

# Preparing For An Emergency

## Could you be self-sufficient for 72 hours?

Emergencies can occur at any time. In an emergency, response agencies focus their efforts where the need is greatest. That is why individual emergency preparedness is so important.

It only takes four simple steps to become better prepared to face an emergency:

- Know the risks
- Make a plan
- Get or prepare an emergency kit
- Download the SaskAlert app for your smartphone from [www.saskalert.ca](http://www.saskalert.ca)

### Know the Risks

Find out what risks could happen where you live, then learn how to protect you and your family if they occur.

- |                                   |   |  |
|-----------------------------------|---|--|
| <input type="checkbox"/> Flood    | <input type="checkbox"/> Severe Weather   | <input type="checkbox"/> Fire (includes house fires, grass fires, or forest fires) |
| <input type="checkbox"/> Tornado  | <input type="checkbox"/> Train Derailment |  |
| <input type="checkbox"/> Blizzard | <input type="checkbox"/> Power Outage     |  |

### Make a Plan

What you would do in an event like the ones above, especially if you were asked to evacuate your home or if your family was separated? Your family's emergency plan should include:

**A Communications Plan:**

How will you get in touch with each other? Who are your out-of-town contacts that family members could reach during an emergency to connect and share information?

**List of Emergency Numbers:**

Write down the numbers for local police, fire department, family doctor, insurance company, utility companies, and family/friends who can help you in a crisis.

**Evacuation Plans:**

What are the two ways you could exit your house during a fire? Where would you stay if had to leave your home during a disaster? How would family members with special health concerns or pets be cared for during an emergency?

## Build an Emergency Kit

Your emergency kit should be able to help your family members (including those with special health concerns and pets) be self-sufficient for at least 72 hours. You can purchase pre-made kits or assemble your own.

### Items you may wish to include in your kit:

- Food (non-perishable and easy-to-prepare items; enough for three days)
- Bottled water (four litres per person each day for drinking, hygiene and washing)
- A manual can opener
- Plastic plates and cutlery
- Candles and matches/lighter
- Garbage bags and zip-lock bags
- First-aid kits
- Medications and copies of prescriptions
- Hand sanitizer or moist towelettes
- Personal items (soap, toothpaste/toothbrush, shampoo, comb, etc.)
- Flashlight
- Radio (crank or battery-run)
- Extra batteries
- Sleeping bags or blankets
- Spare clothes, shoes
- Playing cards, travel games and other activities for children
- Extra car keys
- Cash
- Cell phone charger
- Photographs of each family member and pets (write their age, weight, height and other characteristics on the back)
- Items for babies and small children like diapers, formula, bottles and baby food
- Copies of important papers, such as insurance, driver's licence, passports, birth/marriage certificates, wills, etc.
- Printed procedures to shut off home utilities (water, electricity and gas)

Your kit should be tailored to your family's needs. For example, you may need to develop specific plans and store emergency food and supplies for family members with specific medical conditions. The local evacuation or reception centre may not allow your pet(s) to stay with you, so you may need to develop specialized plans and have emergency food and supplies for each of your animals.

Check and refresh your kit twice a year, checking all expiry dates, and replace food and water with a fresh supply. Check batteries and replace as needed. You should also keep your cell phone or mobile device fully charged in case you need it during an emergency.

## Download SaskAlert

SaskAlert is the provincial alerting system that provides emergency information in real time. You can download the app in your app store.