



# **EMERGENCY PREPAREDNESS GUIDE**

What Seniors  
Need to Know

## LAND ACKNOWLEDGEMENT

This reach of this document spans throughout the traditional territories of the 203 First Nations that have resided within what is now known as British Columbia since time immemorial. As we continue to live, work, and gather on these lands, it is important to respect and celebrate the knowledge, culture, and traditions of these peoples, who have stewarded these lands and waterways for thousands of years. Let us all take a moment to reflect on the deep connections and histories of these territories, and commit to deepening our understanding, fostering mutual respect, and honoring the legacy of the First Nations who have called them home.

# INTRODUCTION

Emergencies can occur suddenly and without warning. It is important individuals and families (especially those with support needs) are prepared to be self-reliant for a period of up to seven days immediately following a disaster.

**You are the best person to plan for your own safety as you know your abilities and possible needs. Plan ahead with your support network. The prompts in this guide will help you know who those people should be. It may be helpful to complete this workbook with a friend, family member, or community support person.**

The diverse climate and topography, terrain and economic activities in the province of British Columbia create the potential for a variety of disasters. Where you are when disaster strikes will determine what your needs will be. Every community has its own unique attributes. While working through your emergency preparations, be aware of the features of your community that may impact your planning. For example, do you live near a waterway or in an area where heavy snowfall could be a challenge? What are your options for transportation?

For the millions of Canadians with physical and cognitive disabilities, emergencies can present extra challenges. Disasters can strike quickly and without warning and could result in an evacuation of your home or neighbourhood. Think about any services and supports you use in your daily life. Make back-up plans and arrange for any help you might need. Discuss possible solutions with your family, caregivers,



and support network. Share this plan with them so everyone is on the same page. Plan to review the information you have recorded in workbook once a year.

If you complete this document with your personal information, you'll want to keep it safe. Decide for yourself what information you are comfortable including. Once you have filled it out, be sure to keep it in a secure place. Tucking it into your emergency kit and storing it out of sight is one option.



## Acknowledgements



Working with communities in  
BC's North, Interior, Lower Mainland,  
Central & Northern Vancouver Island

*The Emergency Preparedness Guide: What Seniors Need to Know* was originally developed by the Maple Ridge, Pitt Meadows, Katzie, Seniors Network with funding support from the New Horizons for Seniors Program.

We acknowledge and thank the project committee members who shared their knowledge and lived experience to make the guide as complete as possible.

Special thank you to Barbara Morgan, Emergency Management professional for driving the development of the original guide and this updated version that covers the entire province of British Columbia. Her passion for Emergency Preparedness and ensuring special considerations are made for older adults and people with disabilities is unparalleled. We are very grateful for her leadership.

The information and suggestions contained in this guide have been compiled from generally accepted practices in the industry. Every effort has been made to ensure all the information is correct and accurate. The producers of this guide cannot be held responsible for its effectiveness or appropriateness as this is dependent on everyone's individual circumstances.

# CONTENTS

|   |           |
|---|-----------|
| <b>Introduction .....</b>                             | <b>3</b>  |
| <b>Be Prepared .....</b>                              | <b>6</b>  |
| Why Prepare? .....                                    | 6         |
| What Everyone Should Know<br>about Preparedness ..... | 6         |
| Personal Assessment .....                             | 7         |
| Know Your Community .....                             | 8         |
| Provincial Resources .....                            | 9         |
| Regional Districts .....                              | 9         |
| Apartments, Condos and<br>Strata Buildings .....      | 9         |
| <b>Create a Personal Support Network .....</b>        | <b>10</b> |
| <b>Preparation .....</b>                              | <b>13</b> |
| Extreme Weather .....                                 | 14        |
| Cold .....  | 14        |
| Wildfire .....  | 15        |
| Earthquake .....                                      | 16        |
| <b>Get a Kit .....</b>                                | <b>18</b> |
| Special Items .....                                   | 20        |
| Mobility Items .....                                  | 20        |
| Hearing Items .....                                   | 21        |
| Vision Items .....                                    | 21        |
| Service Animal/Pet Emergency Kit List ....            | 21        |
| <b>Make a Plan .....</b>                              | <b>22</b> |
| Considerations for People<br>with Disabilities: ..... | 23        |
| <b>Home Hazard Assessment .....</b>                   | <b>24</b> |
| <b>Emergency Kit Worksheet .....</b>                  | <b>25</b> |
| <b>Household Emergency Plan .....</b>                 | <b>28</b> |
| Additional Resources .....                            | 40        |

# BE PREPARED

## Why Prepare?

In an emergency, phone lines, gas, electricity, and water services can be disrupted for an extended period. Roads may be blocked, stores and gas stations closed, automated teller machines (ATMs) out of service. Water, heat, electricity, or telephone service could be disrupted for up to one week. The best way to minimize the challenges of the event is to be emergency prepared.

It's impossible to imagine every scenario you may encounter in an emergency. This guide does its best to help you prepare so you can rest easy knowing you are as ready as possible.

## What Everyone Should Know about Preparedness



**Ensure you have a radio that is either wind up or battery operated** so you can get the latest news on plans your

community has made for evacuation and plans they have made for those who will need assistance with transportation to evacuate.



**Know when to shut off gas, water, and utilities and keep the tools nearby.** Turn off your gas ONLY when you hear, smell it, or

when the officials instruct you to do so. It will take a technician to turn the gas back

on. It will require a technician to turn the gas back on. In the meantime, you may need to cook, heat your home, or access water, so you should create a plan for how to manage for the duration of the shutdown. Turn off other utilities if you suspect a leak, the lines are damaged, or your home is inundated by water.



**Ensure you have a fire extinguisher** and everyone in the household knows how to use it.

Make sure you have functioning smoke alarms installed on each level of your home, especially outside the bedrooms. The deaf or hard of hearing should install visual smoke detectors.



Homeowners insurance may not cover flood damage or other acts of nature. **Review your policy to ensure you have the coverage**

**you think you need.** Include the policy holder's (not the sales agent's) contact information with a photocopy of your insurance documents in your important documents folder.



**Have a phone at home that does not require electricity to work or can be battery powered.**

Your cell phone may or may not work in all emergencies so do not count that as your secondary phone. Consider purchasing a medical alert system if the situation warrants it.

## Personal Assessment

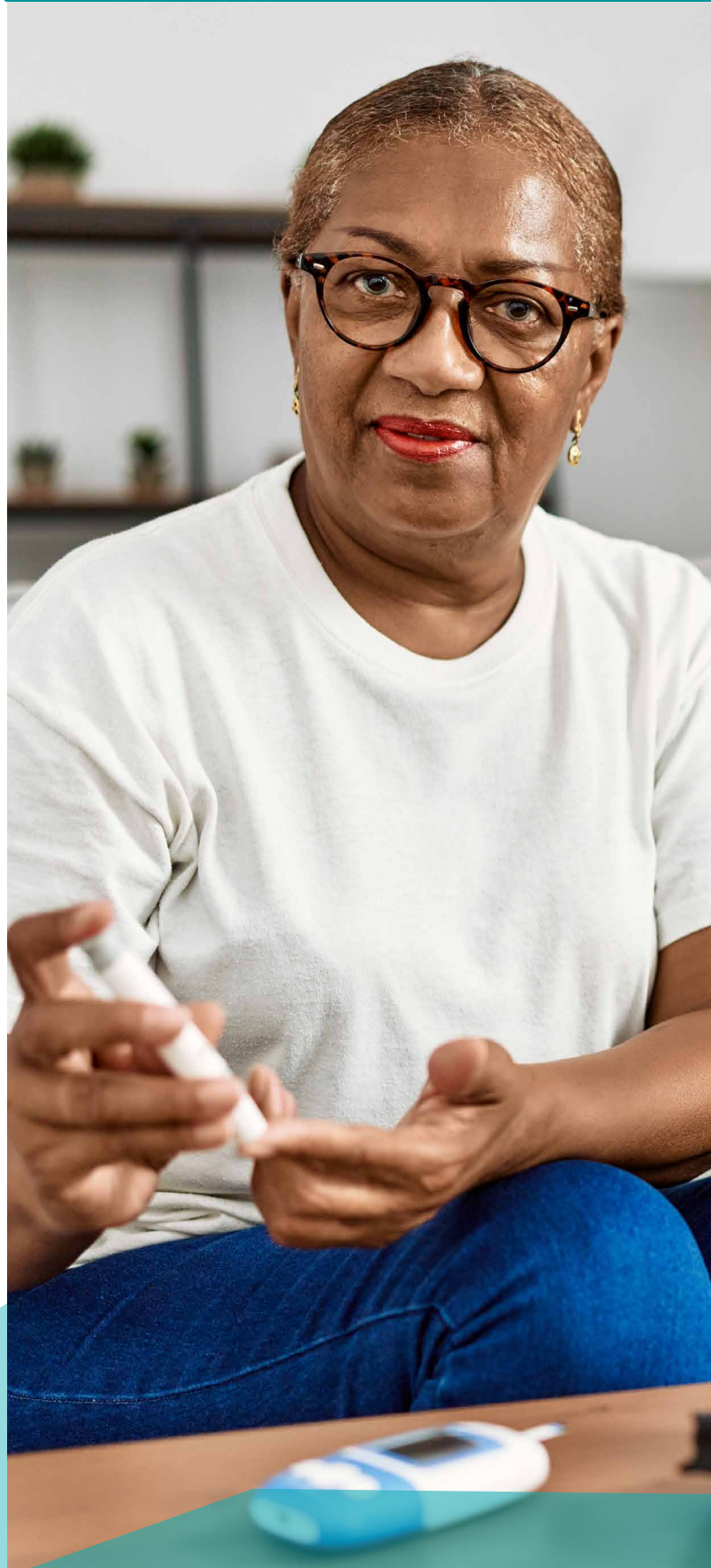
Determine what you can do yourself and what you will need help with. As you go about your daily routine, carry a notepad and jot down anything that might be difficult for you to manage without help and then begin to brainstorm solutions that might work for you. Make a list of resources to assist you when in need.



Collect contact information including phone, email, and social media info for your family, friends, caregivers, neighbours, and other important people such as medical clinics, doctors, or service providers. Create a phone tree so friends and family can check on you if necessary.



People with diabetes, or those who take other medication that needs to be kept cool, should have ice packs ready to put in an insulated bag should there be a power outage or evacuation.



## Know Your Community

The potential risks and Emergency Management Response Systems are different in every community. It is a good idea to familiarize yourself with the resources in your area. Complete the following information with your local contacts.

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

**Alert Centre:** \_\_\_\_\_

In some communities you can sign up for local alerts to be sent to your email or cell phone.

**Community Information Line:** \_\_\_\_\_

**Community Information Website:** \_\_\_\_\_

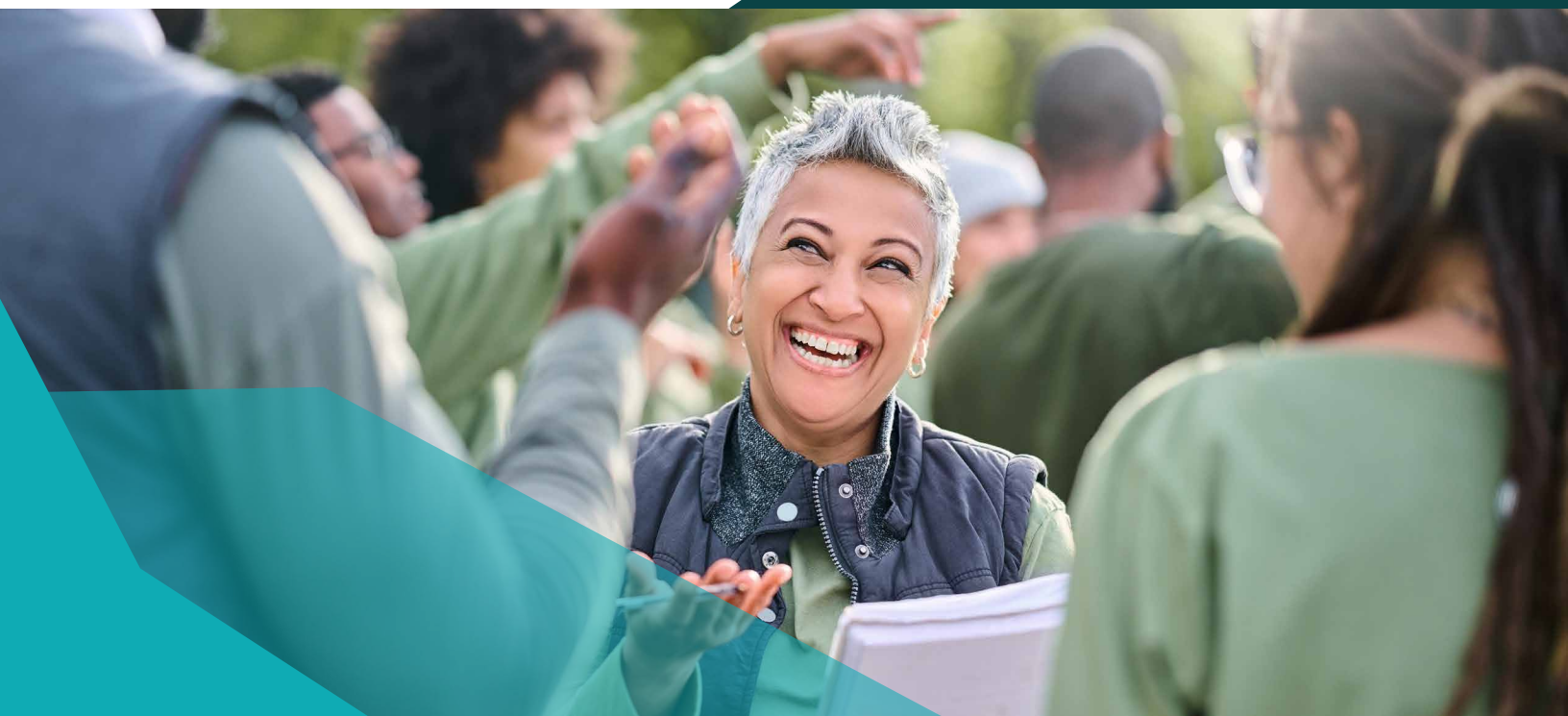
**Local Radio Station:** \_\_\_\_\_

**Community Notice Board Location:** \_\_\_\_\_

**Information on Cooling/Warming Centres:** \_\_\_\_\_

**Community Services for Seniors:** \_\_\_\_\_

**My Health Authority:** \_\_\_\_\_





## Provincial Resources

In BC, emergency alerts are broadcast on TV, radio, and cell phones to provide urgent public safety information during life-threatening emergencies.

**Emergency Info BC:** [www.emergencyinfobc.gov.bc.ca](http://www.emergencyinfobc.gov.bc.ca)

Emergency Info BC is active during partial and full-scale provincial emergencies, both on its website and on Twitter. They share verified event information during emergencies, as well as official response and recovery resources.

**Wildfire in British Columbia:** **1 800 663-5555** or  
(\***5555** from a cell phone)

## Regional Districts

The local government system in British Columbia is unique in Canada. In addition to municipalities, the province is divided into 27 regional districts. Smaller communities have the benefit of joining with others on projects including emergency services. For information about the regional district you live in, search: [civicinfo.bc.ca/regionaldistricts](http://civicinfo.bc.ca/regionaldistricts) or call **1-800-663-7867**.

## Apartments, Condos, and Strata Buildings

Consider appointing floor wardens (buddy system) in your building who, in an evacuation, will canvass the floor to make sure that everyone has been able to get out.

Familiarize yourself with exits and escape routes on each floor. Talk with your strata council about having an emergency evacuation chair stored near the stairwell so you can readily access it to when needing to evacuate.

# CREATE A PERSONAL SUPPORT NETWORK

Members of your network can be friends, relatives, roommates, neighbours, or co-workers. Do not depend on any one person as they might not be available in the event that disaster strikes.

Practice your plan with your support network, just like you would a fire drill.

## **Share your emergency plans with the trusted people in your support network – tell them:**

- Where your emergency supplies are kept

---

---

- What you need and how to contact you if the power goes out

---

---

- What medical devices or assistive technology will you need to have with you if there is an evacuation

---

---

---

- Your plans to remain independent if you require oxygen or mechanical ventilation

---

---

---

**Ask yourself the following questions:**

Do you need assistance with personal care regularly or daily?

\_\_\_\_\_

Do you have adaptive equipment to help you get dressed?

\_\_\_\_\_

What will you do if the water service is interrupted for a prolonged period?

\_\_\_\_\_

Do you use special equipment such as a tub transfer bench or shower chair?

\_\_\_\_\_

Do you use any electrically powered equipment such as dialysis, lift, or oxygen concentrator?

\_\_\_\_\_

Do you have a safe back up power supply and how long will it last?

\_\_\_\_\_

Do you have an alternate plan if your escape route is cluttered in debris?

\_\_\_\_\_

Do you need a specially equipped vehicle or assessable transportation?

\_\_\_\_\_

Do you need assistance evacuating?

Do you need help getting groceries, medication, and medical supplies?

\_\_\_\_\_

What if your caregiver can't reach you because roads are blocked, or the disaster has affected them?

\_\_\_\_\_

Will you be able to exit without the use of the elevator?

---

How will you summon help?

---

Will you be able to evacuate independently without relying on auditory cues without relying on personal instructions?

---

Will you be able to care for your pet(s) by providing food, shelter and basic medical care for the seven days?

---

Do you have the necessary licensing for your service animal?

---

Does your building have an emergency plan and emergency supplies?

---

What is the distance to the hospital? Is there a chance something will block your access?

---

# PREPARATION

## Flood - If you live in a floodplain:

- Elevate your furnace, water heater, and electrical panel if susceptible to flooding.
- Install 'check valves' in sewer traps to prevent flood water from backing up into the drains of your home.
- Seal walls in basement with waterproofing compounds to avoid seepage.
- Be aware that flash flooding can occur suddenly, especially if you live around a stream, canyon, or other related flood prone area.
- Do not wait for instructions, move swiftly to higher ground.
- Construct barriers (levees, beams, piled sandbags) to stop floodwater from entering the building.
- If you have time before you leave your home, secure the perimeter, and move essentials to the upper floor.
- Turn off utilities and disconnect electrical appliances. Do not touch anything electrical if you are standing in water.
- Do not walk through moving waters; try to locate standing water if you must cross. Use a stick or other tool to determine the condition of the ground and the depth of the water.
- Do not drive into flooded areas.
- Listen for news reports to learn whether the water supply is safe to drink.
- Stay away from downed power lines and report them to BC Hydro.
- Return home only when the authorities say it is safe to do so.
- Use extreme caution when entering buildings; there may be hidden dangers.
- Clean and disinfect everything that gets wet. Any standing water or mud will contain sewage and possibly chemicals.



### IMPORTANT FACT

Six inches of water will move a car causing it to lose control or possibly stall.

A foot of water will float most vehicles.

Two feet of water can carry most vehicles away including trucks.

## Extreme Weather

### Cold

- Prepare for extreme weather by having sufficient fuel and a secondary source of heat.
- Eat and drink regularly but avoid caffeine and alcohol.
- Conserve fuel, if necessary, by closing off heat to some of the rooms.
- When using kerosene heaters, make sure there is a good flow of fresh air into the space to avoid the accumulation of fumes.
- Purchase and install a carbon monoxide detector as an extra safety measure.

### Heat

- Tune into local weather forecasts.
- Check with your community for locations of cooling centres.
- Keep your home cool, between 22 and 26°C.
- Keep windows and doors shut and blinds or curtains in sunny windows closed. Open them only when the temperature cools down. If it's cooler inside than outside, you should keep your windows closed.
- Drink more water, even when you do not feel thirsty.

#### **Early signs of heat stress:**

- Stinging, itchy skin, sometimes called "prickly heat"
- Red rash
- Muscle spasms

#### **Signs of heat exhaustion:**

- Heavy sweating
- Cool skin
- Feeling dizzy or faint
- Feeling sick or throwing up
- Fast heartbeat and breathing
- Headache



A temperature of 31 degrees celsius or higher is very dangerous; go somewhere cooler.

For example:

- A library, shopping mall or community centre
- The home of a friend with a basement
- The home of a family member with air conditioning
- A shaded park
- A pool
- Cooling centre in your community
- Note: Most community cooling centres will accept pets

- Trouble concentrating
- Muscle cramps or pain
- Extreme thirst
- Very dark urine and going less often

### Signs of heat stroke

- High body temperature
- Very hot, red and dry skin
- Feeling very dizzy or fainting
- Confused
- Less coordinated

**Extreme heat can affect your health in a number of ways. It can cause illness such as heat exhaustion and heat stroke. It can worsen any existing conditions.**

## Wildfire

- Mark the entrance to your property with an address sign that is clearly visible from the road.
- Stack firewood at least 30 feet away from your residence.
- Create defensible space by removing refuse and debris and thinning trees and brush within 30 feet of your residence.
- Turn off propane tanks and shut off gas at the meter.
- Connect garden hose to outside taps. If you can find help, have someone place lawn sprinklers on your roof and near ground fuel tanks.
- Prepare for evacuation by backing your car into the garage and disconnecting the automatic garage door openers. Leave the keys in the ignition and door unlocked.
- If advised to evacuate, do so immediately.
- Listen to the radio for evacuation routes that are safe for travel.
- If you are being evacuated, find out where the reception centre is and how your loved ones can find you.



### FireSmart BC

The FireSmart program educates British Columbians on the risks of wildfires and provides homeowners with tips on how to protect their property. For information, contact your local fire department or visit the website: [firesmartbc.ca](https://firesmartbc.ca)

## Earthquake

- Hold regular earthquake drills with your neighbourhood or strata members.
- Secure the hot water tank to the studs to avoid tipping over, as it contains a source of water.
- Place large and heavy objects on lower shelves or ground level.
- Brace heavy objects such as shelving to the wall to avoid falling over. Place large and heavy objects on lower shelves or at ground level.
- Make sure your home is secured to the foundation.
- Locate safe places in your home where you can **DROP, COVER AND HOLD ON**.
- Use an inside wall, safe from objects if you cannot get under furniture.
- Stay inside until the shaking stops for at least one minute.
- Stay away from glass, windows or other objects like lighting fixtures or furniture.
- If in bed when the earthquake occurs, use your bedding as cover.
- If outdoors, move away from buildings and potential flying objects.
- If in your car, pull over as soon as it is safe to do so and wait until the shaking has stopped for at least one minute before driving to a safer space.
- Turn off your electricity if need be but do not turn off your gas unless you hear it or smell it. A technician needs to turn your gas on again and that can take considerable time in a catastrophic event.





## If You Feel Shaking or Get an Alert:

If Possible



Using Cane



Using Walker



Using Wheelchair



**GO TO HIGH GROUND OR INLAND!**  
The Shaking is Your Tsunami Warning

**STAY THERE!**  
Tsunami Waves May Arrive for Hours

## GET A KIT



Prepare a basic disaster emergency kit. Store the kit near an outside exit such as in a coat closet or next to the garage or basement door.

Pack all your essentials in an easily accessible container that is waterproof and moveable. A small suitcase with wheels is perfect for this!

Make sure you pack essential items you and your family members will need to survive for seven days or longer, especially if you have needs that are not easily accommodated.

Essential items may include:

- medical supplies
- assistive devices
- food for your specific dietary needs
- prescription medicines
- diabetic supplies
- hearing aid batteries
- a phone charger and back up battery
- landline phone (and TTY if you use this technology)
- manual wheelchair
- extra seat cushion
- egg crate padding
- other medical equipment and mobility devices you may need to maintain your health, safety and independence, and supplies for your service animal.

For children and adults with sensory challenges, pack visually stimulating toys, comfort snacks, and headphones to decrease auditory distractions in a busy room in case you have to move to a reception centre.



**Water** – At least four litres of water per person per day, for drinking and personal hygiene.



**Food** – Enough food for at least one week. Pack food that will not spoil. There are many varieties available that have considerable shelf life or simply use food from your pantry. Make sure you check your kits at least once a year to replenish outdated food.



**Radio** – This is where you will get instructions for evacuation and routes that are open. Most radio stations will carry up-to-date bulletins. Radios can be battery, solar, or wind-up powered. If you get a battery-operated radio, make sure to pack spare batteries.



**Flashlight** – Can be wind-up, solar, or battery powered. Make sure to pack extra batteries if you choose a battery powered flashlight. Choose a good quality flashlight that will work when you need it.



**First Aid Kit** – A simple kit with 100 or so items will suffice.



**Candles/Matches** – Have a container for the candle. Those that come in a metal tin are a good choice.



**Emergency Blanket** – To keep warm.



**Emergency Poncho** – To keep dry.



**Toiletries** – Including toilet tissue.



**Change of Clothes** – Remember to pack for two seasons, pack for layering your clothes.



**Important Documents** – A large sealable plastic bag to protect valuable paperwork.

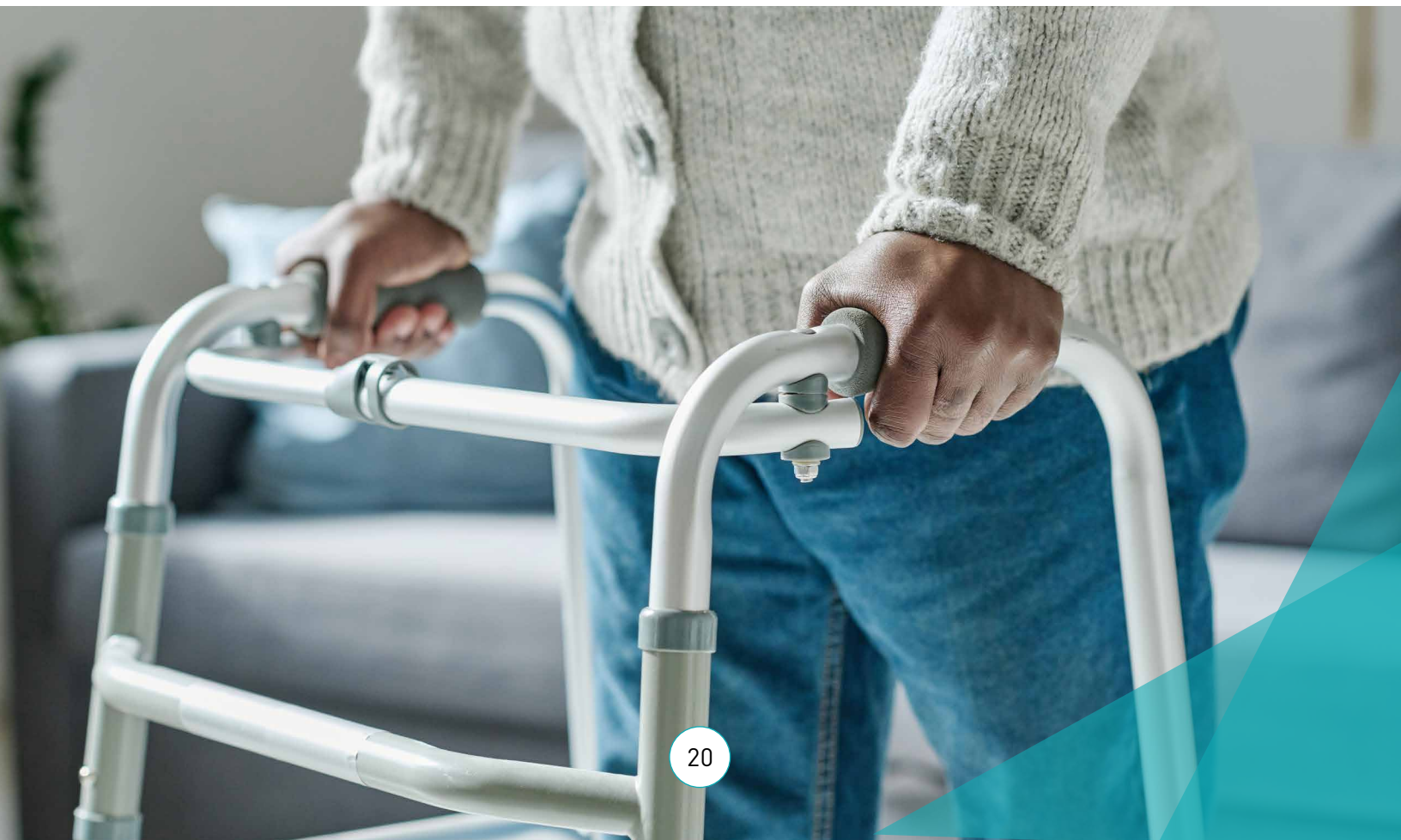
Once a year, check the expiry date on food items and replace anything that is outdated.

## Special Items:

- Prescription medications
- Keys - extra keys to home and car
- Cash - small bills as ATMs may not work
- Duct tape - to tape up windows, doors, and air vents
- Black garbage bags - to use for refuse and bathroom facilities
- Prescription glasses - an extra pair
- Extra dentures
- Sturdy shoes - to be able to walk over glass and debris
- Detailed list of special needs items and equipment in the event they need to be replaced

## Mobility Items:

- Tire Patch Kit - including a supply of inner tubes if you use mobility aids
- Gloves - heavy duty to protect your hands while wheeling over glass or other sharp debris
- Deep Cycle Battery - extra one for your motorized wheelchair or scooter
- Walker



## Hearing Items:

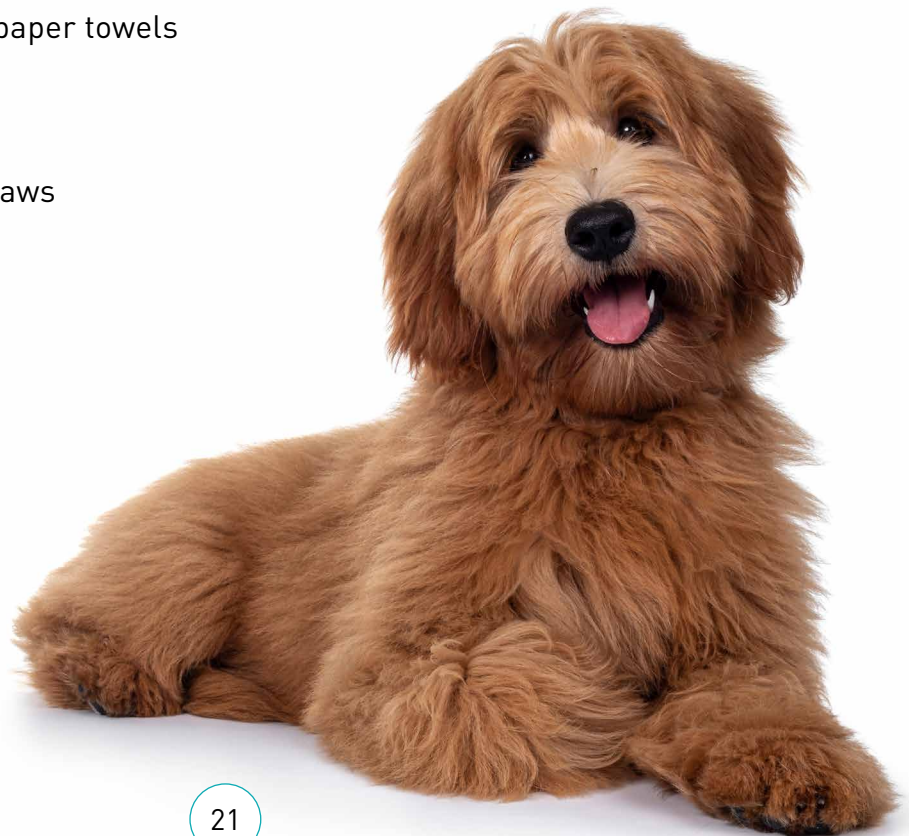
- Writing pads and pencils for communication
- Flashlight, whistle, or personal alarm
- A CommuniCard™ (produced by the Canadian Hearing Society) that explains your hearing loss and identifies how first responders can communicate with you
- Pre-printed phrases you can use during an emergency such as; “I use sign language”, or “If you make announcements, I will need to have them written or signed”

## Vision Items:

- White cane
- Emergency supplies – fluorescent tape, large print, or braille text
- Extra vision aids such as electronic travel aid, monocular, binocular, or magnifier
- Assistive technology to access information or portable CCTV devices

## Service Animal/Pet Emergency Kit List

- Food & water – minimum of seven-day supply (including bowl)
- Medications – include a list of medical conditions, medication dosage, and frequency.
- Up-to-date identification including a photo in case you get separated
- Leash and collar
- Manual can opener and paper towels
- Blanket and toy
- Plastic bags
- Bandages – for injured paws



## MAKE A PLAN FOR THE MEDICATIONS AND MEDICAL DEVICES YOU NEED

1. Ask your pharmacist to provide a list of your prescription medications and medically prescribed devices. Include the list in your Important Documents folder. Print paper copies and maintain electronic versions, including a portable thumb drive containing:
  - Doctors' orders for medical equipment, consumable medical supplies, and assistive devices. Include the style and serial numbers of the support devices and where you purchased them.
  - Medical insurance cards, a list of your allergies, and your health history.
  - If you own a medical alert tag or bracelet, wear it. Keep medical alert tags, bracelets, or written descriptions of your disability and support needs in case you are unable to describe the situation in an emergency.
2. Pharmacists may not be able to dispense medications without access to their electronic files so, if possible, stock extra over-the-counter and prescription medicine, oxygen, insulin, catheters, feeding tubes, cannulas, tubing, trach tubes, wipes, pads, undergarments, ostomy supplies, leg bags, adhesive, or any other medical supplies you use.
3. If you have allergies or chemical or environmental sensitivities, be sure to include cleaning, filtering, and personal items you may be able to use to decrease the impact of irritants.
4. If you receive life sustaining medical treatment such as dialysis, oxygen, or cancer treatment, work with that provider in advance to identify alternative locations where you could continue to receive treatment if you are unable to go to the regular location.
5. If you receive in-home assistance or personal assistance services, such as meal delivery, work with your provider(s) in advance to develop a back-up plan for continued care. Consider disability, mental, and behavioral health, and social service providers.
6. Complete a communication plan. It should include contact information for your family members, your support network, and caregivers. Your plan should also include an out-of-province contact number.
7. Set up an out-of-province contact using the cards located in the back of this guide. When a disaster occurs, contact this person to let them know your status, where you are, where you are going, and how to contact you. Share this number with your family and ask them to do the same. When you call in, the contact can tell you the status of each family member and how you will be able to reunite.

8. In the event of a fire, you may need to evacuate the building at a moment's notice. Determine the best routes ahead of time. Use the template at the back of this book to draw floor plans of your home showing the location of doors, windows, and stairways. Indicate at least two escape routes and mark a safe place outside the home to reunite with your loved ones. Practise the route several times; be sure to include your care givers in these drills.
9. Plan for your pets. Be aware that not all reception centres will allow animals (other than service animals) inside. They may be able to shelter your animal at a separate location until a more appropriate place becomes available. Include your pet's vaccination records in your important documents folder.

## Considerations for People with Disabilities:

Think about what to do should there be a power outage and know how to use your back up power for essential medical equipment.

Train your support network how to operate your equipment. Laminate instructions and have them attached to the equipment.

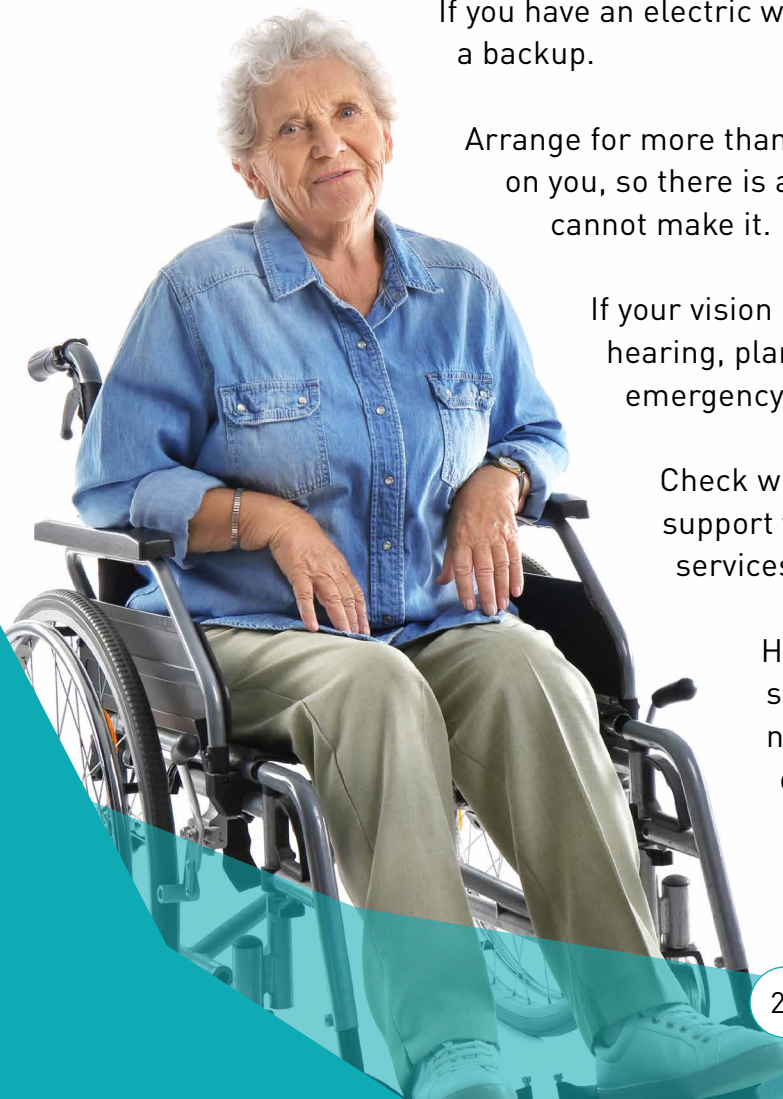
If you have an electric wheelchair, have a manual wheelchair as a backup.

Arrange for more than one person in your support network to check on you, so there is at least one back up if the primary person cannot make it.

If your vision is impaired or you are blind, deaf, or hard of hearing, plan ahead for someone to convey the essential emergency information to you.

Check with your caregiver to ensure the agencies that support you have a disaster plan such as providing services at another location.

Have a cell phone with back up battery. Make sure to preprogram it with essential phone numbers. There is no guarantee your landline or cell phone will work in a disastrous event.

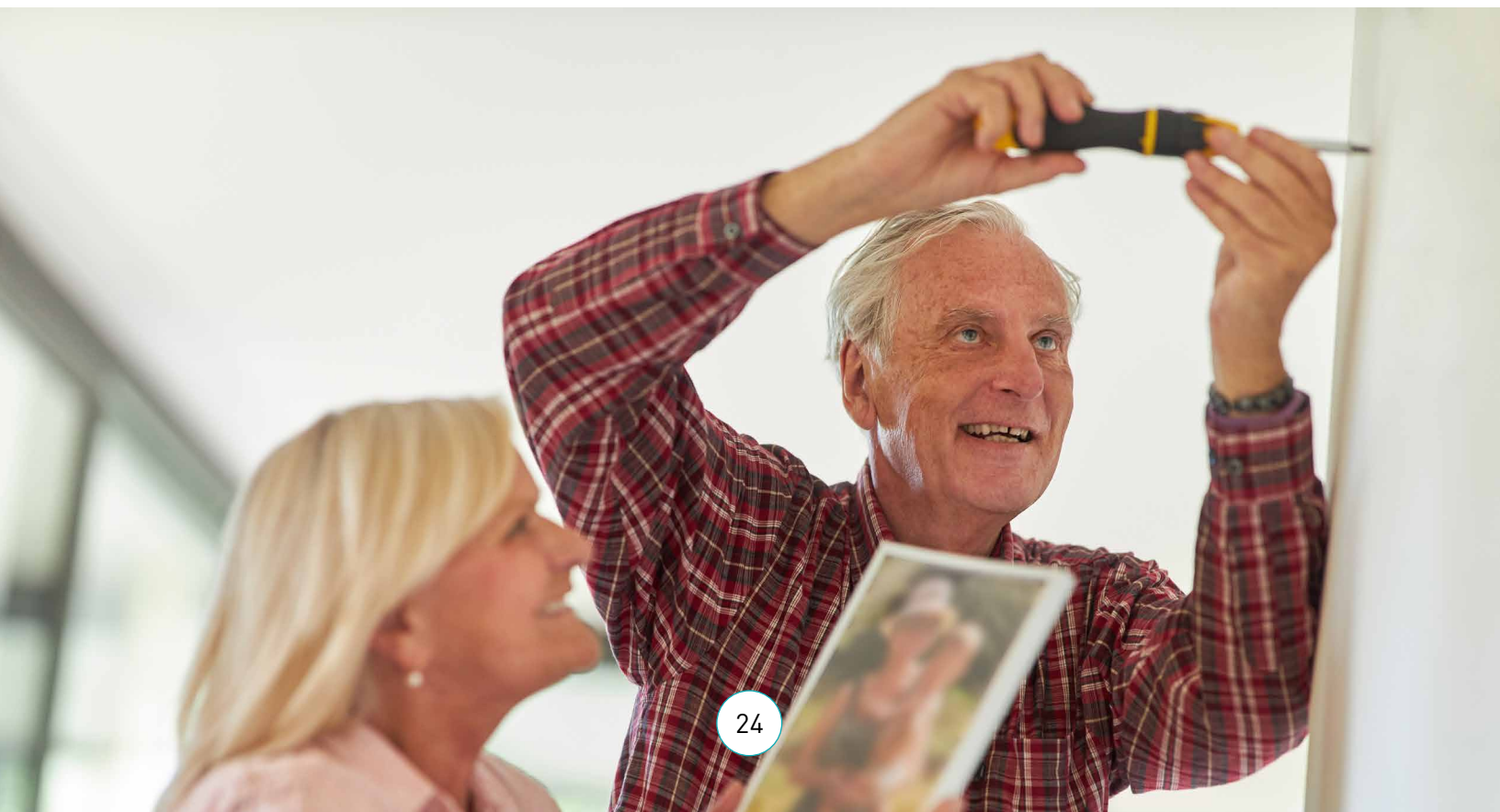


# HOME HAZARD ASSESSMENT

Before an earthquake, you can help prevent injuries and damage by making some changes inside your home. Severe shaking can topple large furniture and appliances, toss heavy items from walls and shelves, and throw open cupboards. Before making these enhancements, consult with a family member or handyman who can help with these minor fixes To prevent these things from happening:

- Secure tall, free-standing furniture, such as bookcases, cabinets, and shelving to wall studs using “L” brackets, corner brackets, or anodized aluminum moulding.
- Move framed pictures and mirrors away from beds, couches, and chairs.
- Secure cabinet doors with push or pull latches.
- Use strong strapping and ratchets or other connectors to secure refrigerators, freezers, washers, and dryers.
- Anchor water heaters snugly to the wall with straps. If necessary, contract a licensed gas fitter to install a flexible gas line.
- Know how to turn off your electrical panel, water, and gas in case of leaks or if directed to do so by officials. If you suspect a gas leak, turn off the gas valve and leave your home immediately. Once the gas is shut off at the meter, do not try to turn it back on. Only a registered contractor can do that safely.

For more information, visit: <https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc/know-your-hazards/earthquakes-tsunamis/earthquakes>





# EMERGENCY KIT WORKSHEET

Date completed: \_\_\_\_\_

| MEDICATIONS |                    |     |   |       |        |
|-------------|--------------------|-----|---|-------|--------|
| Medication  | Quantity (per day) |     |   | Total | Packed |
|             |                    | X 7 | = |       |        |
|             |                    | X 7 | = |       |        |
|             |                    | X 7 | = |       |        |
|             |                    | X 7 | = |       |        |
|             |                    | X 7 | = |       |        |
|             |                    | X 7 | = |       |        |
|             |                    | X 7 | = |       |        |
|             |                    | X 7 | = |       |        |
|             |                    | X 7 | = |       |        |

| OVER THE COUNTER MEDICATIONS |            |                    |     |       |        |
|------------------------------|------------|--------------------|-----|-------|--------|
|                              | Medication | Quantity (per day) |     | Total | Packed |
|                              |            |                    | X 7 | =     |        |
|                              |            |                    | X 7 | =     |        |
|                              |            |                    | X 7 | =     |        |

| PERSONAL CARE ITEMS |                            |        |                    |        |
|---------------------|----------------------------|--------|--------------------|--------|
|                     | Item                       | Packed | Item               | Packed |
| 1                   | Hand soap/sanitizer        |        | Hat/scarf          |        |
| 2                   | Wet wipes/lip balm         |        | Gloves             |        |
| 3                   | Toothbrush & toothpaste    |        | Pants/shorts       |        |
| 4                   | Denture cream              |        | Shirts             |        |
| 5                   | Comb/brush                 |        | Sweater/coat       |        |
| 6                   | Toilet paper/facial tissue |        | Underwear          |        |
| 7                   | Band aid/ointment          |        | Socks              |        |
| 8                   | Corn and pressure pads     |        | Glasses/sunglasses |        |

| FOOD AND WATER |       |                    |     |       |           |
|----------------|-------|--------------------|-----|-------|-----------|
|                | Item  | Quantity (per day) |     | Total | Packed    |
|                | Water | 4 litres           | X 7 | =     | 28 litres |
|                |       |                    | X 7 | =     |           |
|                |       |                    | X 7 | =     |           |
|                |       |                    | X 7 | =     |           |
|                |       |                    | X 7 | =     |           |
|                |       |                    | X 7 | =     |           |
|                |       |                    | X 7 | =     |           |
|                |       |                    | X 7 | =     |           |
|                |       |                    | X 7 | =     |           |
|                |       |                    | X 7 | =     |           |
|                |       |                    | X 7 | =     |           |

**This is not the time to start a diet, purchase food that you are used to eating. Be aware of best before dates of product.**

**Suggestion:** Aquafina makes durable water bottles, store in a large plastic, resealable bag.

**Protein** – Cans of tuna, salmon, chicken, and ham (peel top cans or can opener), buy in small quantities as refrigeration may be required. Jerky, walnuts, almonds, meal replacement drinks.

**Fruit** – Fruit leather and dried fruit

Dehydrated require water. Account for this in the water supply.

| MISCELLANEOUS ITEMS                                  |                           |                    |     |   |       |        |
|--|---------------------------|--------------------|-----|---|-------|--------|
|  | Item                      | Quantity (per day) | X ? |   | Total | Packed |
|  | Batteries                 |                    |     |   |       |        |
|  | Bungee cords              |                    |     | = |       |        |
|  | Can opener                |                    |     | = |       |        |
|  | Coins/cash                |                    |     | = |       |        |
|  | Glow stick (yellow/green) |                    |     | = |       |        |
|  | Knife/fork/spoon          |                    |     | = |       |        |
|  | Pen/notepad               |                    |     | = |       |        |
|  | Plate/bowl/cup/mug        |                    |     | = |       |        |
|  | Radio/flashlight          |                    |     | = |       |        |
|  | Water purification tablet |                    |     | = |       |        |
| Pack in a container that has wheels (eg. a suitcase) |                           |                    |     |   |       |        |

| IMPORTANT DOCUMENTS   |        |
|---|--------|
| Item  | Packed |
| Bank account numbers  |        |
| Birth certificate(s)  |        |
| Credit card contacts/numbers  |        |
| Doctor/veterinarian contact numbers                                     |        |
| Driver license(s)   |        |
| Health care numbers/medical records                                     |        |
| Household inventory list  |        |
| Immunization record(s)  |        |
| Income tax return(s)  |        |
| Insurance policies (with phone number for provider)                     |        |
| Lease/mortgage papers   |        |
| Marriage certificate  |        |
| Passports   |        |
| Pet registration  |        |
| Safety deposit box key  |        |
| Social insurance number   |        |
| Usb (with photo files)  |        |
| Warranties  |        |
| Wills/power of attorney   |        |
|   |        |
|   |        |
| Take photocopies of the originals and store in a resealable plastic bag |        |

# HOUSEHOLD EMERGENCY PLAN

## NAME AND HOME ADDRESS

---

---

## FAMILY MEMBERS/SUPPORT NETWORK CONTACT INFORMATION

Full Name:

Phone:

Email:

|       |       |       |
|-------|-------|-------|
| <hr/> | <hr/> | <hr/> |
| <hr/> | <hr/> | <hr/> |
| <hr/> | <hr/> | <hr/> |
| <hr/> | <hr/> | <hr/> |

### Building Superintendent Contact Information

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

## LEGAL AND FINANCIAL INFORMATION

### Names and Social Insurance Numbers for all Family Members

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

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

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

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

## BANK ACCOUNTS

Bank

Account Type: \_\_\_\_\_ Account Number: \_\_\_\_\_

Account Type: \_\_\_\_\_ Account Number: \_\_\_\_\_

Account Type: \_\_\_\_\_ Account Number: \_\_\_\_\_

## INSURANCE POLICIES

House Insurance: \_\_\_\_\_

Policy Type: \_\_\_\_\_

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

Policy Type: \_\_\_\_\_

## VEHICLE REGISTRATION NUMBERS

Vehicle Make: \_\_\_\_\_

License Number: \_\_\_\_\_

Registration Number: \_\_\_\_\_

Vehicle Make: \_\_\_\_\_

License Number: \_\_\_\_\_

Registration Number: \_\_\_\_\_

## FAMILY INFORMATION

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

Home: \_\_\_\_\_

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

Cell: \_\_\_\_\_

Spouse: \_\_\_\_\_

Home: \_\_\_\_\_

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

Cell: \_\_\_\_\_

## MEDICAL CONTACTS

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

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

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

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

Veterinarian: \_\_\_\_\_

Phone: \_\_\_\_\_

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

## MEDICAL INFORMATION

Name:

---

Allergies:

---

Eye Glass Prescription:

---

Special Needs/Limitations:

---

Name:

---

Allergies:

---

Eye Glass Prescription:

---

## OTHER IMPORTANT NUMBERS

Ambulance:

---

Emergency Management BC: 1 800 663 3456

---

Fire Department:

---

Health Emergency Management BC: 1 800

---

Police Department:

---

Poison Control:

---

Canadian Red Cross:

---

Fortis Gas:

---

BC Hydro Emergencies:

---

Property Owner:

---

Lawyer:

---

Building Manager:

---

## SERVICE ANIMAL/PET INFORMATION

Name: \_\_\_\_\_ Type/Breed: \_\_\_\_\_ Colour: \_\_\_\_\_ Registration/ID: \_\_\_\_\_

## Contact Information for Veterinarian

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

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

## PLAN OF ACTION

The escape routes in our home are:

---

---

---

---

The meeting place for our family in a disaster is:

---

---

---

The meeting place for our neighbourhood in a disaster is:

---

---

The meeting place outside our neighbourhood in a disaster is:

---

---

The room we can use to "Shelter in Place" is:

---

---

## THE NEIGHBOURS

### HOUSE NUMBER:

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

Phone: \_\_\_\_\_

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

Skills: \_\_\_\_\_

Resources: \_\_\_\_\_

Notes  
\_\_\_\_\_  
\_\_\_\_\_

### HOUSE NUMBER:

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

Phone: \_\_\_\_\_

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

Skills: \_\_\_\_\_

Resources: \_\_\_\_\_

Notes  
\_\_\_\_\_  
\_\_\_\_\_

### HOUSE NUMBER:

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

Phone: \_\_\_\_\_

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

Skills: \_\_\_\_\_

Resources: \_\_\_\_\_

Notes  
\_\_\_\_\_  
\_\_\_\_\_

### HOUSE NUMBER:

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

Phone: \_\_\_\_\_

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

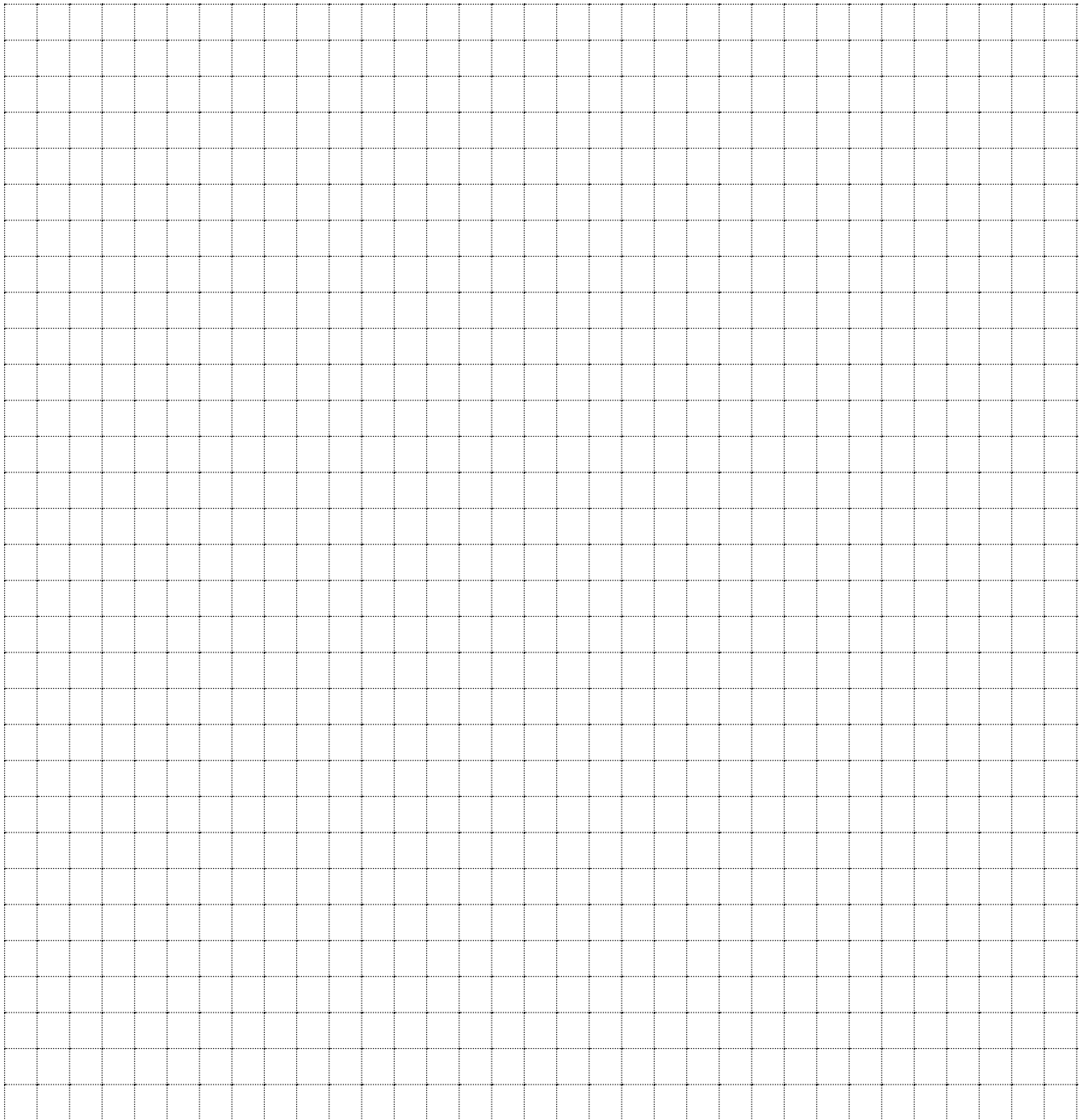
Skills: \_\_\_\_\_

Resources: \_\_\_\_\_

Notes  
\_\_\_\_\_  
\_\_\_\_\_



# MAP YOUR HOUSE/APARTMENT (INCLUDING ESCAPE ROUTES)



## LEGEND (some suggested icons):



Exit Routes



Fire Extinguisher



Stairs (arrow indicates quickest direction to safety)



First Aid Kit



Fire Alarm



Emergency Kit

## EMERGENCY CONTACT INFORMATION CARDS

You, your family, and support network should carry this card at all times

|   |   |
|---|---|
| <p style="text-align: center;"><b>EMERGENCY CONTACT INFORMATION CARD</b></p>  | <p style="text-align: center;"><b>EMERGENCY CONTACT INFORMATION CARD</b></p>  |
| <ul style="list-style-type: none"> <li>• After a major disaster, local phone lines may be limited or needed by emergency personnel.</li> <li>• Listen to the radio for phone use instructions and call your contact person tell them how you are, where you are, where you are going.</li> <li>• Keep the call short and if possible, arrange to call back at a specified time for another check-in.</li> </ul> | <ul style="list-style-type: none"> <li>• After a major disaster, local phone lines may be limited or needed by emergency personnel.</li> <li>• Listen to the radio for phone use instructions and call your contact person tell them how you are, where you are, where you are going.</li> <li>• Keep the call short and if possible, arrange to call back at a specified time for another check-in.</li> </ul> |
| <p style="text-align: center;"><b>EMERGENCY CONTACT INFORMATION CARD</b></p>  | <p style="text-align: center;"><b>EMERGENCY CONTACT INFORMATION CARD</b></p>  |
| <ul style="list-style-type: none"> <li>• After a major disaster, local phone lines may be limited or needed by emergency personnel.</li> <li>• Listen to the radio for phone use instructions and call your contact person tell them how you are, where you are, where you are going.</li> <li>• Keep the call short and if possible, arrange to call back at a specified time for another check-in.</li> </ul> | <ul style="list-style-type: none"> <li>• After a major disaster, local phone lines may be limited or needed by emergency personnel.</li> <li>• Listen to the radio for phone use instructions and call your contact person tell them how you are, where you are, where you are going.</li> <li>• Keep the call short and if possible, arrange to call back at a specified time for another check-in.</li> </ul> |
| <p style="text-align: center;"><b>EMERGENCY CONTACT INFORMATION CARD</b></p>  | <p style="text-align: center;"><b>EMERGENCY CONTACT INFORMATION CARD</b></p>  |
| <ul style="list-style-type: none"> <li>• After a major disaster, local phone lines may be limited or needed by emergency personnel.</li> <li>• Listen to the radio for phone use instructions and call your contact person tell them how you are, where you are, where you are going.</li> <li>• Keep the call short and if possible, arrange to call back at a specified time for another check-in.</li> </ul> | <ul style="list-style-type: none"> <li>• After a major disaster, local phone lines may be limited or needed by emergency personnel.</li> <li>• Listen to the radio for phone use instructions and call your contact person tell them how you are, where you are, where you are going.</li> <li>• Keep the call short and if possible, arrange to call back at a specified time for another check-in.</li> </ul> |

## EMERGENCY CONTACT INFORMATION CARDS

You, your family, and support network should carry this card at all times

| Out of Province Contact               |  | Out of Province Contact               |  |
|---------------------------------------|--|---------------------------------------|--|
| Name:                                 |  | Name:                                 |  |
| Phone:                                |  | Phone:                                |  |
| Email:                                |  | Email:                                |  |
| City/Prov:                            |  | City/Prov:                            |  |
| Places to meet family/support network |  | Places to meet family/support network |  |
| Daytime:                              |  | Daytime:                              |  |
| Nighttime:                            |  | Nighttime:                            |  |

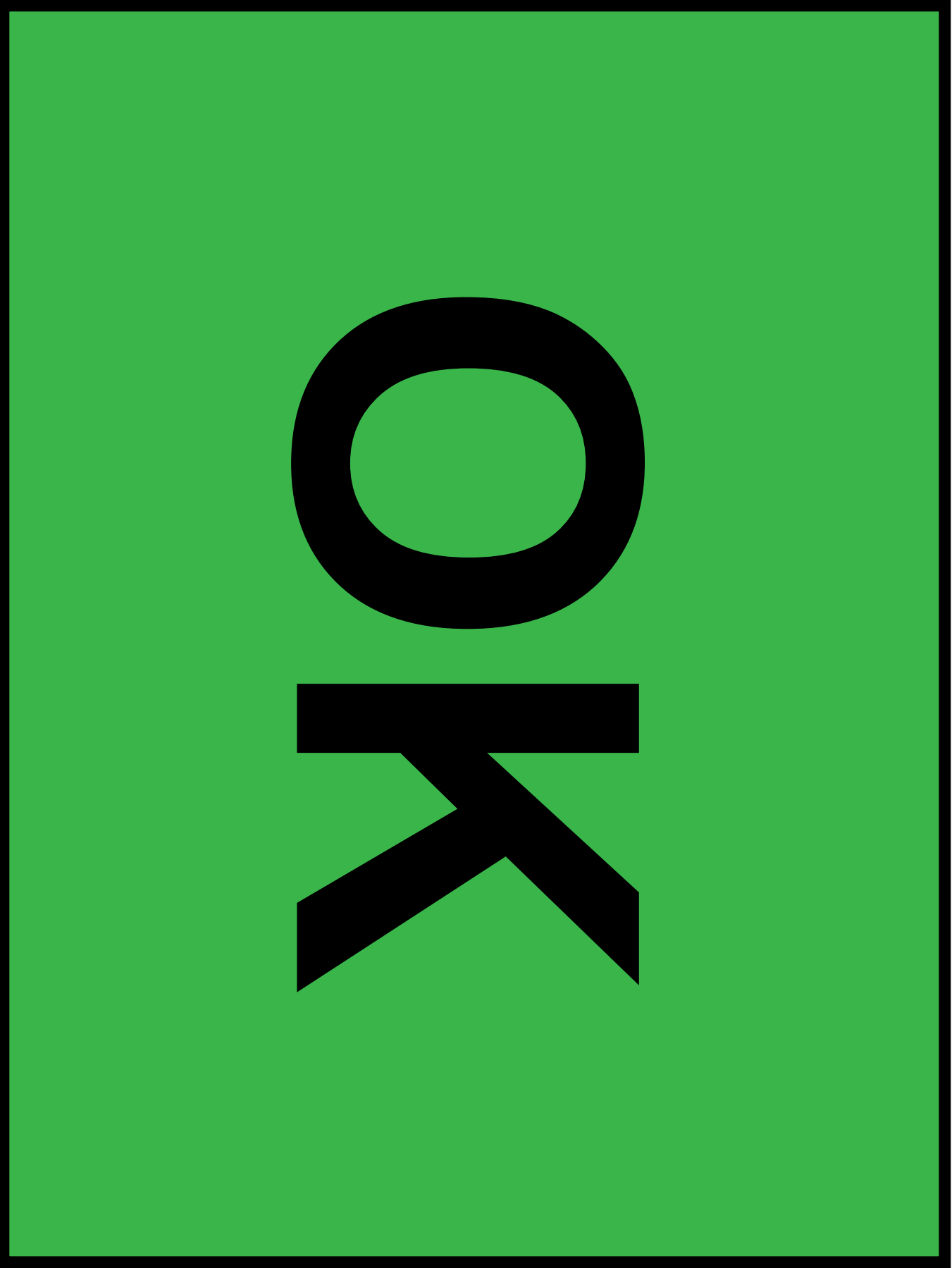
| Out of Province Contact               |  | Out of Province Contact               |  |
|---------------------------------------|--|---------------------------------------|--|
| Name:                                 |  | Name:                                 |  |
| Phone:                                |  | Phone:                                |  |
| Email:                                |  | Email:                                |  |
| City/Prov:                            |  | City/Prov:                            |  |
| Places to meet family/support network |  | Places to meet family/support network |  |
| Daytime:                              |  | Daytime:                              |  |
| Nighttime:                            |  | Nighttime:                            |  |

| Out of Province Contact               |  | Out of Province Contact               |  |
|---------------------------------------|--|---------------------------------------|--|
| Name:                                 |  | Name:                                 |  |
| Phone:                                |  | Phone:                                |  |
| Email:                                |  | Email:                                |  |
| City/Prov:                            |  | City/Prov:                            |  |
| Places to meet family/support network |  | Places to meet family/support network |  |
| Daytime:                              |  | Daytime:                              |  |
| Nighttime:                            |  | Nighttime:                            |  |



In case of disaster, display sign this side out in front window of house or vehicle if you DO NOT require assistance



**OK**

For use in disaster such as earthquake, fire, flood or storm

**In case of disaster, display sign this side out in front window of house or vehicle if you DO require assistance**

**HELP**

**For use in disaster such as earthquake, fire, flood or storm**





## Additional Resources

To learn more about emergency preparedness, visit [GetPrepared.ca](https://www.getprepared.ca)

### bc211

Visit [bc211.ca](https://bc211.ca) to search the 211 Online Directory of resources.  
Dial or text 2-1-1

### Canadian Red Cross

[www.redcross.ca/prepare](https://www.redcross.ca/prepare)  
613-740-1900 or check for your local branch phone number.

### Emergency Management and Climate Readiness (EMCR)

<https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc>  
Telephone: (250) 952-4913 /  
Emergency: 1-800-663-3456

### Environment Canada Weather Office

[www.weatheroffice.gc.ca](https://www.weatheroffice.gc.ca)  
1-900-565-4455; a \$2.99 per-minute charge applies. Check the blue pages in your local phonebook under Weather for weather reports and forecasting available by phone.

### First Nations Emergency Services Society of British Columbia

[www.fness.bc.ca](https://www.fness.bc.ca) or call (604) 669-7305.



This guidebook was originally developed by the Maple Ridge, Pitt Meadows, Katzie, Seniors Network and revised in 2023 in partnership with:

