






# Neighbourhood Emergency Preparedness Program

Personal & Family  
Preparedness

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## Disasters can Strike without warning...



and they do.....

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## Your Family Emergency Plan



1. Identify the Hazards
2. Family Meeting Place
3. Out of Area Contact
4. Emergency Kits
5. Food & Water
6. Home Preparedness
7. Work Preparedness
8. Vulnerable Population
9. Pets & Disasters
10. Practice your Plan
11. How can you help?



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## 1. Identify the Hazards



What could affect you where you live & work?

- Earthquakes
- Fire - Urban
- Fire - Debris
- Fire - Forest
- Power Outages
- Pandemics
- Train Derailments
- Toxic Spills
- Weather Events
- Gas Leaks
- Terrorism
- Zombie Attacks



## 2. Family Meeting Place



- Designate a location outside of your home
- Designate another meeting place within walking distance
- Ensure all household members know these locations



## 3. Out of Area Contact



- Ensure your Out of Area Contact lives outside BC
- Try using alternate methods to communicate
  - SMS/Text messages
  - Social Media



## 4. Emergency Kits



1. Grab and Go Kits
2. Home Kits
3. Car Kits
4. School Kits
5. Work Kits
6. First Aid Kits
7. Pet Kits



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## #4 – Grab & Go Kits



- Contains essential items you may require.
- Ensure each member of your family has their own kit.
- Keep your kit in an easily accessible location



Remember...it is a kit you can grab and go!

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## #4 –Home Kits



...your key to better survive a disaster at home.

- Food & Water
- Radio & Flashlight
- Clothing & Blankets
- First Aid Kit
- Batteries
- Other Supplies



## 5. Food & Water



### FOOD

- Requires little/no preparation
- Familiar to your family
- Will not increase thirst



### WATER

- 4 litres/person/day
- Minimum of 3 days



## 6. Home Preparedness



There are several measures you can take to make your home safe

- Secure hot water tank
- Secure heavy objects
- Move heavy objects down low
- Attach door fasteners to your cupboards



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## 6. Home Preparedness



- Have a working smoke alarm and fire extinguisher
- Know where your gas, water & electrical shut-offs are
- Ensure family members know your evacuation routes



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## 6. Home Preparedness



### Shelter in Place

1. Go indoors immediately and stay there
2. Close all windows and doors
3. Turn off the furnace, air conditioners and exhaust systems
4. Listen your radio or TV for more info



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## 7. Work Preparedness



- What will be your biggest concern?
- What supplies do you have at work?
- How will you get home?
- What if you can't get home?



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## 8. Vulnerable Population



- Children
- Seniors
- People with Disabilities



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## 9. Pets and Disasters



### Prepare a Grab and Go kit for each pet

- Food & Water
- Leash
- Blanket
- Toys
- Kitty Litter
- Plastic Bags
- Newspaper
- Registration
- Vaccination Record



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## 10. Practice your Plan



- Have regular fire & earthquake drills with your family
- Keep your plan updated
- Check your supplies
- Exercise & update your plan when the clocks change



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## Before an Earthquake



Look Up



Canadian Red Cross

Stock Up



Talk it Up





Check Up




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## During an Earthquake





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## After an Earthquake



Turn Off    
Canadian Red Cross

Check Out 

Check In 

Tune In 

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## Next Steps



What next step will you take to develop your family's disaster plan?

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## Additional Information



### **City of Vancouver Emergency Preparedness**

[www.vancouver.ca/beprepared](http://www.vancouver.ca/beprepared)

### **Volunteer opportunities**

[www.vancouver.ca/vvc](http://www.vancouver.ca/vvc)

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