



EMERGENCY PREPAREDNESS REFERENCE GUIDE

ENVIRONMENT & CLIMATE CHANGE DEPARTMENT



Otipemisiwak
Métis Government

EMERGENCY KIT CONTENTS

VEHICLE EMERGENCY KIT:

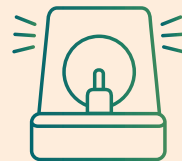
Food
Water
Blankets
Batteries and flashlight
Map and compass/navigational device
Fire extinguisher
Gloves
Jumper cables and tow strap
Car jack and wrench
Shovel and snow brush
Sand or kitty litter
De-icer
Multi-purpose tools
Reflective vest and orange pylons
Phone charger/power bank
Extra clothes and rain poncho
Radio
First aid kit
Duct tape

FIRST AID KIT:

Bandages (various sizes and types)
Gauze/pads/adhesive tape
Antihistamines/pain reliever
Cold compress pack
CPR mask
Scissors and tweezers
Gloves
Cotton tip applicator
Tongue depressor and thermometer
Nylon bag
Alcohol wipes/antibiotic ointment

HOUSEHOLD EMERGENCY KIT:

Light sticks
Radio
Flashlight
Whistle
Multi-purpose tool
Chargers/batteries/power bank
First aid kit
Gloves/goggles/dust mask
Garbage bags
Personal hygiene products
Blankets
Emergency plan/important documents
Medication/prescriptions
Small tent
Hand/foot warmers
Extra cash
Food and water
Pet supplies
Entertainment (cards, notebooks, books)
Extra clothes/shoes
Baby formula/supplies
Waterproof matches
Aqua tabs
Can opener
Toilet paper



PLANNING AHEAD

- ∞ **Plan your exit:** Mark exit routes for each room and various evacuation routes out of your neighbourhood. Identify a meeting place with your household if separated.
- ∞ Restock your emergency kits yearly. Check smoke and carbon monoxide detectors regularly.
- ∞ **Copy important documents:** Keep copies of licenses, passports, marriage/ birth certificates, wills, insurance, and photos in a secure and easily accessible location if evacuated. Have updated photos of each member of your household and hard copies of important contacts.
- ∞ Have copies of non-emergent numbers and hard copies of important household contacts.
- ∞ Keep copies of your prescriptions, dosages, ingredients, allergies, vaccinations, surgeries, medical records, family doctors, etc.
- ∞ **Remember:** Pets are not allowed with you in every hotel, home, or evacuation centre, so investigate this ahead of time.

Household Preparations

- ∞ **Communicate with your neighbours:** Know who may need more assistance during emergencies. Make sure people living close to you also know about any special needs your own household may have.
- ∞ **Designate an out-of-town person:** Someone likely not affected by the same emergency to be a point of contact for your household and update them frequently if possible.
- ∞ **Prepare at work:** If applicable, make sure your workplace has supplies in place and staff know what to do in case of emergency. If needed, ask your boss what the plan is for applicable emergencies in your area.

Preparing with Children

- ∞ **School:** Know your child's school emergency plan and inform the school who is allowed to pick your children up. Arrange who will grab each child, if multiples, so you are not all going to the same school in emergencies.
- ∞ **Explain:** Tell them what the emergency plan is, who to contact if needed, how to dial 9-1-1, and appropriate times to call.
- ∞ Teach older children how to use fire extinguishers and how to turn off utilities **if specified by authorities.**



EVACUATING SAFELY

If you are evacuated

- ∞ **Pay attention to local reports** of evacuation orders, stay in place orders, and general status updates on your kit or car radio, and phones (without overrunning telecommunication networks). If authorities specify a route, follow orders instead of your plan.
- ∞ Take your emergency preparedness kit, wallet, phone (keep extra charger in kit), and government-issued identification.
- ∞ **Do not** take elevators in case of fire.
- ∞ If separated from family, leave a note. Go to your designated meeting place, unless picking up children first or specified by authorities.
- ∞ **Do not** turn off city utilities unless officials tell you to; you cannot turn your gas back on yourself and it can take a long time for officials to get to you.
- ∞ Lock your house.
- ∞ **Take your pets with you.** Unlock gates for larger animals if you are unable to take them with you.

In Alberta, an extreme cold warning is issued when temperatures or the wind chill index reach minus 40°C or colder

Extreme Cold

- ∞ If you must drive, have a full tank of gas, know your route, tell someone your route, and leave an emergency kit in your car.
- ∞ Frostbite can occur in less than 10 minutes of exposure. Have **several light layers**. Do not wear only one heavy layer of protection against cold. Keep your feet warm. Protect your ears. Protect your nose.
- ∞ If you get wet, change as soon as possible. You lose heat faster when wet.
- ∞ Reduce excessive exercise to avoid sweating too much, as this can lead to hypothermia.
- ∞ Look after your outdoor pets. Make sure they have a warm, secure shelter.
- ∞ Use a fireplace if you have one. **Do not** burn gas stoves or use generators inside.
- ∞ Avoid alcohol.
- ∞ **Don't** massage skin after being exposed to cold. Use warm water, **not hot** to warm up. **Gradually warm the body.** Use body heat.
- ∞ Check in with those around you, especially those living alone.
- ∞ Protect from the wind, it will prevent windburn and keep you warmer.
- ∞ **Keep your muscles moving!**



- Emergency Kit Checklist -

01. WATER AND FOOD

- Water (1 gallon per day per person)
- Canned Food
- Food Wraps (To Eat (Bans, etc...))
- Canned Breakfasts

02. FIRST AID & MEDICAL SUPPLIES

- Sterile Adhesive Bandages
- 3 Insect Repellent Creams (30-45)
- High Starch Paper Bandages
- Hypoallergenic Adhesive Tape
- Gauzes, Tampons, Band-Aids, Toilet Paper

03. TOOLS & SUPPLIES

- Cell Phone
- Multi-Tool (with batteries)
- Fire Extinguisher
- First Aid Kit
- Flashlight
- Whistle
- Personal Hygiene Items
- Sewing Kit
- Nails (and Polish)

04. CLOTHES

- Rain Gear
- Socks / Boots
- Winter Clothing
- Hat and Gloves
- Dry Bag

05. PERSONAL ITEMS

- Medication
- Extra Contacts / Contact Lenses
- Identification Documents (passport)
- Cash
- Keys
- Photos
- Glasses

Additional Items:

Item	Date	Review
Water	2/2/2	<input checked="" type="checkbox"/>
Canned Food	2/2/2	<input checked="" type="checkbox"/>
Food Wraps	2/2/2	<input checked="" type="checkbox"/>
Canned Breakfasts	2/2/2	<input checked="" type="checkbox"/>
Item	Date	Review
Sterile Adhesive Bandages	2/2/2	<input checked="" type="checkbox"/>
3 Insect Repellent Creams	2/2/2	<input checked="" type="checkbox"/>
High Starch Paper Bandages	2/2/2	<input checked="" type="checkbox"/>
Hypoallergenic Adhesive Tape	2/2/2	<input checked="" type="checkbox"/>
Gauzes, Tampons, Band-Aids, Toilet Paper	2/2/2	<input checked="" type="checkbox"/>
Item	Date	Review
Cell Phone	2/2/2	<input checked="" type="checkbox"/>
Multi-Tool	2/2/2	<input checked="" type="checkbox"/>
Fire Extinguisher	2/2/2	<input checked="" type="checkbox"/>
First Aid Kit	2/2/2	<input checked="" type="checkbox"/>
Flashlight	2/2/2	<input checked="" type="checkbox"/>
Whistle	2/2/2	<input checked="" type="checkbox"/>
Personal Hygiene Items	2/2/2	<input checked="" type="checkbox"/>
Sewing Kit	2/2/2	<input checked="" type="checkbox"/>
Nails	2/2/2	<input checked="" type="checkbox"/>
Item	Date	Review
Rain Gear	2/2/2	<input checked="" type="checkbox"/>
Socks / Boots	2/2/2	<input checked="" type="checkbox"/>
Winter Clothing	2/2/2	<input checked="" type="checkbox"/>
Hat and Gloves	2/2/2	<input checked="" type="checkbox"/>
Dry Bag	2/2/2	<input checked="" type="checkbox"/>
Item	Date	Review
Medication	2/2/2	<input checked="" type="checkbox"/>
Extra Contacts / Contact Lenses	2/2/2	<input checked="" type="checkbox"/>
Identification Documents	2/2/2	<input checked="" type="checkbox"/>
Cash	2/2/2	<input checked="" type="checkbox"/>
Keys	2/2/2	<input checked="" type="checkbox"/>
Photos	2/2/2	<input checked="" type="checkbox"/>
Glasses	2/2/2	<input checked="" type="checkbox"/>

TIPS FOR EXTREME WEATHER EMERGENCIES

Hail

- ∞ As a preventative measure, consider removing weak trees and branches in your property.
- ∞ Store outdoor furniture inside. Move pets and farm animals inside.
- ∞ Move cars into the garage or put on a hail protector cover.
- ∞ If driving, slow down, distance yourself from the car in front of you and try to get off the road if possible.
- ∞ While parking underneath a highway overpass or service station is beneficial against hail, pay attention to other potential weather effects that occur with hail.
- ∞ If stuck in car, pull over completely off the road and angle your car so hail hits the windshield rather than side or back windows as windshields are more impact resistant. Cover your head.
- ∞ Close your drapes/ blinds in your home to prevent glass entering if windows break.
- ∞ If possible, move to a level not directly beneath the roof.

In Alberta, an extreme heat warning is issued when temperatures are 29°C or higher during the day and high teens at night for two days or longer

Extreme Heat

- ∞ Stay in air conditioning as much as possible. Close blinds and curtains during the day and open windows at night if safe. Take cool showers if needed. Fans can be helpful to move cool air in the house but should not be relied upon as a primary cooling method.
- ∞ Drink more water than usual. Avoid alcohol and caffeine.
- ∞ Check in with those around you, especially seniors and those living alone.
- ∞ Protect yourself from the sun with loose fitting clothing, sunscreen, hats, and sunglasses.
- ∞ Brush your pets to remove excess hair. **Do not** shave them as their fur protects them from the sun.
- ∞ Signs of heat exhaustion include headache, dizziness, nausea, muscle cramps, heavy sweating, decreased urination, and rapid heartbeat.
- ∞ If someone is experiencing signs of heat exhaustion, move them to a shaded area, lay them down with cool, wet cloths and give **small** sips of water.
- ∞ Have extra drinks in your car kit and a full tank of gas.
- ∞ **Never** leave anyone, especially children and pets, in a closed car.
- ∞ Avoid lighting fires and keep cars and other recreational vehicles off grass or wooded areas during extreme heat. Wildfires can easily be sparked.

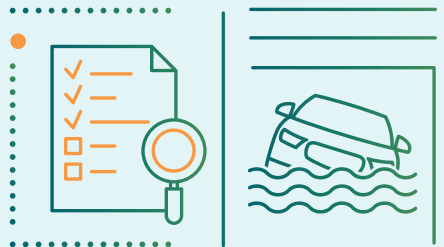
Flooding

- ∞ **Be proactive.** Use weather protectant around windows and doors and ensure drainage systems settle water away from your house.
- ∞ Move boxes and furniture to higher ground. If possible, move outdoor furniture inside ahead of time.
- ∞ Disconnect electric appliances and equipment if flooding is forecasted. **Do not touch electrical devices if wet or standing in water.**
- ∞ **Do not walk through flood water.** It may contain chemicals, diseases, large or sharp objects, and electrical currents.
- ∞ If you are swept away by flood water, go over obstacles like tree branches, not under.
- ∞ Avoid passing over bridges during flooding and **do not drive through water**; 1ft of water is enough to lift a car.
- ∞ If trapped in your car, roll all the windows down, take off excessive clothing like jackets, climb through the windows to the roof of the car and signal for help. Do not go into the flood water.
- ∞ If you are unable to open your windows, you'll have to wait for the car to fill with water before you are able to open the door as the pressure will equalize. Climb to the roof or highest ground **without getting into water.**



Wildfires

- ∞ If you are ever in an area with fire and unable to evacuate, lie on the ground and cover yourself with something wet or soil.
- ∞ Try to breathe air closer to the ground. Smoke rises.
- ∞ If possible before evacuation orders are issued, move propane tanks, equipment like lawn mowers and other combustible equipment at least 10 m away from your house.
- ∞ Remove heavy amounts of debris, leaves, or other flammable material near your home, or yourself if outside
- ∞ Turn off your thermostat to avoid drawing smoke into your house. Put tape over vents.
- ∞ Close doors and windows.
- ∞ When dealing with wildfire smoke in general, avoid excessive exercise, stay indoors, and always carry necessary medications, if part of an at-risk group. Wildfire smoke can change direction very quickly.



Tornadoes

- ∞ Peak season in Alberta is June through August, but tornadoes can happen anytime of year.
- ∞ Tornadoes vary in strength, but you cannot definitively determine this until after the tornado has already passed. **Take all tornado warnings seriously.**
- ∞ Warning signs include severe thunderstorms, large hail, unusually dark skies with areas of green or yellow, wall clouds, and funnel clouds. Sudden stillness of the air and wind, and an abrupt stopping of rain or hail can also be an indicator.
- ∞ It typically lasts about 10-25 minutes, but can be shorter or much longer.
- ∞ Whirling dust or debris clouds, and loud rumbling that sounds like a waterfall or freight train may be indicators a **tornado is in your area.**
- ∞ Tornadoes are often accompanied by hail or heavy downpour; prepare for possibility of flooding or damage.
- ∞ If a tornado looks like it is not moving, it is likely moving towards you.
- ∞ If a tornado watch is issued, conditions support the formation of a tornado in the next few hours. You can choose to evacuate ahead of time, but **always pay close attention** to weather reports on radio, TV, or your phone. If not evacuating, move indoors. Keep an eye on the sky.

Seek Shelter

- ∞ **If a tornado warning is issued, seek shelter immediately.** Tornadoes can form very quickly!
- ∞ If you know severe weather is approaching and do not have safe shelter nearby, such as if you are in a mobile home or car, try to leave the area well in advance. **Mobile homes and cars are never safe during a tornado.**
- ∞ Large buildings with wide roofs like arenas or malls may collapse during tornadoes. Seek shelter somewhere else if possible or take cover under a sturdy object.
- ∞ Go to the basement, or lowest point of the house in a room or closet with no exterior walls. Another option is getting into a bathtub with a blanket over you.
- ∞ Close doors and windows and then stay away from them.
- ∞ **If a tornado is far enough away,** you may try driving at right angles to its path to find the closest safe shelter. **Never try to outrun a nearby tornado.**
- ∞ If stuck in car and unable to seek shelter, **do not** park under a bridge or overpass. Seek shelter in a ditch or the lowest available area **away** from your vehicle.





EMERGENCY INFORMATION

In Case of Evacuation

Safe Meeting Place Near Home:

Safe Meeting Place Outside Immediate Neighbourhood:

Evacuation Route Out of Neighbourhood:

Kids School:

Extra pick-up person: _____ Phone: _____

School contact information: _____

Extra pick-up person: _____ Phone: _____

School contact information: _____

Health information

Name of person and allergies:

Name of person and allergies:

Name of person and allergies:

Medication and Medical Equipment Required:

Grab-and-Go Bag Location:

Fire Extinguisher Location:

Emergency Phone Numbers:

Fire, Police, Ambulance: 9-1-1

Non-Emergency Phone Numbers:

Police Department: _____

Fire Department: _____

Health Clinic: _____

Poison Control: _____

Utilities Phone/Account Number: _____

Utilities Contact Numbers: _____

Emergency Personal Contacts

Out-of-Town Contact:

Name: _____ Home Phone: _____

Cell Phone: _____ E-mail: _____

Home Address: _____

Family

Name: _____ Home Phone: _____

Cell Phone: _____ E-mail: _____

Home Address: _____

Friend/Neighbour

Name: _____ Home Phone: _____

Cell Phone: _____ E-mail: _____

Home Address: _____

Family Doctors

Family Doctor Name: _____ Phone: _____

Pharmacy Name: _____ Phone: _____

Dentist Name: _____ Phone: _____

Other Doctor(s) Name(s): _____ Phone: _____

Other Contact(s)

Home Insurance Name: _____ Phone: _____

Car Insurance Name: _____ Phone: _____

Home Security System Name: _____ Phone _____



CONTACT US!

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