

It's that time of year again – snow, rain, floods and power failures. Last year we experienced several wind and rain storms – how did the storms affect you? Take the Emergency Preparedness Challenge and see how prepared you *really* are!

Emergency Preparedness Challenge!

Are You Prepared for Winter Storms, Blackouts, Flooding, Forest Fires and Earthquakes?

Yes/No

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Do your family members know how to keep themselves safe in a disaster? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you have a <i>Grab 'n Go kit</i> for each member of your family? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Does your family have a REUNION PLAN in case you are separated during a disaster? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you know what plans your children's or grandchildren's schools have developed for protection during disasters? |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you have at least 7 days of drinking water (31.5 litres or 7 gallons per person) safely stored for your family? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Have you collected and stored emergency supplies to provide for your family for an extended period of time? |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Have you conducted a Home Hazard Hunt? |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Do you have the means to prepare meals if the power is out for an extended period of time? |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Does each member of your family know how to turn off home utilities such as water, gas and electricity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. In a sudden power outage, could you <u>quickly</u> locate a flashlight or have you purchased home power failure lights? |
| <input type="checkbox"/> | <input type="checkbox"/> | 11. Do you have a basic First Aid Kit? |
| <input type="checkbox"/> | <input type="checkbox"/> | 12. Do you know where your local Emergency Reception Centre is located? |
| <input type="checkbox"/> | <input type="checkbox"/> | 13. Have you determined how you will signal for assistance, if a disaster strikes? |
| <input type="checkbox"/> | <input type="checkbox"/> | 14. Is your workplace prepared in the event of a major disaster? |

How Did You Do?

- | | |
|----------------------------|---|
| • 14 out of 14 yes answers | - Congratulations! |
| • 10 – 13 yes answers | - A little more work to do here |
| • 7 – 9 yes answers | - You are halfway there |
| • 4 – 6 yes answers | - This weekend would be a good time to continue preparing |
| • 0 – 3 yes answers | - Please get started now |

If you answered "no" to any of these questions, now is the time to act.
DISASTERS HAPPEN!! *Don't wait until it is too late!*

For more information, please contact the RDN Emergency Program:

250-390-4111 Phone
250-390-7511 (fax)
emergencyplanning@rdn.bc.ca

Thanks to the Cowichan Valley Regional District Emergency Program for sharing this Challenge

Emergency Comfort Kits
Suggested Personal Grab 'n Go Kit
(personalize for your needs & keep with you at all times)

- | | |
|--|---|
| <input type="checkbox"/> Bottled water | <input type="checkbox"/> Flashlight/radio |
| <input type="checkbox"/> Nutritious foods (dried fruits, granola bars, nuts or beef jerky) | <input type="checkbox"/> Whistle |
| <input type="checkbox"/> Personal medications | <input type="checkbox"/> Emergency blanket and garbage bags |
| <input type="checkbox"/> Personal toiletries | <input type="checkbox"/> Extra pair of eye glasses |
| <input type="checkbox"/> Dust masks and gloves | <input type="checkbox"/> Extra money, coins, phone cards |
| <input type="checkbox"/> Family photos (recent) | <input type="checkbox"/> Books and/or games |
| <input type="checkbox"/> Personal papers (i.e. photocopies of insurance papers, emergency contacts & identification) | |



Suggested Car Kit



- | | |
|--|--|
| <input type="checkbox"/> Bottled water | <input type="checkbox"/> First aid kit & manua |
| <input type="checkbox"/> Nutritious foods (dried fruits, granola bars, nuts or beef jerky) | <input type="checkbox"/> Fire extinguisher |
| <input type="checkbox"/> Comfortable, sturdy walking shoes | <input type="checkbox"/> Flashlight (extra batteries) |
| <input type="checkbox"/> Warm blanket | <input type="checkbox"/> Flares, candles w/matches & jar |
| <input type="checkbox"/> Heavy-duty work gloves (leather) | <input type="checkbox"/> Ziploc bags, toilet tissue |
| <input type="checkbox"/> Dust masks and gloves | <input type="checkbox"/> Hardhat |
| <input type="checkbox"/> Change of clothing | <input type="checkbox"/> Large, sturdy backpack |
| <input type="checkbox"/> Road map & compass | <input type="checkbox"/> Deck of cards, good book |
| <input type="checkbox"/> Shovel and sand, kitty litter or other traction aids | <input type="checkbox"/> Ice scraper and brush |
| <input type="checkbox"/> Duct tape and garbage bags | <input type="checkbox"/> Booster Cables |

Contact Numbers to Use In Case of Emergency (ICE)

Your **cell phone** can be a useful tool in times of crisis. At the touch of a button it can be used to call 911 or the police, as well as to reunite loved ones separated during a disaster.

At the scene of an accident, first responders or rescue services arrive and want to treat you quickly and also notify your family or friends.

You can make their job easier by adding entries in your cell phone address book under the label **ICE** with the names and phone numbers of people that should be called in case of an accident or injury. Simply put the acronym **ICE** before the names you want to designate as key contacts or next of kin — creating entries such as **ICE1**, **ICE2** and **ICE3** etc.

It only takes a few seconds to help Responders know right away who to notify.

Congratulations!

Now you are ready to look after your basic needs wherever you happen to be!

