

- Identify two safe places where everyone should meet. One near your home and the other outside the neighbourhood in case you can't return home.
- Have list of emergency numbers beside telephone. (Fire, police, ambulance, 911 where available)
- Decide on an out-of-town contact person. Choose a contact person that lives far enough away that wouldn't be affected by the same event.
- Keep a copy of the emergency plan in your emergency supply kit.
- If you have a pet, remember that pets are not allowed in some public shelters or hotels. In case of an evacuation, prepare to take your pets to a relative or a friend.

### Step 3

#### Prepare an emergency kit

In an emergency, some basic supplies will be needed. You may not have access to power and water. Be prepared to be self-sufficient for at least 72 hours during a severe storm.

#### Basic Emergency Kit

Make sure your kit is easy to carry and everyone in the household knows where it is. Keep your kit in a duffle bag, backpack or a suitcase with wheels. If you have a lot of people in your household, you might want to personalize each kit to make it more portable for each person.

Kits should include:

- Water – at least two litres of water per person per day, include small bottles that can be carried easily in case of an evacuation.
- Food such as canned food, energy bars and dried foods (replace food and water once a year).
- Manual can opener.
- Wind-up or battery-powered flashlight (and extra batteries).
- Wind-up or battery powered radio (and extra batteries).
- First aid kit.
- Extra keys for house and car.
- Some cash in smaller bills such as \$10 bills and change for payphones.
- A copy of your emergency plan and contact information.
- If applicable, other items such as prescription medication, food and water for pets.
- Change of clothing for each household member.
- Sleeping bag or warm blanket.
- Toiletries.
- Hand sanitizer.
- Utensils.
- Toilet paper.
- Basic tools (hammer, pliers, wrench, screwdriver, work gloves, dust mask).
- A whistle.
- Duct tape (to tape up windows, doors and air vents, etc.).

### Step 4

#### Know what to do before a severe storm hits

- If a severe storm is forecast, secure everything that might be blown around or torn loose – indoors and outdoors. Flying objects such as garbage cans and lawn furniture can injure people and damage property.

- If you are on a farm with livestock, bring the animals into the barn. Make sure they have plenty of water and food.
- Trim dead branches and cut down dead trees to reduce the danger of these falling onto your house during a storm.
- If you are in a car, stop the car away from trees or power lines that might fall on you. Stay there.
- Consider going to the sheltered area that you and your family identified in your emergency plan.

### Step 5

#### Know what to do during a severe storm

- During a storm, if you are indoors, stay away from windows, doors and fireplaces.
- If you are advised by officials to evacuate, do so. Delay may make later evacuation difficult or impossible. Take your emergency kit with you.
- You can use a cell phone or cordless telephone during a severe storm, if indoors, but it is not safe to use a corded telephone.
- Listen for weather updates on a battery-powered radio.
- If outdoors during a severe storm, do not lie flat. Crouch down with your feet close together and your head down (the "leap-frog" position).
- Seek shelter if possible. If shelter is not possible, look for low lying areas but away from water in the event of flash flooding.
- A hard top vehicle will provide the next best shelter, but do not touch any metal surfaces during a thunderstorm.

### Step 6

#### In case of fire, do you know what to do?

If your smoke alarm goes off or you see a fire:

- Remain calm and get out.
- If you see smoke under the door, find another way out.
- Feel the door with the back of your hand before you open it. If it is hot, find another way out.
- Drop to the floor to avoid smoke and fumes. Crawl to safety.
- If your clothes catch on fire, STOP where you are, DROP to the ground and ROLL over and over to smother the flames.
- Call 9-1-1 from a safe location. Stay on the line until the operator hangs up.
- If you are trapped in a burning building, stay near a window and close to the floor. If possible, signal for help.
- Do not go back inside the building unless instructed that it is safe to do so.

### Step 7

If an emergency occurs during school hours, follow your teacher's instructions. You should only leave the school with your parent(s) or a person that your parent(s) have previously identified.

Preparing a plan today can make a huge difference for you and your family in case of an emergency. To learn more about emergency preparedness, visit [www.GetPrepared.ca](http://www.GetPrepared.ca).

For more information on the poster contest please contact: Carole Deavey at the Canada Safety Council (613) 739-1535, ext. 231 or email [c.deavey@safety-council.org](mailto:c.deavey@safety-council.org).