

# Emergency Preparedness Week - May 2-8, 2010

## Do you know the 3 steps?



### Step 1

#### Know the Risks

Although the consequences of disasters can be similar, knowing the risks specific to your community and your region can help you better prepare. Find out what the hazards are in your region.



### Step 2

#### Make a Plan

It's easy and essential. Every Canadian household needs an emergency plan. It will help you and your family know what to do if disaster strikes. Make your own plan and print it out today.



### Step 3

#### Get a Kit

It doesn't take long. Find out what goes into an emergency kit, or where you can buy one. An emergency kit helps ensure you and your family are ready to cope on your own for at least the first 72 hours of an emergency.

## 72 Hours - Is Your Family Prepared?

Emergency Preparedness Week (EP Week) is an annual event that takes place each year during the first full week of May. This national event is coordinated by Public Safety Canada, in close collaboration with the provinces and territories and partners.

During Emergency Preparedness Week, activities are organized across Canada to raise awareness of the importance of having an emergency kit; making an emergency plan; and identifying risks in the region. These three simple steps below can help Canadians prepare for all types of emergencies.

Be prepared to take care of yourself and your family for a minimum of 72 hours in case of an emergency. Emergency Preparedness Guides are available at the Town office, and a sample Emergency Kit will be on display all week. Call (403) 746-2171 for more information.

### Know the Risks

Canada is a vast country with extreme weather conditions and dramatic geological features. With its size, weather patterns and varied regions come several natural hazards. Learn about the natural hazards of your country and your region. More importantly, learn how to prepare for them – a natural hazard need not be a natural disaster. Being prepared can make a world of difference.

Go to the website at [www.getprepared.gc.ca](http://www.getprepared.gc.ca) and you will find practical information on how to take care of yourself and your family before, during and after an emergency. Learn how to prepare for emergencies caused by natural hazards, and find specific instructions on how to protect yourself and your loved ones in case your region is affected. Read about natural hazard facts and discover where natural hazards can occur in Canada.

This website also contains educational resources on natural hazards, including links to the [Atlas of Canada](#) and [Canadian Disaster Database](#). You can search for information by type of hazard or by region.

### Make a Plan

A family emergency plan will help you and your family to know what to do in case of an emergency. Every Canadian household needs an emergency plan.

It will take you about 20 minutes to complete your personalized plan online. You can then print it out. Before starting your home emergency plan, you will need to think about:

- 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
- Health information
- Place for your pet to stay
- Risks in your region
- Location of your fire extinguisher, water valve, electrical box, gas valve and floor drain

### Get a Kit

In case of a major event you will need some basic supplies set aside. That way you will always be prepared to be self-sufficient for at least 72 hours while emergency workers focus on people in urgent need.

Many of the items required in an emergency kit are found in most people's homes. It's just a question of taking some time and putting them together as your emergency kit.

Go to the website at [www.getprepared.gc.ca](http://www.getprepared.gc.ca) and find out what goes into a [basic emergency kit](#) and supplement it with [additional emergency supplies](#). Also, drivers could consider packing a [basic car kit](#). You can also find out [where to buy an emergency kit](#).

Get started now. You can choose one of the following on the website and take a first step to Get Prepared!

- [Basic emergency kit](#)
- [Additional survival supplies](#)

- [Emergency car kit](#)
- [Where to buy an emergency kit](#)