How Prepared Are You? Take the Emergency Preparedness Challenge and Be Ready!

Yes/No

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

For more information, please contact the RDN Emergency Program:

BeReady@rdn.bc.ca for more info.
Emergency Kits

**Suggested Personal Grab ‘n Go Kit**  
(Personalize for your needs & keep with you at all times)

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

**Suggested Car Kit**

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