from home and neighbourhood
 - Meeting places to reunite with family or roommates
 - Designated person to pick up children should you be unavailable
 - Contact persons close-by and out-of-town
 - Special health needs
 - Place for your pet to stay
 - Risks in your region
 - Location of your fire extinguisher, water valve, electrical box, gas valve and floor drain

Family Emergency Kit

- 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.
- Make sure your kit is organized and easy to find.
- Make sure your kit is easy to carry and everyone in the household knows where it is.
- Keep it in a backpack, duffle bag or suitcase with wheels, in an easy-to-reach, accessible place.

Basic Emergency Kit

- Water - at least two litres of water per person per day; include small bottles that can be carried 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
- Flashlight - crank or battery-powered (and extra batteries). Replace batteries once a year
- Radio - crank, battery-powered (and extra batteries) or a Weather radio
- First aid kit
- Extra keys to your car and house
- Some cash in smaller bills, such as \$10 bills and change
- 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 or lighter (place candles in deep, sturdy containers and do not burn unattended)
- Change of clothing and footwear for 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)
- A whistle (in case you need to attract attention)
- Duct tape (to tape up windows, doors, air vents, etc.)