

# POLICE, FIRE OR AMBULANCE

## 9-1-1

### Your Family Information:

Family Name: \_\_\_\_\_

# of People in Family: \_\_\_\_\_

### Names of Family Members:

\_\_\_\_\_  
\_\_\_\_\_

### Phone Numbers:

\_\_\_\_\_  
\_\_\_\_\_

### Work/School:

\_\_\_\_\_  
\_\_\_\_\_

Created by: Cypress County Emergency Management

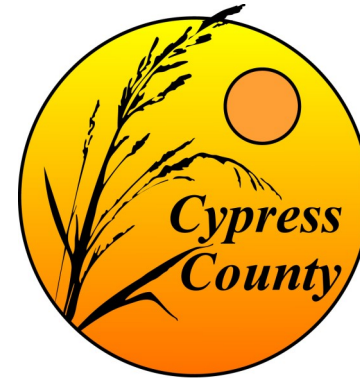
816 2nd Ave, Dunmore, AB, T1B 0K3

(403)526-2888

Website: [www.cypress.ab.ca](http://www.cypress.ab.ca)

Kits are also available for purchase through the Canadian Red Cross at:

[www.redcross.ca](http://www.redcross.ca)



# Preparing for an Emergency



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**Priceless Items Checklist (jewelry, photos, valuables)**

This is a list of one-of-a-kind items that will **NOT** be kept in your emergency kit but will want to grab on short notice.

ITEM	LOCATION
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
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<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____

## Copies of Legal, Financial and Health Documents

- Drivers license
- Passport
- Birth certificate
- Adoption papers
- Immigration papers
- Wills
- Social insurance card
- Health care card
- Marriage license
- Divorce papers
- Bank account numbers, cheque book
- Credit card account numbers and companies
- Insurance documents
  - Home/Tenant
  - Auto
  - Life
- Photos, list of personal and household possessions for insurance purposes
- Professional Appraisals of personal property
- Current picture of each family member

**Keep important records and documents in a waterproof, portable container or a bank safety deposit box .**

## What Is A Shelter in Place?

**Shelter-In-Place** means to stay indoors as it is safer than leaving. This is used when there is little time to react to a situation too dangerous to be outside and/or when there are life-threatening agents in the air.

### **What to do**

- Bring all people and pets inside immediately. If you have been exposed, shower and change clothes
- Close and lock all outside windows and doors
- Turn off all fans, heating and air conditioning systems. If you have a fireplace, close it
- Choose an upper level area of your house to seal off that has access to telephone, water and a toilet. Seal windows, cracks, vents and doors with plastic sheeting and duct tape.
- Listen to the radio for further instructions from emergency management officials.

## What Is An Evacuation?

**Evacuation** means to leave the area immediately. Follow the instructions given to you by emergency management officials.

### **What to do**

- Take your emergency kit and pets with you; as well as any legal documents you may need (passports, birth certificates, insurance)
- Be sure to lock your home
- Know the evacuation routes
- Be sure your vehicle has at least half a tank of gas; if you do not have a car, make plans to have a neighbour, friend or family member drive you

**During an Emergency, up to date information can be found at:**

**Cypress County website and Facebook page or Alberta Emergency Alert App (AEA)**

## Possible Types of Emergencies

### **Blizzard**

If your vehicle gets stuck in a storm, stay in your vehicle, crack a window, and run the engine every 10 minutes per half hour. Check your exhaust pipe to ensure it doesn't get blocked. Move your body to keep warm. If you shovel around your vehicle, don't overexert yourself. Overexertion in extreme cold can cause death as a result of sweating or a heart attack. Wait for searchers or other vehicles.

### **Tornado**

**IN YOUR HOUSE:** Go to the basement or take shelter in a small interior ground floor room such as a bathroom, closet or hallway.

**AT THE OFFICE:** Take shelter in an inner hallway or room, ideally in the basement or on the ground floor.

Do not use the elevator.

Avoid mobile homes, vehicles, and buildings with large-span roofs such as churches, arenas or gymnasiums. Find the nearest shelter with a strong foundation or lie in a ditch and cover your head.

### **Flood**

Put weather protection sealant around basement windows and the base of ground-level doors.

Ensure downspouts are a sufficient distance from your home. Install a sump pump and zero reverse flow valves in basement floor drains. Do not store your important documents in the basement. During a flood, don't cross flooded streets or underpasses on foot or in your vehicle. If your car stalls, leave it and take care of you and your passengers.

### **Fire**

Monitor local radio stations and social media. Be prepared to evacuate at any time. If told to evacuate, do so. Keep all doors and windows closed in your home. Remove flammable drapes, curtains, awnings or other window coverings. Keep lights on to aid visibility in case smoke fills the house.

If sufficient water is available, turn sprinklers on to wet the roof and any water-proof valuables.

### **Power Outage**

If the power is out for you and your neighbours. Keep your fridge and freezer doors closed. A fridge will keep contents cold for about 4 hours, while a freezer will keep contents cold 24-36 hours.

Don't use barbecues, generators or camping grills inside as the carbon monoxide they produce can be lethal. Unplug all items and turn off all lights but one inside and one outside. Turn down thermostat to minimum.

## Neighbourhood Safety

**Work with your neighbours to identify people who may need extra help during an emergency. To help make sure everyone is taken care of, assign "block buddies".**

### **Friend/Neighbour**

**Name:** \_\_\_\_\_

**Work/School Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone Number(s):** \_\_\_\_\_

**Email:** \_\_\_\_\_

### **Friend/Neighbour**

**Name:** \_\_\_\_\_

**Work/School Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone Number(s):** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Out-of-Area Emergency Contact Information**

Name: \_\_\_\_\_

Work/School Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Email: \_\_\_\_\_

Name: \_\_\_\_\_

Work/School Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Email: \_\_\_\_\_

Name: \_\_\_\_\_

Work/School Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Email: \_\_\_\_\_

Your family may also want to choose a location to meet if you are unable to reach each other in an emergency and can not get to your home.

This can include parks, schools, friends houses or a central location that all members or the family are familiar with.

Meeting Location: \_\_\_\_\_

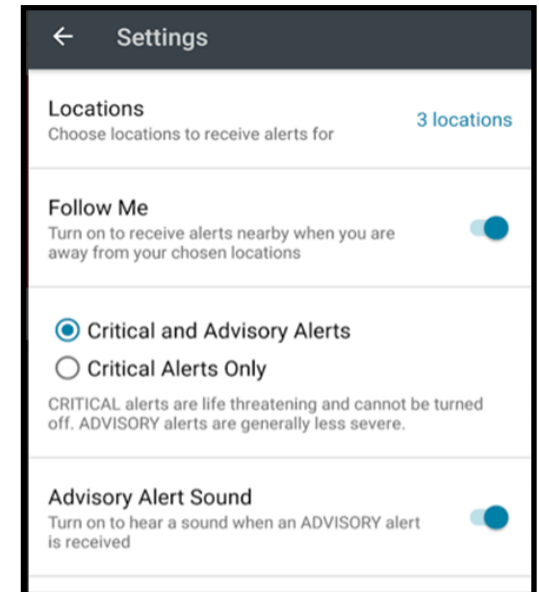
**Emergency Resources**

Environment Canada Weather Office: [www.weatheroffice.ec.gc.ca](http://www.weatheroffice.ec.gc.ca)

Alberta Emergency Alert (AEA) APP: in the Apple and Samsung APP stores

- Free to everyone
- Notifies you of alerts and notifications when notifications are switched to “on”

Canadian Red Cross: [www.redcross.ca](http://www.redcross.ca)



Making an emergency plan will help you and your family know what to do in case of an emergency. Store the plan with this guide and your emergency kit in an easy-to-remember place. Photocopy the plan and put it in your vehicle(s) and/or workplace.

**What To Do In An Emergency**

- Listen** to the radio or TV
- Like or Follow** Cypress County social media channels
  - Facebook  Cypress County Website  Alberta Emergency Alert App
- Sign Up** to receive Alberta Emergency Alerts
- Shut off** utilities if instructed to do so
- Take** your emergency kit
- Ensure** pets are cared for
- Lock** up your home
- Register** at the reception centre designated

**What To Take If You Are Evacuated**

- Emergency Kit
- Pet(s)  Personal hygiene items
- Priceless items (photos, jewelry, valuables)  1 change of warm clothing and footwear
- Computer and cable  Blankets and sleeping bags
- Cell phone and charger  Emergency food (energy bars)
- Keys, wallet, purse  Alternate cooking source and pots
- Medications/prescriptions
- Glasses/contacts, dentures,

**CHECK YOUR KITS**

A good time to inspect it is when you are changing clocks.

Check that all items are in working order and up to date and use your checklist to ensure that your kit is still complete.

This would also be a great time to ensure that your smoke detector and carbon monoxide detectors are in good working order.

**Medical Contacts**

Family Physician: \_\_\_\_\_

Pharmacist: \_\_\_\_\_

Other: \_\_\_\_\_

**Medical Equipment and Devices (e.g. pacemakers, wheelchair, etc.)**

ITEM	STYLE & SERIAL NUMBER
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____

**Special Instructions (e.g. how to collapse wheelchair)**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**KNOW YOUR HOME:**

72-Hour emergency kit location: \_\_\_\_\_

Fire Extinguisher location: \_\_\_\_\_

Water valve location: \_\_\_\_\_

Utility company phone number: \_\_\_\_\_

Electrical panel location: \_\_\_\_\_

*Shut off gas **ONLY** when authorities tell you to do so*

**Health Information**

Talk to your doctor about preparing medications for your Grab-and-Go kit. If possible, have a two-week supply of medication and medical supplies. Include prescriptions and medical documents. Remember that pharmacies may be closed for some time, even after an emergency is over.

Allergies \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Medical Conditions \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Medication**

ITEM	LOCATION
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____

**Make An Emergency Plan**

- Choose an emergency contact person
- Have a first aid kit
- Have a floor plan with escape routes in case of fire
- Know how to turn off water, electricity and gas
- Safely store important documents and know where they are
- Have a plan for your pets

**What's In A 72-Hour Emergency Kit**

- Copy of your plan and emergency contact information
- Extra keys for home and vehicle
- 2 liters of water per person for each day
- Cash in small bills
- Non-perishable food, manual can opener
- Food, water, medication for pets
- Battery-powered/crank flashlight, extra batteries
- Candles, a deep can, waterproof matches, pocket knife/multi-tool
- Battery-powered/crank radio, extra batteries
- Duct tape, garbage bags
- First aid kit
- Whistle to attract attention, city map to locate shelters
- Prescription medications, infant formula, equipment for people with disabilities
- Toilet paper, hand sanitizer, personal hygiene products
- Extra supplies (e.g. oxygen, catheters, insulin)
- Denture needs
- Hearing aids and batteries
- Baby food/formula
- Specialty foods for allergies/health issues

**Remember to keep a copy of this information in your emergency kit, and give a copy to your personal support network.**

**Emergency Travel Kit for the Vehicle**

Be sure to use a sturdy bag to store these items in your vehicle.

- Blanket, sleeping bag, socks, heavy gloves, sturdy walking boots
- Prescription medication
- 3 day supply of bottled water
- Non-perishable food, manual can opener
- Battery-powered/crank flashlight, extra batteries
- Warning lights, flares, light
- Large Ziploc bags, feminine hygiene supplies, hand towel, toothbrush, toothpaste
- Appropriate clothing for the season and possible weather conditions
- Utility or pocket knife
- Whistle
- List of contact numbers

**Emergency Pet Kit**

- Portable kennel, water and food bowls, treats
- Vaccination records, pet license, medications
- Collar, leash, muzzle (if your pet requires it)
- Minimum 3 day supply of pet food and water (2 weeks worth is recommended)
- Kitty litter with container, plastic bags, poop bags, ammonia free disinfectant
- Current photo in case you need to post identification notices
- Blanket, towels, pet bed

**Food : 3-day supply per person, ideas include energy bars, canned or dried food, nothing that will go bad. Select foods that require no refrigeration, preparation or cooking, and little or no water. Specialty food items for those with allergies, baby food/formula and an alternative cooking source.**

**Water: 2-litres per person for drinking, 2-litres per person for washing, hygiene and food preparation**

***Children, nursing mothers and people who are ill require more water.***

**Emergency Contact Information**

**In an emergency, texting may work better than calling.**

**Name:** \_\_\_\_\_

**Work/School Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone Number(s):** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Work/School Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone Number(s):** \_\_\_\_\_

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