

GETTING YOUR FAMILY PREPARED FOR AN EMERGENCY

KNOW THE RISKS

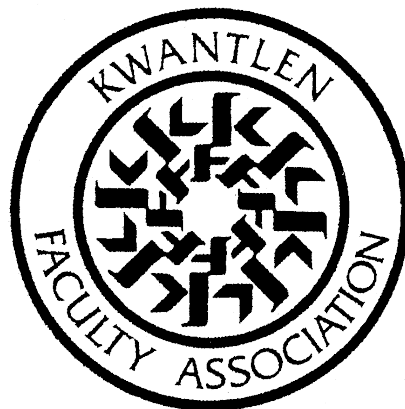
GET A KIT

MAKE A PLAN

BE INFORMED

Brought to you by
the Kwantlen Faculty Association
Union Counselling and
Professional and Scholarly Activity

*Materials compiled and created by Tally Wade and Alice Macpherson
2014*



In the event of a disaster, you should be prepared to take care of yourself and your family for a minimum of 72 hours. Emergency workers may take time to get to you, as they will be required to help those in the most desperate need. By taking a few simple steps today, you can become better prepared to face a range of emergencies – anytime, anywhere.

Every household needs to plan. Remember, your family may not be together when a disaster occurs. This workbook will help you and your family decide what to do in case of an emergency.

Use the checklists to build your hour emergency kit.

Use this guide to create your own emergency plan.

Plan how to meet or contact one another and discuss what you would do in different situations.

Be informed! These basic steps will help you to take care of yourself and your loved ones during an emergency.

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KNOW THE RISKS

Become Familiar with your Region

What are the hazards in your area?

Using this list as a guide, check off the hazards in your area.

<input type="checkbox"/> Blackout / Power Failures	<input type="checkbox"/> Blizzards
<input type="checkbox"/> Drought	<input type="checkbox"/> Earthquakes
<input type="checkbox"/> Floods	<input type="checkbox"/> Hazardous Materials & Spills
<input type="checkbox"/> Industrial Accidents	<input type="checkbox"/> Infectious Diseases Outbreak
<input type="checkbox"/> Landslide or Avalanche	<input type="checkbox"/> Storms (Rain, Wind, Ice)
<input type="checkbox"/> Terrorism	<input type="checkbox"/> Transportation Accident
<input type="checkbox"/> Tsunami or Storm Surge	<input type="checkbox"/> Wildfire
<input type="checkbox"/> Severe Weather (heat / cold)	<input type="checkbox"/> Volcanoes
<input type="checkbox"/> Other _____	<input type="checkbox"/>
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Although we cannot prevent natural disasters from happening, we can prepare ourselves in advance to avoid injury, minimize damage and resume normal lives as quickly and comfortably as possible. Prepared kits can be obtained through a variety of sources, so even if you do not want to create your own emergency kit, you can purchase one for your peace of mind.

By taking time out now to prepare, when a crisis occurs, you will be thankful for that list of emergency numbers on your fridge, for knowing your family's daily schedule and for having an emergency kit ready to use.

Emergency Information

Find out what kinds of disasters, both natural and man-made, are most likely to occur in your area and how you will be notified. Methods of getting your attention vary from community to community. One common method is to broadcast via **emergency radio** and **TV broadcasts**. You might hear a special siren, or get a telephone call, or emergency workers may go door-to-door.

Other Disaster Scenarios

Once you have identified the Potential Disasters that you might encounter, you will want to prepare for each one by thinking through what could happen and how you can react.

Earthquakes

The Lower Mainland of British Columbia is an earthquake zone. When we think of emergency preparedness for natural disasters, earthquakes often come to mind. Earthquakes are frequently accompanied by violent ground motion and loud noise.

Before the Earthquake

Using the Hazard Hunt Guide on page 3, search for potential hazards in your home and at work. In each room, locate the safest place to be. This may be braced in an inside corner or under a sturdy table.

Practice Being Safe

Conduct earthquake drills. Call out “earthquake”. Allow family members time to react. Discuss what each did to be safe and what each could have done. When they happen, many people’s instinct is to run. Most injuries occur as people run in or out of buildings. Instead of running: **DROP**. Take **COVER** under anything sturdy. **HOLD** on until the motion stops.

During the Earthquake

- Immediately move to your safe place. Remember, do not run.
- Stay away from tall bookcases, glass, fireplaces, and windows – anything that may fall or break and hurt you.
- If you are unable to get to a safe place, grab what you can to protect your head and face. Pillows, blankets, or coats are better than nothing.
- Remain in your safe place until all ground movement stops.



After the Earthquake

- Try not to panic. Take a few moments to calm down.
- Check your immediate area for danger, including broken glass, spilled chemicals or things that were shifted and may easily fall in an aftershock.
- Protect your feet, hands and head. Wear sturdy shoes, leather gloves and, if available, a hard hat. A dust mask may also be a good idea.
- Use a flashlight. DO NOT light a match or turn on the lights until you are sure there are no gas leaks.
- Check those around you for injuries. Provide first aid treatment when needed. Do not move the seriously injured unless absolutely necessary.
- Check for fires. Extinguish small fires, but do not try to put out fires that are too large – evacuate immediately.
- Check the natural gas, electricity and water. Shut them off if necessary. Remember to also turn off all your appliances.
- Listen to the radio for details.

Home Hazard Hunt

The ground movement that accompanies earthquakes is seldom the cause of property damage. Homes that are structurally sound with their internal contents properly secured generally come through earthquakes with relatively little damage. On the other hand, unprepared homes are unsafe and their contents are vulnerable to the shaking motion of major earthquakes.

Take 30 to 60 minutes to walk through your home. Using this as your guide, identify the hazards that are in each room. Correct each hazard by following the instructions listed on the pages associated with that item. Check the box when the recommended actions have been completed.

1. Check your **water heater**. Is it properly secured on the top and the bottom with plumber's tape or a nylon strap? Is the tape or strapping directly secured to the studs behind the wall with multiple screws? Have you replaced the copper piping with flexible connectors?

2. Identify **top heavy, freestanding furniture**, which could topple in an earthquake. Likely pieces are tall bookcases, china cabinets, chests of drawers, shelving units and the like.

3. Identify **heavy or breakable objects** on high shelves in bookcases or cabinets or on the top of dressers.

4. Identify all pieces of **electronic equipment** (computers, stereos, televisions, radios), **small appliances** (microwave ovens, toasters, blenders) and **other types of equipment** (sewing machines, answering machines) that may slide off their cabinet or counter tops.

5. Identify **hanging plants**, especially those in heavy baskets, and hanging lamps that are near windows. Ground movement may cause them to swing or fall and/or break the windows.

6. Identify **mirrors** and **heavily framed pictures**, which are located above beds or couches.

7. Identify **latches** on kitchen, bathroom and workroom cabinets that will not hold their doors securely closed during heavy shaking.

8. Identify **poisons, toxins or solvents** in breakable containers that are located in high or dangerous locations.

9. Inspect the **foundation of your home**. Make sure your home is properly bolted to the foundation.

10. Inspect your **chimney** and **roof** for loose bricks and tiles that may be jarred loose in an earthquake. Determine whether plywood should be added in the attic to protect your home in case your chimney fails in an earthquake. Building code requires a three-inch clearance from the chimney

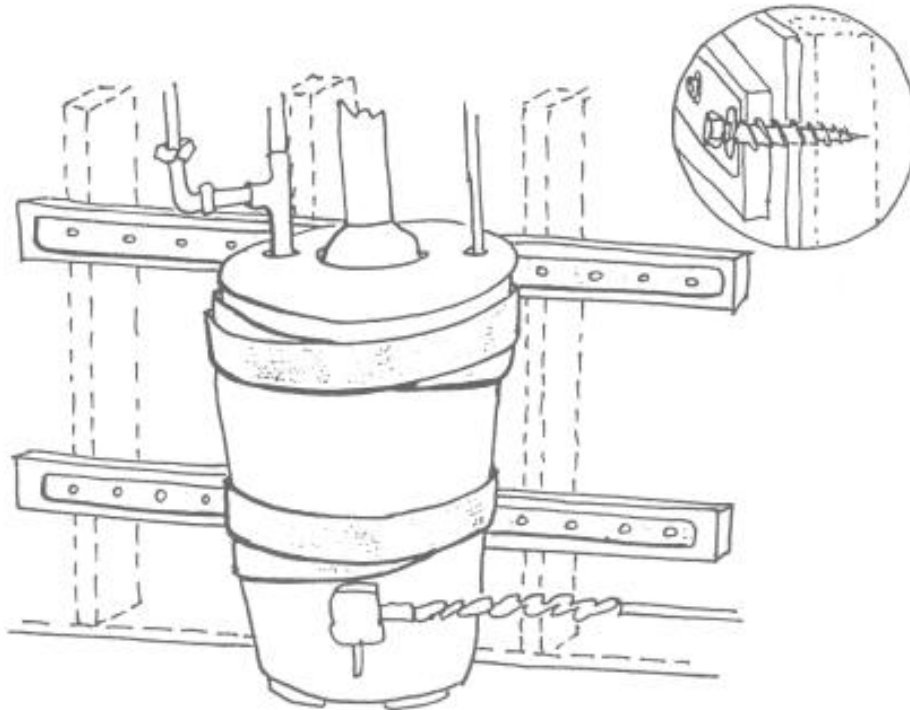
11. Identify the locations of all utilities and make sure all family members know their locations and how each is shut off.

- Check the natural gas meter. Make sure it can be shut off and you know how to do it.
 - Check the main water valve. Make sure it can be turned off and you know how to do it.
 - Locate the electricity circuit box. Make sure you know how to shut off the main circuit breakers.
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Home Prep Tips

Securing Heavy Objects – Water Heater

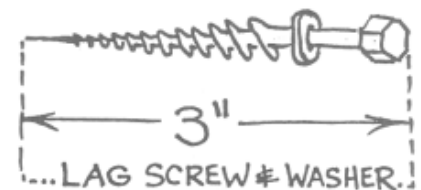
A typical water heater weighs between 180 to 230 kilograms when full. A sudden jolt and/or the rolling motion that accompanies most earthquakes can cause them to topple over. This movement can also cause the natural gas and water line connectors to break. **Many water heaters that had been strapped, but done so incorrectly, toppled over in the 1989 Loma Preita (San Francisco) earthquake.** Your water heater is an excellent source of potable water in the event of a disaster.



There should be very little space between the water heater tank and the wall. If there is more than one to two inches, attach a wooden block (for example, a 2 x 4) to the wall studs with long lag screws. The goal is to create a snug fit between the tank and the wall.

Wrap heavy-gauge metal bands or nylon strapping 1 1/2 times around the tank. Start by placing the bands or strapping at the back of the tank.

Bring it to the front and then take it back to the wall (see illustration) Secure this band or strapping to the wall studs with several 1/4 inch by three inch or longer lag screws with washers. If you are going to be directly securing it into concrete, use 1/4 inch expansion bolts in place of the screws.



Replace all copper piping with flexible natural gas and water line connectors.

Securing the Furniture and its Contents

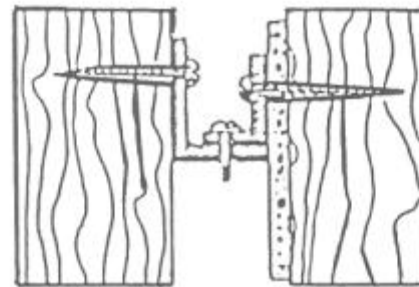
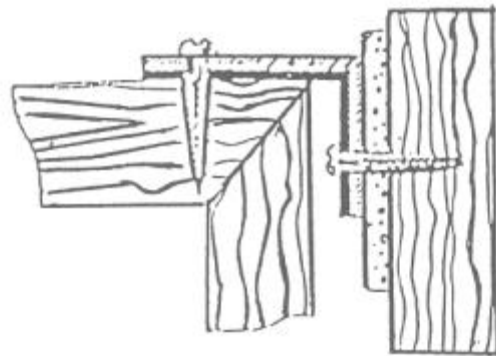
A major earthquake has the potential for causing substantial damage to your possessions. In fact, it is estimated that one-third of the cost of earthquake damage is due to non-structural losses. This includes furniture, equipment, heirlooms and other like items.

How you secure your furniture depends upon its value, location and your imagination. There are many ways to protect each piece.

Secure tall, freestanding furniture, such as bookcases, china cabinets and shelving units to the wall studs using “L” brackets, corner brackets or anodized aluminum moulding. Examples are illustrated.

Attach a wooden or metal guardrail to open shelves to keep items from sliding off. This is especially important where there are a lot of glass items.

Place heavy and/or large items on lower shelves.



Securing Items to Shelf Tops

To protect items on shelf tops, such as televisions, stereos, computers and microwave ovens, from the back-and-forth motion that accompanies earthquakes, secure them with Velcro or other similar products. Other means of securing these items include dental wax (for delicate items like crystal vases) and double-sided tape.

To secure items with Velcro or similar products:

- Choose Velcro that has adhesive on the back.
- Cut Velcro into 2.5 cm squares.
- Leaving the two sides of the Velcro together, remove the paper to expose the adhesive on one side and attach this to the legs or corners of the equipment or appliance. (Be aware that later removal of these Velcro squares may mar the surface of the shelf or counter top.)

Securing Pictures, Mirrors, Hanging Objects and Cabinets

Earthquakes have a tendency to knock heavy pictures and mirrors off the walls. You may be seriously injured if they happen to fall on you. For this reason, move all heavily framed pictures and mirrors away from beds, couches and chairs.

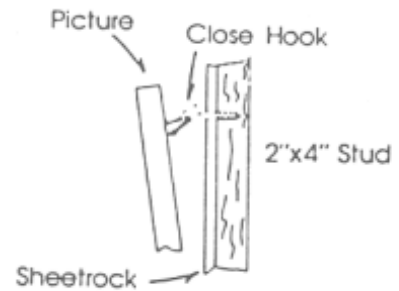
Kitchen and bathroom cabinet doors frequently fly open with the movement of the ground, spilling the cabinet contents all over the floor. Installing latches helps to keep their contents in place.

HANGING PICTURES

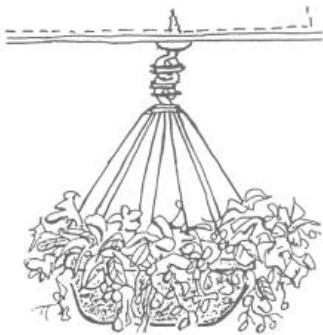
Securing Mirrors and Pictures

Secure these items by placing angle screws on their top and bottom (as illustrated) or by securing them with wire to an eyebolt. If possible, screw the bolts directly into wall studs.

Velcro may also be used to secure pictures, mirrors, wall clocks and other items to the wall.



Securing Hanging Objects

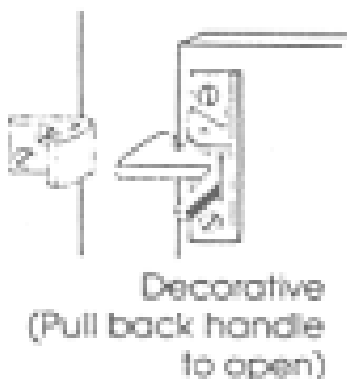


Carefully check the location of all hanging plants and other hanging objects. Determine if they are close enough to windows to strike them in the wild motion of an earthquake. If they are, consider moving them.

Secure these objects by closing the opening in their hook with lock wire. Make sure the hook is directly screwed into a ceiling stud.

Securing Kitchen Cabinets

To prevent cabinet doors from flying open, install one of the following types of latches:



Utilities

Electricity, water and natural gas may be disrupted by an earthquake. Know how to shut them off if necessary.

Electrical Utilities

Electrical sparks have the potential of igniting natural gas if it is leaking. Teach all responsible family members where and how to shut off the electricity.

Locate the electricity circuit box. It may look like one of these.



Learn how to shut off the electricity to the entire house.

Shutting Off the Electricity after an Earthquake

Immediately shut off the electricity at the main fuse box or circuit breaker if you can see bare/broken wires, or there are sparks, or if you smell burning insulation.

Water Utilities

Water very quickly becomes a precious and rare commodity following major earthquakes. It is important that all family members learn how to shut off the water for two reasons:

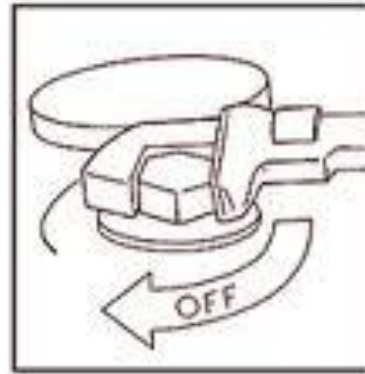
1. The normal supply of water to your home will likely be disrupted or perhaps become polluted because of broken and cracked lines. It is wise to shut off the water supply until you hear from the proper authorities that it is safe for drinking.
2. Shutting off the water will trap the water that is in the hot water heater and toilet tank. Not shutting the water off may allow it to flow out of these appliances and back into the main water lines.

Locate the shut off valve for the water main that enters the house. It may look something like this:

Make sure this valve can be completely shut off. Valves that have not been recently turned may be rusted open or they may only partially close. Replace this valve, if necessary.

Label this valve with a large tag and make sure all family members know where it is located.

Turning off the water at the water meter, usually located in a cement box, is not recommended because of the difficulty in turning this valve.



Shutting Off the Water after an Earthquake

Immediately shut off the water if any pipes are ruptured, you see flooding, or you hear water flowing (it may be in the walls or under the house). In the case that none of this is happening yet you should still shut off the water as soon as you have ascertained the safety of people in your househ

Natural Gas

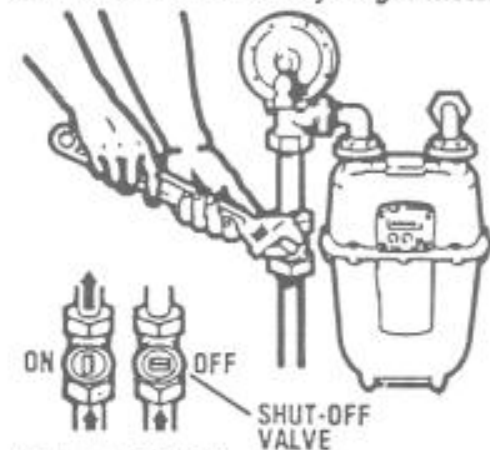
Natural gas leaks and explosions are responsible for a significant number of fires following any major earthquake. It is vital that you and all family members know where the gas meter is located and that everyone knows the proper procedures for turning it off.

1. Locate the gas meter.
2. Locate the shut-off valve on the inlet pipe (see illustration). Make sure this valve will turn. It only takes 1/4 turn in either direction to shut it off, so be careful. Valves that have not been turned in a number of years may not easily move. Moving it about 1/8 of a turn is all that is needed to assure yourself that it can turn.
3. If you accidentally turn off the gas while practising, you **must** call a qualified gas representative to come and turn it on for you. Turning it on yourself may create a dangerous problem with your natural gas equipment.
4. Store a wrench where it can be easily attained in an emergency. Ensure all household members know where it is and how to use it.

If you smell natural gas, immediately get everyone out of and away from the house. Open the windows and doors to provide ventilation. Shut off the gas meter by turning the shut-off valve in either direction to stop the flow of gas through the inlet pipe.

EMERGENCY GAS SHUT-OFF

*Be prepared!
Keep a 12" adjustable wrench handy
and know the location of your gas meter.*



Shut gas off **ONLY** if you smell or hear gas leaking. Do not attempt to turn gas back on – call Centra Gas.

Shutting Off the Gas after an Earthquake

Immediately shut off the gas at the meter only if you smell the characteristic warning odour of gas and/or you notice a large consumption of gas being registered on the gas meter. If your equipment has been damaged, you can shut off the gas at the valve for that appliance.

Until you are sure no gas leaks exist, do not use matches, lighters, open flames, appliances or operate any electrical switches.

GET A KIT

Disaster Comfort Kits

A disaster could cause you to spend several hours in your car or may force you to stay at work. On these occasions you will want to have the supplies you need to make that time as comfortable as possible.

Vehicle Comfort Kit

Assemble a comfort kit for your vehicle using the following items as a guideline:

- A large, sturdy backpack, preferably one with padded shoulder straps (if you are walking long distances, you will appreciate having your hands free) or something on wheels that you can carry or drag such as a carry-on suitcase.
- Snack-type, nutritious foods – dried fruits, nuts, granola bars, crackers, seeds, jerky
- Bottled water
- Comfortable, sturdy walking shoes and socks
- Heavy-duty gloves, preferably leather
- A whistle
- A hard hat
- A supply of dust masks
- Small first aid kit, including personal medications
- Fire extinguisher
- Knife
- Flares and matches
- Warm blanket
- Flashlight and extra batteries
- Local maps and compass
- Large Ziploc bags, toilet tissue and newspaper
- Coins or phone credit cards for pay telephones
- A picture of loved ones
- Deck of cards and good book



Grab and Go Bag (Work)

Assemble a grab and go bag for work. Use the following guidelines:

- Snack-type nutritious foods
- Bottled water
- Comfortable, sturdy walking shoes and socks
- A whistle
- Heavy duty working gloves, preferably leather, to protect your hands from broken glass and fallen debris
- A supply of dust masks
- Small first aid kit, including personal medications
- Flashlight and extra batteries
- Warm blanket
- Battery-operated AM radio and extra batteries
- Large Ziploc bags, toilet tissue and newspapers
- Coins or phone credit cards for pay telephones
- A picture of loved ones
- A deck of cards and a good book

Home Emergency Supply Kit

Emergency Water

Water is essential for survival. During earthquakes, pipes that bring water to your home can be easily broken or cracked. Cracked pipes may allow the water to become polluted. Storing an alternative supply of water is essential.

Amount to Store

Store four litres per person per day. Three days is the absolute minimum for which you should be prepared. This water will be required for drinking, preparing food, brushing teeth, other minimal hygiene needs and washing dishes.

How to Properly Store Water

Store water in sturdy, opaque plastic jugs or bottles. Four and 20 litre jugs are available at many camping supply stores or water distributors. Plastic soft drink containers work well. Avoid the use of plastic milk or other similar containers. This plastic becomes brittle over time and can easily crack during the ground shaking.

Rinse the inside of the bottle thoroughly. Fill the jug approximately one half with water and add chlorine bleach in the amount listed below. Finish filling the container to its top with water. Spread melted candle wax around the top of the rim and screw the lid on tightly to create an air tight seal. Date the bottle; label it “purified drinking water”.

Store these containers in cool, dark locations. Avoid storing water in areas where toxins, such as gasoline and pesticides, are present. These vapours penetrate the plastic over time. Water supplies should be inspected every six months. Any supplies that look questionable should be replaced.

Additional Sources of Water

Hot water heater: Water will drain from the heater easier if a hot water faucet is turned on somewhere in the house. Important: Shut off the gas or electricity before emptying the heater and turn it on only after it has been totally refilled.

Flush tank of the toilet: Purify this water before using it. If you add chemicals to this tank DO NOT use this water for anything other than flushing the toilet. Never use any water that has been chemically treated for drinking, washing, or cooking.

Existing water in the plumbing. After shutting off the main water valve, open a faucet on the top floor and catch the water as it drains from an open faucet on the lowest level.

Do Not Drink Water from these Sources

Do not use water from the swimming pool. This water can have a high concentration of salts and/or chlorine and, if used, could cause serious health problems. Use this water only for hygienic purposes.

Do not use water from water beds. Chemicals in the vinyl cause this water to become undrinkable.

Purifying Water

Strain out any sediment or particles from the water by pouring it through several layers of paper towels, cheesecloth or coffee filters, then use one of these purification methods:

a) **Boil** the water for seven to 10 minutes.

b) **Add liquid** household bleach as follows:

Water (if water is clear)

1 litre use 2 drops

4.5 litres use 8 drops

20 litres use 1/2 teaspoon

Let water stand for 30 minutes. There should be a faint chlorine scent after treating. If there is not, repeat the amount and let it stand for another 15 minutes.

Emergency Food

A disaster can disrupt your ability to purchase food. Consequently, it is wise to maintain a two-week supply of food beyond your normal requirements. You may have plenty of food on hand right now, but check your supplies to make sure.

Selecting Foods for Your Emergency Supply

- It is generally **not necessary** to buy dehydrated, freeze-dried or other types of emergency food. Canned foods and dry mixes that you have on your shelves right now are well suited for emergency supplies, especially if you have young children.
- **Choose foods your family will enjoy.** Offering your family strange foods can make the experience of an earthquake even more upsetting.
- Store foods that require **little or no cooking** or refrigeration.
- Store foods that require **little or no water** for preparation. Water supplies may have been damaged.
- Choose foods that will not increase thirst (low salt).
- Choose can and package sizes carefully. Refrigeration may be difficult. Choose sizes your family can consume in one meal.
- Store foods that will meet the needs of family members requiring special diets.

Other Items to Store

- Paper or plastic plates, cups and utensils
- A manual can opener and a bottle opener
- The appropriate cooking utensils to prepare the food you have stored

Cutting Down on Dishwashing

- Line regular dinnerware with plastic food wrap. This can be thrown away after each use, leaving the plate relatively clean.
- Label a separate water drinking cup with each family member's name. This cup can then be used all day.

Storing Emergency Foods

- Date each stored package and tin. Once or twice a year, rotate these items into your regular food supply and replace them with fresh items.
- Store foods in a cool, dry, dark place, preferably 5 – 15 degrees C. High temperatures contribute to the rapid deterioration of many types of foods.
- Keep stored foods away from petroleum products. Some foods absorb smells.
- Avoid storing canned foods directly on a cement floor. Water condensation can cause the cans to rust.
- Protect food from rodents and insects. Items stored in boxes or in paper cartons will keep longer if they are heavily wrapped or stored in metal containers.

Be prepared for an emergency by having items on hand that don't require refrigeration and can be eaten cold or heated on the outdoor grill. Shelf-stable food, boxed or canned milk, water, and canned goods should be part of a planned emergency food supply.

Make sure you have ready-to-use baby formula for infants and pet food. Remember to use these items and replace them from time to time. Be sure to keep a hand-held can opener for an emergency.

Using Emergency Foods

- Use perishable foods in your refrigerator first.
- Use frozen foods in your freezer second. Tape a list of freezer contents on the outside to minimize the need to open the door.
- Use canned foods and dry mixes later. Discard cans that bulge at the end or are leaking.
- Do not eat or drink anything from open containers near shattered glass.

Keeping Food Safe in an Emergency

Consider what you can do ahead of time to store your food safely in an emergency. If you live in a location that could be affected by a flood, plan your food storage on shelves that will be safely out of the way of contaminated water. Coolers are a great help for keeping food cold if the power will be out for more than 4 hours—have a couple on hand along with frozen gel packs. When your freezer is not full, keep items close together—this helps the food stay cold longer.

Always keep meat, poultry, fish, and eggs refrigerated at or below 40 °F and frozen food at or below 0 °F. This may be difficult when the power is out.

Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. The refrigerator will keep food safely cold for about 4 hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed. Obtain dry or block ice to keep your refrigerator as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18-cubic foot full freezer for 2 days. Plan ahead and know where dry ice and block ice can be purchased.

Digital, dial, or instant-read food thermometers and appliance thermometers will help you know if the food is at safe temperatures. Keep appliance thermometers in the refrigerator and freezer at all times. When the power is out, an appliance thermometer will always indicate the temperature in the refrigerator and freezer no matter how long the power has been out. The refrigerator temperature should be 40 °F or below; the freezer, 0 °F or lower. If you're not sure a particular food is cold enough, take its temperature with a food thermometer.

Refrigerator Foods

When Safe to keep and When to Discard	
FOOD	Held above 40 °F for over 2 hours
MEAT, POULTRY, SEAFOOD	
Raw or leftover cooked meat, poultry, fish, or seafood; soy meat substitutes	Discard
Thawing meat or poultry	Discard
Meat, tuna, shrimp, chicken, or egg salad	Discard
Gravy, stuffing, broth	Discard
Lunchmeats, hot dogs, bacon, sausage, dried beef	Discard
Pizza – with any topping	Discard
Canned hams labeled "Keep Refrigerated"	Discard
Canned meats and fish, opened	Discard
CHEESE	
Hard Cheeses: Cheddar, Colby, Swiss, Parmesan, provolone, Romano	Safe
Processed Cheeses	Safe
Grated Parmesan, Romano, or combination (in can or jar)	Safe
Shredded Cheeses	Discard
Soft Cheeses: blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel, queso blanco, queso fresco	Discard

Be Prepared Workbook

Low-fat Cheeses	Discard
DAIRY	
Butter, margarine	Safe
Milk, cream, sour cream, buttermilk, evaporated milk, yogurt, eggnog, soy milk	Discard
Baby formula, opened	Discard
EGGS	
Fresh eggs, hard-cooked in shell, egg dishes, egg products	Discard
Custards and puddings	Discard
CASSEROLES, SOUPS, STEWS	Discard
FRUITS	
Fruit juices, opened	Safe
Canned fruits, opened	Safe
Fresh fruits, coconut, raisins, dried fruits, candied fruits, dates	Safe
Fresh fruits, cut	Discard
SAUCES, SPREADS, JAMS	
Peanut butter	Safe
Jelly, relish, taco sauce, mustard, catsup, olives, pickles	Safe

Be Prepared Workbook

Worcestershire, soy, barbecue, Hoisin sauces	Safe
Opened vinegar-based dressings	Safe
Fish sauces (oyster sauce)	Discard
Opened creamy-based dressings	Discard
Spaghetti sauce, opened jar	Discard
Opened mayonnaise, tartar sauce, horseradish	Discard if above 50 °F for over 8 hrs
BREAD, CAKES, COOKIES,PASTA, GRAINS	
Bread, rolls, cakes, muffins, quick breads, tortillas	Safe
Breakfast foods –waffles, pancakes, bagels	Safe
Cooked pasta, rice, potatoes	Discard
Pasta salads with mayonnaise or vinaigrette	Discard
Fresh pasta	Discard
Cheesecake	Discard
Refrigerator biscuits, rolls, cookie dough	Discard
PIES, PASTRY	
Pies, fruit	Safe
Pies – custard, cheese filled, or chiffon; quiche	Discard
Pastries, cream filled	Discard
VEGETABLES	
Fresh mushrooms, herbs, spices	Safe
Vegetables, raw	Safe

Greens, pre-cut, pre-washed, packaged	Discard
Vegetables, cooked; tofu	Discard
Vegetable juice, opened	Discard
Baked potatoes	Discard
Commercial garlic in oil	Discard
Potato Salad	Discard

Frozen Food

When to Refreeze and When To Discard		
FOOD	Still contains ice crystals and feels as cold as if refrigerated	Thawed. Held above 40 °F for over 2 hours
MEAT, POULTRY, SEAFOOD Beef, veal, lamb, pork, and ground meats	Refreeze	Discard
Poultry and ground poultry	Refreeze	Discard
Variety meats (liver, kidney, heart, chitterlings)	Refreeze	Discard
Casseroles, stews, soups	Refreeze	Discard
Fish, shellfish, breaded seafood products	Refreeze. However, there will be some texture and flavor loss.	Discard
DAIRY Milk	Refreeze. May lose some texture.	Discard
Eggs (out of shell) and egg products	Refreeze	Discard
Ice cream, frozen yogurt	Discard	Discard

Be Prepared Workbook

Cheese (soft and semi-soft)	Refreeze. May lose some texture.	Discard
Hard cheeses	Refreeze	Refreeze
Shredded cheeses	Refreeze	Discard
Casseroles containing milk, cream, eggs, soft cheeses	Refreeze	Discard
Cheesecake	Refreeze	Discard
INTENTIONALLY LEFT BLANK		
FRUITS		
Juices	Refreeze	Refreeze. Discard if mold, yeasty smell, or sliminess develops.
Home or commercially packaged	Refreeze. Will change texture and flavor.	Refreeze. Discard if mold, yeasty smell, or sliminess develops.
VEGETABLES		
Juices	Refreeze	Discard after held above 40 °F for 6 hours.
Home or commercially packaged or blanched	Refreeze. May suffer texture and flavor loss.	Discard after held above 40 °F for 6 hours.
BREADS, PASTRIES		
Breads, rolls, muffins, cakes (without custard fillings)	Refreeze	Refreeze

Be Prepared Workbook

Cakes, pies, pastries with custard or cheese filling	Refreeze	Discard
Pie crusts, commercial and homemade bread dough	Refreeze. Some quality loss may occur.	Refreeze. Quality loss is considerable.
OTHER		
Casseroles – pasta, rice based	Refreeze	Discard
Flour, cornmeal, nuts	Refreeze	Refreeze
Breakfast items –waffles, pancakes, bagels	Refreeze	Refreeze
Frozen meal, entree, specialty items (pizza, sausage and biscuit, meat pie, convenience foods)	Refreeze	Discard

Make copies of this page as needed

Make copies of this page as needed

First Aid Supplies

Your first aid kit should contain things necessary to meet the needs of your family. The following lists of supplies provide a useful guide. Plan to use these lists for your everyday first aid needs, as well. Periodically check the expiration dates of these items. Replace those that have expired.

Assemble a first aid kit. Storing these supplies in a cosmetic case, a fishing tackle or tool box or even a small cardboard box with a handle makes them easy to carry. Tape a list of the contents to the inside of the lid. Store prescription medications and copies of critical medical information in watertight bags in the refrigerator. This may provide protection from earthquake or other damage, including fire.

Medicines and Disinfectants

- Small sponge and soap
- Saline solution to wash and disinfect wounds
- Polysporin (antibiotic cream)
- Individually-wrapped alcohol swabs
- Antacids
- Aspirin and non-aspirin anti-inflammatory pain relievers
- Antihistamines (for allergic reactions)
- Alcohol hand gel
- **liquid** household bleach
- Syrup of ipecac (to induce vomiting)
- Plain salt to make your own saline solution (6.5 ml / litre)
- Anti-diarrhea medicine
- Vitamin supplements
- Eye drops
- Prescription medications and eye glasses
- Cotton-tipped swabs
- Laxatives
-

Bandages

- Band-Aids, gauze pads, Butterfly bandages
- Material for slings such as cloth belts, nylon stockings and clean sheets
- Diapers and sanitary napkins (absorbent for large wounds)
- 3M™ Coban™ 2 Layer Compression System for fingers and small wounds
- Tensor bandages & splints
- Rolled gauze – 1 roll each of 1", 2" and 3" widths
- Adhesive tape – 1/2" and 1" wide rolls
- Bandage sterile roll – 2" and 4" wide
- Three to six large triangular bandages (36" x 50")
-

Home Emergency Supplies

It is important to plan in advance for alternative ways of caring for your needs if the normal means have been disrupted. The information provided in these lists offers suggestions and safety tips to help you prepare for the unexpected.

Lighting

Store two or three alternate sources of lights.

Caution: Make sure there are no gas leaks before using any open flame, including matches, candles and lanterns. Remember that aftershocks may cause these to topple, which could start a fire, so locate them with care.

- Flashlights, battery operated lamps and extra batteries – Batteries stored in the refrigerator last longer. Keep a small flashlight in your car, purse and briefcase so that no matter where you are, you will have a source of light.
- Camping lanterns – Store extra fuel, wicks, mantles and matches.
- Light sticks – These can provide light for one to 12 hours and can be purchased at camping supply stores.
- Candles – Placing these in glass jars taller than the candle provides extra protection if the candle is knocked over in an aftershock. Remember that this glass can become very hot.



Personal Safety and Comfort

It is essential that these items be stored for each family member:

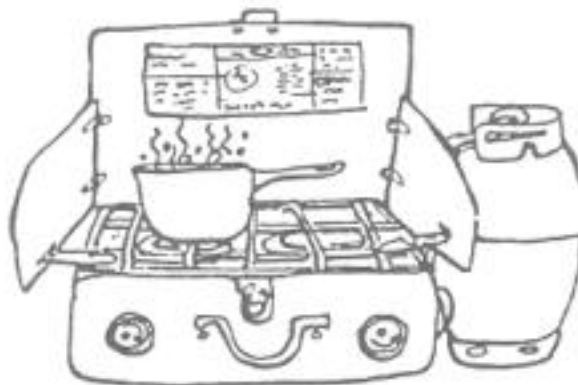
- Eyeglasses – Store an extra pair.
- Sturdy shoes – Keep a pair near the bed to protect your feet from broken glass.
- Work gloves, preferably leather – To protect the hands of those who will help remove debris.
- Disposable dust masks – For protection from dust (there will be large amounts of dust) and smoke.
- Clothes – A complete change.
- Hard hats – For extra protection during aftershocks.
- Regular hats – For protection from the sun or cold.

Cooking

Make sure you have at least one alternative way to cook your food.

Caution: Never burn charcoal or wood indoors. This could cause carbon monoxide poisoning.

- Camp stoves, sterno stoves, barbeques and hibachis – Store extra propane, charcoal or sterno, lighter fluid and matches. (Best to use outside or in a well-ventilated area)
- Fireplaces – Do not use until the chimney, mortar and flue have been inspected for cracks. Sparks may escape into the attic or roof through an undetected crack and start a fire.
- Fondue pots and chafing dishes – Store extra fuel.
- Heavy duty aluminum foil – Requires less water for clean-up than a pan.
- Paper plates and cups
- Plastic utensils



Sanitation

The lack of sanitation facilities following major earthquakes can quickly create secondary problems unless basic guidelines are followed. If the water lines are damaged or if damage is suspected, **do not flush the toilet**. Avoid digging holes in the ground and using these. Untreated raw sewage can pollute fresh ground water supplies. It also attracts flies and promotes the spread of diseases.

Store a large supply of heavy-duty plastic bags, twist ties, disinfectant (powdered chlorinated lime – not quick lime – if it is available in your area) and toilet paper.

A good disinfectant that is easy to use is a solution of one part liquid bleach to 10 parts water. Dry bleach is caustic and not safe for this type of use.

If the toilet cannot be flushed, it can still be used. This is less stressful for most people than using some other container. Remove all the bowl water. Line it with a heavy duty plastic bag. When finished, add a small amount of deodorant or disinfectant, securely tie the bag and dispose of it in a large trash can with a tight-fitting lid. This large trash can should also be lined with a sturdy trash bag. Eventually, the municipality or regional district will provide a means to dispose of these bags.

Portable camp toilets, small trash cans or sturdy buckets lined with heavy-duty plastic bags can be used. Those with tight-fitting lids are best.

Large Ziploc plastic bags and toilet paper should be kept at work and in the car for use if you are away from home. These can be wrapped in newspaper in preparation for future disposal.

Personal Comfort and Cleanliness

A supply of the following items should always be kept in the car and at work:
Toothpaste, toothbrush, soap, wash cloth, shampoo, deodorant and sanitary napkins.

Shelter

It is common for people to not want to sleep in their homes for the first few days following a major earthquake. Make sure you have an alternative means of shelter to help you and your family be as comfortable as possible. Suggestions:

- Tent or waterproof tarp
- Sleeping bags or pillows
- Blankets
- Mylar blankets are compact and easy to store
- Newspapers provide insulation from the cold or heat

Pets

In most cases, pets will not be permitted in emergency shelters. Store a two-week supply of food and water for your pets.

Emergency Information

Obtain a battery-powered transistor radio and store extra batteries. A good place to keep these batteries is in the refrigerator. Identify the radio stations in your area that are likely to carry emergency information.

Station	<input type="text"/>	Dial:	<input type="text"/>
Station	<input type="text"/>	Dial:	<input type="text"/>
Station	<input type="text"/>	Dial:	<input type="text"/>

Storage Suggestions

Finding extra space to store your emergency supplies can be tricky. However, it is important that you locate them with care. They will do you little good if you cannot get to them or if they are damaged during the earthquake.

Storage Tips

- Perishable supplies will remain stable longer if they are stored in a cool, dark place.
- One method of storing emergency supplies is to place them in a large, covered garbage can, preferably plastic or rubber. This can be stored outside, in a cool, sheltered location.
- Put the contents inside tightly-closed plastic bags before placing them in the can.
- The amount of each item you put in the can depends upon the number of people in your family.

Items to Include

Toiletries

- Paper towels, toilet paper, sanitary napkins, disposable diapers, toothpaste, toothbrush, bar soap, shampoo, liquid cleaner, liquid bleach

Safety Items

- First aid supplies, eyeglasses, sturdy gloves, dust masks

Stationary

- Books, pencil and paper, deck of cards, small games

Implements

- Razor blades, can opener, scissors

Light Sources

- Flashlight, batteries, candles, matches, light sticks

Clothing / Linen

- Blankets, change of clothes, towels, sweaters / jackets, hats, hard hats or bicycle helmets

Water

- At least four litres per person

Cooking Supplies

- Sterno stove, aluminum foil, large and small plastic bags, cooking pot, utensils, string/rope, plastic dishes

Food

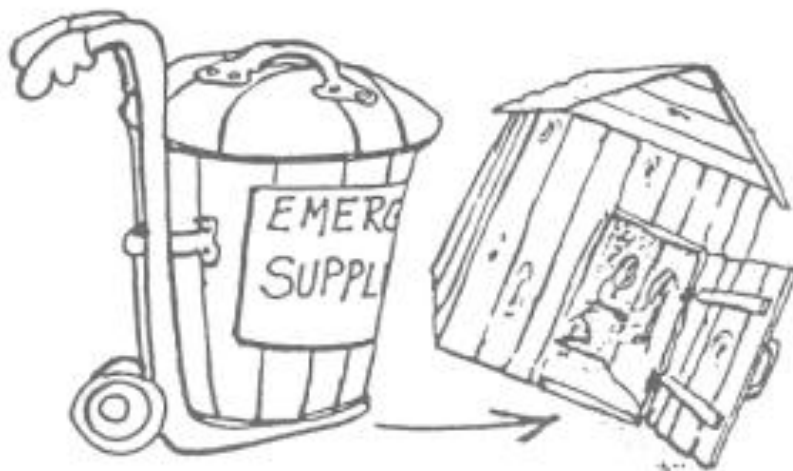
- Canned meats and tuna, canned vegetables, warm drinks and juices, dried beans and rice, nuts and raisins, vitamin pills, canned fruit, soups, candy

Packing Material

- Newspapers or a heavy blanket

Additional Storage Places

- In boxes, neatly stacked and covered with a cloth to make them look like end tables or night stands.
- In a shed or other outbuildings. Make sure that all supplies are up off cement floors (this helps prevent rusting) and away from gasoline and chemicals.
- On a closet floor behind a sofa or under a bed.
- In a camper or tent trailer.



MAKE A PLAN

Planning to Go or Stay

Depending on your circumstances and the nature of the emergency, the first important decision is whether you stay where you are or evacuate. You should understand and plan for both possibilities. Use common sense and available information, including what you are learning here, to determine if there is an immediate danger. In any emergency, local authorities may or may not immediately be able to provide information on what is happening and what you should do. However, you should watch TV, listen to the radio or check the Internet often for information or official instruction as it becomes available.

There is a good chance that you will not be with your loved ones when the earthquake occurs. To prepare for these separations identify a neighbourhood reunion site and an out of town contact person. This will help you get back together and, if that is not possible, at least they will know where you are and how you are doing.

Whether you are at home, work or elsewhere, there may be situations when it's simply best to stay where you are and avoid any uncertainty outside.

Other Emergency Plans

You may also want to **inquire about emergency plans** at places where your family spends time: **work**, **daycare** and **school**. If no plans exist, consider volunteering to help create one. Talk to your neighbors about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance.

When You Need to Leave

List two or three places to go if you cannot or choose not to stay home. Possible sites include: Neighbours or nearby relatives' homes, local schools, churches or community centres. When other family members arrive home, it will give them some places to start looking for you. Make sure you leave them a note telling them where you have gone. Fill out these input areas and print the page for a permanent record!

Reunion site #1:

Reunion site #2:

Reunion site #3:

Choose a relative or friend who lives at least 160 kilometres away, preferably out of province, who can be contacted by all family members if it becomes impossible to reach you or the reunion locations.

Name of contact:

Address:

Phone number:

Make small cards with this information for each family member to keep in their wallets, purses or backpacks. Keep this name and phone number with you at all times.

Emergency Contact Information Cards from PEP can be found at:

http://embc.gov.bc.ca/em/hazard_preparedness/Emergency_Contact_Card.pdf

Instruct all family members to contact this person as soon as they can after the earthquake. Report to the contact person where and how you are doing.

As all family members report in, you will be able to find out where they are and how they are doing even though you may not be able to get together for a few days. This will relieve much stress and anxiety.



Neighbourhood Escape Routes

If you and your family need to leave your home, think about where you will meet. Plan for an escape route from your neighbourhood, in the event you need to evacuate the area. Plan for a couple of different routes to leave your neighbourhood.

Carry a small flashlight and whistle with you at all times to help alert others to your location in times of emergency/disaster.



Remember to stay off of Disaster Response Routes.



The Disaster Response Route is for the movement of disaster response personnel and resources in the aftermath of a disaster. The purpose behind the DRRs is to move quickly to where the need is greatest...and mobility is the key. The services that disaster response personnel and resources provide include: transporting and treating sick and injured people, maintaining law and order, putting out fires, rescuing trapped people, restoring water supply, restoring electricity supply, maintaining traffic control, etc.

Designated disaster responders that have been issued access identification. This will allow for quick identification at checkpoints and permit the efficient movement of required resources to where they are needed most.

When a disaster strikes, unless you are a disaster responder or supplier that has received “prior approval”, please stay off the disaster response routes.

For more information, check the website at: http://www.th.gov.bc.ca/popular-topics/driver_info/route-info/disroute/disaster_response_routes.htm

Staying Put – Have a Household Plan

It is important to have an escape plan for your home. You need to have at least two possible escape routes from each room. If you live in an apartment, do not use the elevators.

Draw your home's floor plan. Mark the **safest** place for you to be during an earthquake in each room. Include exits, hallways and alternate escape routes. Note obstacles that might make a safe exit difficult and, if possible, plan to remove them.

Use the graphs on the following pages to draw exits and escape route for your home. Remember to label the street name, address and compass directions.

Make sure that everyone in your family is familiar with the escape routes in the house, and are able to escape quickly and safely. Plan to practice at least once a year.

Make sure you have a working carbon monoxide detector, smoke detector and fire extinguisher. If you live in an apartment or are staying in a hotel, know where the fire alarms are located. Everyone in your home should know where to find the fire extinguisher. All capable adults and older children should know how to use it. Older children and adults should know how to turn off your home's water, electricity and gas. Make large, easy-to-see signs for water and gas shut-offs as well as for the breaker panel or fuse box.

Teach children how and when to dial 9-1-1. Teach children how to call the out-of-town contact person. Ensure your children know where the emergency kit is located.

My home address is:



Fire extinguisher

Location: _____

Water valve

Location: _____

Shut-off instructions: _____

Utility company phone number: _____

Gas valve

Location: _____

Shut-off instructions (only shut off gas if you smell gas or when authorities tell you to do so): _____

Utility company phone number: _____

Electrical box

Location: _____

Utility company phone number: _____

Floor drain

Location: _____

(Always ensure it is clear of boxes, clothes or furniture, in case there is a flood)

Emergency kit

Location: _____

Be Prepared Workbook

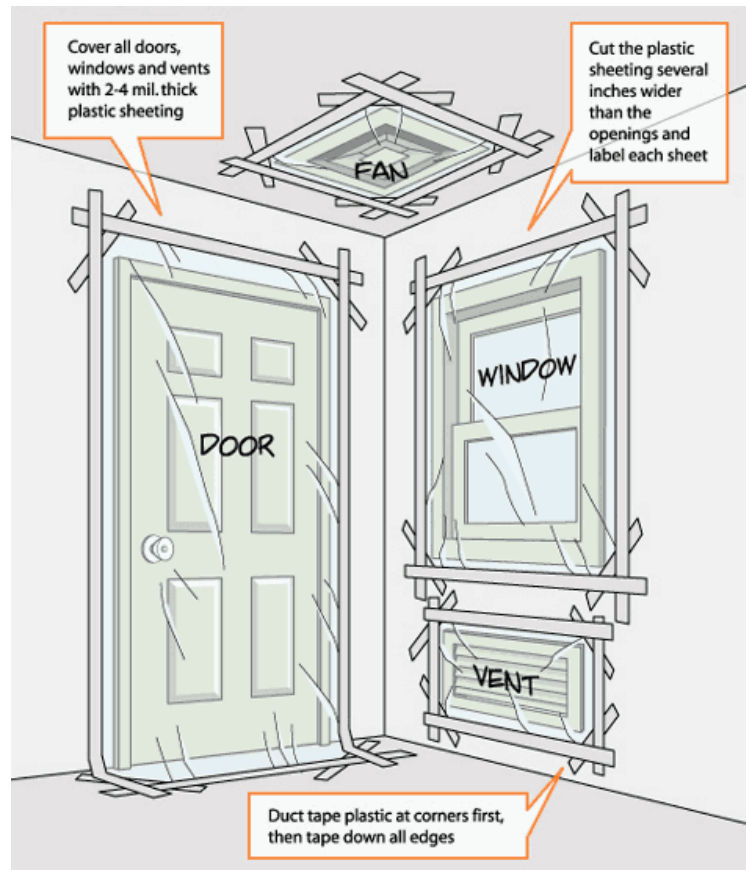
Level:

This image shows a full page of blank graph paper. The grid consists of small, equal-sized squares formed by thin black lines. There are 20 columns and 20 rows of squares, creating a total of 400 square units. The margins are consistent on all sides, and there are no markings or text on the paper.

To "Shelter in Place and Seal the Room"

There are other circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as "sealing the room," is a matter of survival. Use available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to take this kind of action.

- Bring your family and pets **inside**.
- **Lock** doors, **close** windows, air vents and fireplace dampers.
- **Turn off** fans, air conditioning and forced air heating systems.
- **Take your emergency supply kit** unless you have reason to believe it has been contaminated.
- **Go into an interior room** with few windows, if possible.
- **Seal** all windows, doors and air vents with plastic sheeting and duct tape. Consider measuring and cutting the sheeting in advance to save time.
- Be prepared to **improvise** and use what you have on hand to **seal gaps** so that you create a barrier between yourself and any contamination.
- Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should **listen to the radio, watch TV, or check the Internet often for official news** and instructions as they become available.



- Cover all doors, windows and vents with 2-4 millimetre thick plastic sheeting.
- Cut the plastic sheeting several inches wider than the openings and label each sheet.
- Duct tape plastic at corners first, then tape down all edges.

The process used to seal the room is considered a temporary protective measure to create a barrier between you and potentially contaminated air outside. It is a type of sheltering in place that requires preplanning.

ICE (In Case of Emergency)

Your cell phone can be a valuable source of information in the event of an emergency. Emergency responders must make immediate decisions when they arrive on the scene of a crisis, an accident, health issue or a disaster. Adding entries into the phone book of your cell phone, can allow responders to access emergency contacts quickly. By simply using the label **ICE**, you can let the emergency services people know who to call in the event you are not able to talk. Create entries such as ICE1, ICE2, ICE3, etc. for your relatives and / or friends who need to be contacted in emergencies.

Other Phone Protocols

Teach family members how to use text messaging (also known as SMS or Short Message Service). Text messages can often get around network disruptions when a phone call might not be able to get through.

Subscribe to alert services. Many communities now have systems that will send instant text alerts or e-mails to let you know about bad weather, road closings, local emergencies, etc.

Important Individual and Family Information

After a disaster, you will want to document property loss for insurance purposes. Having the necessary documents will eliminate undue delay and frustration. Take a few minutes and record this vital family information. Keep copies in two safe places, fire resistant if possible. It can also be stored in watertight plastic bags in the freezer. Store deeds, wills, tax records, birth certificates and other vital documents in safe place, such as a fireproof box or safety deposit box.

Take photographs or videotapes of all valuables for documentation for insurance claims.

1. Name and CareCard Number of all Family Members

Name:		#:	
Name:		#:	
Name:		#	
Name:		#	
Name:		#:	
Name:		#:	
Name:		#	
Name:		#:	

2. Employment Information

Workplace for: (name)

(name of business)

Address

Phone number

Workplace for: (name)

(name of business)

Address

Phone number

Workplace for: (name)

(name of business)

Address

Phone number

Workplace for: (name)

(name of business)

Address

Phone number

3. Pets

Name

Species

Tag #

Name

Species

Tag #

4. School Information

Name of child

Name of school

Address

Phone number

School's policy in the event of a major disaster is _____.

Name of child

Name of school

Address

Phone number

School's policy in the event of a major disaster is _____.

Name of child

Name of school

Address

Phone number

School's policy in the event of a major disaster is _____.

5. Medical Contact Information

Doctor's name:

Address:

Phone:

Doctor's name:

Address:

Phone:

Hospital/clinic's name:

Address:

Phone:

Dentist's name:

Address:

Phone:

Vet's name:

Address:

Phone:

Other Medical name:

Address:

Phone:

6. Important Medical Histories

Allergies

Name:		Type:	
Name:		Type:	
Name:		Type:	

Regular medication

Name:		Type:	
Name:		Type:	
Name:		Type:	

Other

Name:		Type:	
Name:		Type:	
Name:		Type:	
Name:		Type:	
Name:		Type:	
Name:		Type:	

7. Account and Policy Types and Numbers

Bank:	
Account type:	

#:

Bank:	
Account type:	

#:

Bank:	
Account type:	

#:

Insurance:
Policy type: #:
Contact:

Insurance:
Policy type: #:
Contact:

8. Vehicle and Other Registration Numbers

Vehicle make: License #:
VIN:

Vehicle make: License #:
VIN:

Vehicle make: License #:
VIN:

Vehicle make: License #:
VIN:

Other: License #:
ID#:

Other: License #:
ID#:

Other: License #:
ID#:

Occupant Profile

Create one for each member of your household

Insert recent picture
here

Date of Photo:

Full Name

Date of Birth

Height

Weight

Hair Colour

Eye Colour

Distinguishing
features

Allergies

Prescriptions or
Medications

Blood Type

Home Address

Phone number

Cell phone

Occupant Profile

Create one for each member of your household

Insert recent picture
here

Date of Photo:

Full Name

Date of Birth

Height

Weight

Hair Colour

Eye Colour

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Medications

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Phone number

Cell phone

Occupant Profile

Create one for each member of your household

Insert recent picture
here

Date of Photo:

Full Name

Date of Birth

Height

Weight

Hair Colour

Eye Colour

Distinguishing
features

Allergies

Prescriptions or
Medications

Blood Type

Home Address

Phone number

Cell phone

Emergency Phone Numbers

Local phone numbers

Police Department:

Fire Department

Ambulance

Poison Control

Telephone Company

Natural Gas

Hydro Company

Canadian Red Cross

Local Emergency Program

Provincial Emergency Program

Add your own additional numbers

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

Remember to update all local emergency phone numbers within your area.

Basic Search and Rescue Guidelines

Primary Responsibilities

- Check on each home in the neighbourhood to determine the well-being of your neighbours.
- Conduct a search of those homes sustaining damage. If possible, rescue anyone who may be trapped or injured.

Before the Disaster

- Complete a recognized first aid course.
- Make sure that every home in the neighbourhood has a **“Help/OK”** communication card. Extra cards can be downloaded from http://embc.gov.bc.ca/em/hazard_preparedness/HELP-OK_sign.pdf and printed on a colour printer.
- Frequently review the search and rescue procedures listed in this booklet. Additional reference material at: <http://www.getprepared.gc.ca/index-eng.aspx>

After the Disaster

Before going outside, dress properly. Since you may be entering structures that have been damaged, sturdy shoes, a hard hat and leather gloves are essential. Goggles and a dust mask are also recommended.

Conduct a quick survey of the neighbourhood, looking for houses that are damaged or have posted a **“Help”** sign. Additional HELP / OK Signs can be found at: http://www.pep.bc.ca/hazard_preparedness/HELP-OK_sign.pdf

Using the basic guidelines in this article, conduct a systematic search of all homes that display a **“Help”** sign or that have sustained damage. As you are searching, remember, your safety comes first.

Check on the status of those homes that do not display a **“Help”** or **“OK”** sign. The residents may be trapped or injured and unable to place a communication card in the window.

Check on the status of homes displaying an **“OK”** sign to verify that everything is fine.

As you are checking the neighbourhood, if you find any children, elderly or disabled people who are home alone and frightened, ask them if they want to go with you to the neighbourhood reception centre. This also applies to anyone who does not want to stay in their home.

Record the names and number of injured.

Keep a log of all homes you search. Record the address, whether the residents were okay or needed help and what type of help was given. Include the date and time the search was conducted.

Dress in work pants, cotton shirt and sturdy boots. Leather gloves, a hard hat and a flashlight are essential. Goggles, a dust mask and a small first aid kit to take care of your own basic needs are also necessary.

Establish who your partner will be. Never conduct a search and rescue alone. Plan your search. Do not wander aimlessly.

Before you enter each home, feel the top and bottom of the front door with the back of your hand. If it is hot, do not enter. If it is cool, cautiously open the door.

Check the doorjamb, and its accompanying wall and ceiling, for cracks and splinters. If the house appears unsafe, do not enter.

Enter the house low, preferably on your knees. Be alert. Watch for falling objects.

While still in the entry way, smell for the odour of natural gas. If you can smell it, open the front and back doors, and as many windows as you are able without going inside, to provide ventilation. Enter the house only when the smell of gas is gone. Consider shutting off the gas supply at the meter.

While still in the entry way, loudly call out: "Is anyone here?" Listen for a response. If someone answers, ask the person to tell you where he or she is and what type of help is needed. Pause occasionally during the search to listen for cries, moans or other indicators of someone needing help.

Systematically search each room. Stay with your partner. Communicate frequently. Pay careful attention to these critical areas: under beds, behind furniture, inside closets, under the stairs and inside the tub or shower.

If it is dark, slowly sweep each room with your flashlight. Frequently check the floor and ceiling of the area you are in for hazards. Protect your own safety.

If it is dark, keep in contact with the wall. It is easy to become disoriented after experiencing trauma. Should you become disoriented, following the wall will eventually lead you back to the original door.

If you find a victim, move the person as quickly as possible to safety and administer first aid.

Mark the front of each home at the completion of the search to avoid duplication of effort. This can be done by placing a large "X" made out of masking tape on the front door or by tying a brightly-coloured ribbon to the front doorknob.

Remember: *There is no golden rule for risking your life to rescue others. If your attempts are obviously beyond your physical capacity or skill, you may lose your life and endanger others coming to your aid.*

Sometimes, it takes wisdom and courage to wait for help.

BE INFORMED

Resources

Here is a listing of agencies and services to help you prepare:

Emergency Management British Columbia <http://embc.gov.bc.ca>

Reporting Line: 1-800-663-3456

Recorded Information Line: 1-888-811-6233

Provincial Emergency Radio Communications Service (PERCS) www.percs.bc.ca

Radio Amateurs of Canada www.rac.ca

Government of Canada - Public Safety Canada <http://www.publicsafety.gc.ca>

Emergency Management Planning Guide

<http://www.publicsafety.gc.ca/cnt/rsrscs/pblctns/mrgnc-mngmnt-pnnng/index-eng.aspx>

<http://www.publicsafety.gc.ca/cnt/rsrscs/pblctns/mrgnc-mngmnt-pnnng/mrgnc-mngmnt-pnnng-eng.pdf>

Telus (Look in the front of your phonebook for basic first aid and safety information)

Canadian Red Cross www.redcross.ca

St. John Ambulance www.sja.ca

Emergency Social Services www.ess.bc.ca

BC SPCA for pet preparedness

<http://www.sPCA.bc.ca/youth/about-animals/animal-issues/emergency-preparedness.html>

<http://www.sPCA.bc.ca/assets/documents/youth/animal-issues/Bark-Winter-Emergency.pdf>

BC Forest Service www.gov.bc.ca/for To report a forest fire: 1-800-663-5555 or *5555 on the Telus and Rogers cellular networks

BC Hydro www.bchydro.com To report power outages and electrical emergencies: 1-888-769-3766

Fortis BC <http://www.fortisbc.com/> If you smell gas, or in the case of a natural gas related emergency, contact the natural gas emergency number at 1-800-663-9911.

Canadian Avalanche Association www.avalanche.ca

BC Ministry of Transportation <http://www.gov.bc.ca/tran/>

British Columbia Automobile Association www.bcaa.com

Emergency road service: 1-800-222-4357

Drive BC <http://drivebc.ca/> To check road conditions across the province

Ministry of Health <http://www.gov.bc.ca/health/>

Other Services and Information Sources

Natural Resources Canada http://gsc.nrcan.gc.ca/geodyn/index_e.php and
http://earthquakescanada.nrcan.gc.ca/index_e.php

Parks Canada <http://www.pc.gc.ca/>

Southern California Earthquake Data Centre www.scecdc.scec.org &
<http://www.daretoprepare.org/>

BC Safety Authority, an independent, self-funded organization mandated to oversee the safe installation and operation of technical systems and equipment.

<http://www.safetyauthority.ca/>

College of Veterinarians of British Columbia

Local Fire Departments

Local Community Centres

Municipal Neighbourhood Programs

Local government emergency coordinators

Local utility suppliers other than Fortis, BC Hydro, Telus.

Plumbers, gas appliance dealers and gas fitters

Supply stores such as building supplies, glass stores, hardware stores

Various Insurance agents

Ministry of Community, Aboriginal and Women's Services,