

Family Emergency Kit

During an emergency you may have no electrical power or be asked to evacuate. An emergency kit contains essential items you and your family need to survive on your own for at least 72 hours. Keep a kit at home, work and in your car. Your kit should be easy to carry and portable such as a knapsack or suitcase. Check the contents twice a year to ensure the freshness of food and water, and refresh items if needed.

KIT ESSENTIALS:

- Non-perishable food
- Prescription medication
- Manual can opener
- Bottled water (4L per person, per day)
- Flashlight, glow stick
- Radio (w/batteries) or crank radio
- First-aid kit
- Whistle to signal for help
- Cell phone with chargers and backup battery
- Clothing, footwear, blankets or sleeping bags
- Moist towelettes, hand sanitizers and garbage bags for personal sanitation
- Extra keys and cash
- Copies of important papers (identification, insurance)

Customize your kit to meet the unique needs of your family. If you or someone in your household has a disability or special need, check out the Emergency Preparedness Guide for People with Disabilities/Special Needs at ontario.ca/beprepared for additional information on what to include in your emergency kit and family plan.



Pet Emergency Kit

Bring your pets indoors at the first indication of an emergency. If you have to evacuate, take your pets with you if it's safe to do so.

Build a pet emergency kit and keep it with your family kit. For more detail, please visit ontariospca.ca/ep.



Hazards

Learn about local hazards in your area and what to do for each hazard. These actions may save your life.

Flood

- Do not walk, swim, or drive through flood waters.
- Stay off of bridges over fast-moving water.
- Determine how best to protect yourself based on the type of flooding. Evacuate if told to do so.
- Obey traffic barricades and road closure signs.

Winter Storm

- Avoid all unnecessary travel and postpone non-essential appointments.
- Stay indoors and keep your pets inside.
- Run a trickle of water to prevent pipes from freezing.
- If you are outside, dress appropriately for the weather and check for frostbite regularly.

Tornado

- Go to the basement, or a small interior room on the lowest level such as a closet or bathroom.
- Get under a sturdy table and use your arms to protect your head and neck.
- If you are outside, go to the nearest sturdy building or shelter, or lay flat, covering your head with your hands for protection.
- DO NOT take shelter under a highway overpass, where wind speeds can increase due to a tunneling effect.

Power Outage

- If your neighbours' power is also out, notify your electrical supply authority.
- Never use charcoal or gas barbecues, camping heating equipment or a home generator indoors.
- Use glow sticks or flashlights to see.
- Keep freezer and fridge doors closed. A freezer will keep food frozen for 24-36 hours if the door remains closed.
- Stay away from fallen power lines.

Family Emergency Plan

Ask an out-of-town friend or relative to be your family contact. Your contact should live outside of your home neighbourhood and everyone in your family should know their name, address and phone number. In an emergency, keep your family contact updated on your whereabouts and safety status.



first aid kit



water



crank radio



food