

# Your *emergency* preparedness **guide**



**72**  
HOURS

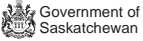
**IS YOUR FAMILY  
PREPARED?**



Public Safety  
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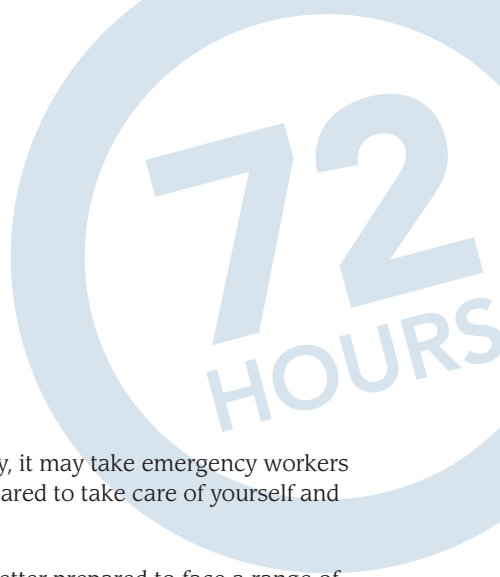
Canada 



IS YOUR FAMILY  
PREPARED?

# 72 HOURS IS YOUR FAMILY PREPARED?

## YOUR EMERGENCY PREPAREDNESS GUIDE



If an emergency happens in your community, it may take emergency workers some time to reach you. You should be prepared to take care of yourself and your family for a minimum of 72 hours.

Learn how quick and easy it is to become better prepared to face a range of emergencies – anytime, anywhere. Use this guide to create your own emergency plan. Use the checklists to build a 72-hour emergency kit. These basic steps will help you take care of yourself and your loved ones during an emergency.

### Our partners

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This publication was developed in collaboration with:



Canadian Association  
of Chiefs of Police



Canadian Association  
of Fire Chiefs



Canadian Red Cross



St. John Ambulance



Giving Hope Today

This publication is also available in multiple formats: audio, Braille, large print, diskette, CD. To order, please call:

**1 800 O-Canada (1-800-622-6232)**

**TTY: 1-800-926-9105**



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# KNOW THE RISKS

Although the consequences of various disasters can be similar, knowing the risks in your region can help you better prepare. Across Canada, we face a number of hazards, such as earthquakes in British Columbia, blizzards in Nunavut and tornadoes in Ontario. In addition to natural disasters, there are other types of risks, such as power outages and industrial or transportation accidents. Refer to the province/territory information section at the end of this guide to learn more about the specific risks and to find contact information.

Some of the risks below may be relevant to your community. Find out which ones by visiting [www.GetPrepared.gc.ca/risks/risks\\_e.asp](http://www.GetPrepared.gc.ca/risks/risks_e.asp). You may want to identify the most likely ones for easy reference.

- |  |  |
|--|--|
|  Blizzards                  |  Landslides or avalanches |
|  Droughts                   |  Power outages            |
|  Earthquakes                |  Winter storms            |
|  Extreme cold or heat waves |  Tornadoes                |
|  Floods                     |  Tsunamis or storm surges |
|  Hurricanes                |  Wildfires               |
|  Other: _____             |  |

To learn more about emergency preparedness or to order more copies of this guide, call:

**1 800 0-Canada (1-800-622-6232)**

**TTY: 1-800-926-9105**

Or visit [www.GetPrepared.ca](http://www.GetPrepared.ca)



# MAKE A PLAN

Every Canadian household needs an emergency plan. It will help you and your family know what to do in case of an emergency. It will take you only 20 minutes to make your plan.

Your family may not be together when an emergency occurs. Plan how to meet or how to contact one another, and discuss what you would do in different situations.

Use the following pages to create your plan. Most of this information can be filled out on your own. You may need to get some information from your municipality and province/territory about their emergency plans.

Keep this document in an easy-to-find, easy-to-remember place (for example, with your emergency kit). Photocopy this plan and keep it in your car and/or at work.

## SAFE IDEA

**Learn about first aid.  
You could save a life.**

Along with making emergency plans and preparing an emergency kit, knowing first aid could save a life. Contact your local Canadian Red Cross or St. John Ambulance office to find out about first aid courses in your area.

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# Household plan

## Emergency exits

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Draw up a floor plan of your home that shows all possible exits from each room. Plan a main exit route and an alternate exit route from each room. If you live in an apartment, plan to use the stairs instead of the elevators. If you are unable to use the stairs, notify emergency personnel ahead of time. Also, identify an evacuation route from your neighbourhood in case you need to leave in a hurry (and think of more than one option).

## Meeting places

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Identify safe places where everyone should meet if you cannot go home or you need to evacuate.

### Safe meeting place near home:

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### Safe meeting place outside immediate neighbourhood:

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### Evacuation routes from neighbourhood:

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## SAFE IDEA

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### Make copies of important documents

Make copies of birth and marriage certificates, passports, licences, wills, land deeds and insurance. Take photos of family members in case a lost persons record is created. Keep them in a safe place, both inside and outside your home. You might want to put them in a safety deposit box or give them to friends and family who live out of town.

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## Workplace

Learn about the emergency evacuation plans in place and what you will need to do. You may want to have some basic supplies at work, such as water and food that won't spoil, in case you need to stay put for a while. You may want to raise this question with your employer and colleagues as well.

## Children

Ask your children's school or daycare about their emergency policies. Find out how they will contact families during an emergency.

Find out what type of authorization the school or daycare requires to release your children to a designated person if you can't pick them up.

Make sure the school or daycare has updated contact information for parents, caregivers and designated persons.

Designated person 1: \_\_\_\_\_ Phone: \_\_\_\_\_

Designated person 2: \_\_\_\_\_ Phone: \_\_\_\_\_

School contact information: \_\_\_\_\_

## Plan for pets

In case of an evacuation, remember that pets are not allowed in some public shelters or hotels because of certain health regulations. In case of an evacuation, prepare to take your pets with you to the home of a relative or friend, or take steps to identify pet-friendly hotels or pet boarding facilities in your area and further away from home.

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

# Special health needs

Establish a personal support network of friends, relatives, health-care providers, co-workers and neighbours who understand your special needs.

Write down details about:

- △ Accommodation needs
- △ Allergies
- △ Emergency contacts
- △ Family medical history
- △ Health screenings
- △ Insurance information
- △ Medical conditions
- △ Medication
- △ Recent vaccinations
- △ Surgeries

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

Talk to your doctor about preparing a grab-and-go bag, if possible, with 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.

## Health information:

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## Medication and medical equipment:

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## Grab-and-go bag location:

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## Plan for specific risks

Public Safety Canada offers brochures on specific risks, such as earthquakes, power outages and floods. Order or download your free copies from [www.GetPrepared.ca](http://www.GetPrepared.ca) or **1 800 O-Canada**.

## Neighbourhood safety plan

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.”

## Emergency contact information

Photocopy this list. Put a copy close to your telephone. You can also order a household emergency contact sheet from [www.GetPrepared.ca](http://www.GetPrepared.ca) or **1 800 O-Canada**. This product clings to any smooth surface and can be placed near the phone. If possible, program these phone numbers into your home phone and cell phone.

### TIP

Write yourself a reminder to update your emergency plan one year from now.

On this date next year, review your contact information, practise your emergency evacuation plans, change the batteries in your smoke alarm and carbon monoxide detector, and restock your kit(s).

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## Emergency numbers

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Fire, police, ambulance: 9-1-1 (where available)

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

## Non-emergency numbers

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Police: \_\_\_\_\_

Fire: \_\_\_\_\_

Health clinic: \_\_\_\_\_

Poison control: \_\_\_\_\_

Other contact numbers: \_\_\_\_\_

## Out-of-town contact

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

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

Work phone: \_\_\_\_\_

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

E-mail: \_\_\_\_\_

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

## TIPS

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Plan for each family member to call or e-mail the same out-of-town contact person in case of an emergency.

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Choose an out-of-town contact who lives far enough away that he or she will probably not be affected by the same event.

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If you are new to Canada, make arrangements through friends, cultural associations or community organizations.

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## Family

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

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

Work phone: \_\_\_\_\_

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

E-mail: \_\_\_\_\_

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

\_\_\_\_\_

## Friend/neighbour

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

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

Work phone: \_\_\_\_\_

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

E-mail: \_\_\_\_\_

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

\_\_\_\_\_

## Family doctors

Patients' names: \_\_\_\_\_

Doctors' names and phone numbers: \_\_\_\_\_

## Insurance agent/company

Agent's/company's name: \_\_\_\_\_

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

Policy number: \_\_\_\_\_

## Home security system

Company's name: \_\_\_\_\_

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

# Safe home instructions

Make sure you have a working carbon monoxide detector, smoke alarm, fire extinguisher and well-stocked first aid kit. If you live in an apartment, or if you are staying in a hotel, know where the fire alarms and emergency exits are located.

Everyone in your home should know where to find the fire extinguisher. All capable adults and older children should know how to use it. See instructions regarding the lifetime of your fire extinguisher and check with your local fire department for more information.

Older children and adults should know how to turn off your home's water, electricity and gas. Make large, easy-to-see signs for water and gas shut-offs as well as for the breaker panel or fuse box.

Teach children how and when to dial 9-1-1 as well as how to call the designated out-of-town contact.

### TIP

Limit phone calls to urgent messages only.

Keep calls short to free up the lines for others.

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**Fire extinguisher location:**

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**Water valve location:**

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

**Electrical box location:**

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

**Gas valve location:**

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

(Shut off gas only when authorities tell you to do so.)

**Floor drain location:**

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(Always make sure it is clear of boxes, furniture, etc., in case of flooding.)

**TIP**

For the gas and water valves, keep shut-off instructions close by and read them carefully.

## Emergency instructions

Call 9-1-1 (where available) to report a fire, a crime or to save a life.

For non-emergency calls, use the ten-digit numbers listed in your local phone book, or this emergency plan, for police, fire and other health services.

When notifying emergency services of your location, provide the exact street address and nearest intersection.

## In an emergency

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Follow your emergency plan.

Get your emergency kit.

Make sure you are safe before assisting others.

Listen to the radio or television for information from authorities. Local officials may advise you to stay where you are. Follow their instructions.

Stay put until all is safe or until you are ordered to evacuate.

## Evacuation orders

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Authorities will not ask you to leave your home unless they have reason to believe that you may be in danger.

If you are ordered to evacuate, take your emergency kit, your wallet, personal identification for each family member and copies of essential family documents with you. Bring a cellular phone and spare battery or charger with you, if you have one. Use travel routes specified by local authorities.

If you have time, call or e-mail your out-of-town contact. Tell them where you are going and when you expect to arrive. Once you are safe, let them know. Tell them if any family members have become separated.

If possible, leave a note telling others when you left and where you are. Shut off water and electricity if officials tell you to do so.

Leave natural gas service on unless officials tell you to turn it off. If you turn off the gas, the gas company has to reconnect it. In a major emergency, it could take weeks for a professional to respond.

Take pets with you. Lock your home. Follow instructions from authorities.

If you go to an evacuation centre, register your personal information at the registration desk. Do not return home until authorities advise that it is safe to do so.



# GET AN EMERGENCY KIT

In an emergency, you will need some basic supplies. You may need to get by without power or tap water. Be prepared to be self-sufficient for at least 72 hours.

You may have some of the items already, such as food, water and a battery-operated or wind-up flashlight. The key is to make sure they are organized and easy to find. Would you be able to find your flashlight in the dark?

Make sure your kit is easy to carry and everyone in the household knows where it is. Keep it in a backpack, duffel bag or suitcase with wheels, in an easy-to-reach, accessible place, such as your front-hall closet. If you have many people in your household, your emergency kit could get heavy. It's a good idea to separate some of these supplies in backpacks. That way, your kit will be more portable and each person can personalize his or her own grab-and-go emergency kit.

## Basic emergency kit

- △ Water – at least two litres of water per person per day; include small bottles that can be carried easily in case of an evacuation order
- △ Food that won't spoil, such as canned food, energy bars and dried foods (replace food and water once a year)
- △ Manual can-opener
- △ Wind-up or battery-powered flashlight (and extra batteries)
  - △ Wind-up or battery-powered radio (and extra batteries)
  - △ First aid kit
  - △ Extra keys to your car and house
  - △ Some cash in smaller bills, such as \$10 bills and change for payphones
  - △ A copy of your emergency plan and contact information

### TIP

Keep a corded phone in your home, as most cordless phones will not work during a power outage.

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- △ If applicable, other items such as prescription medication, infant formula, equipment for people with disabilities, or food, water and medication for your pets or service animal (personalize according to your needs)

## Recommended additional items

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- △ Two additional litres of water per person per day for cooking and cleaning
- △ Candles and matches or lighter (place candles in sturdy containers and do not burn unattended)
- △ Change of clothing and footwear for each household member
- △ Sleeping bag or warm blanket for each household member
- △ Toiletries
- △ Hand sanitizer
- △ Utensils
- △ Garbage bags
- △ Toilet paper
- △ Household chlorine bleach or water purifying tablets (see sidebar tip for details)
- △ Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, dust mask, pocket knife)
- △ Small fuel operated stove and fuel (follow manufacturer's directions and store properly)
- △ A whistle (in case you need to attract attention)
- △ Duct tape (to tape up windows, doors, air vents, etc.)

### TIPS

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Water can be purified by boiling, adding household bleach or using water purification tablets. The treatment and amount required can vary, depending on the kind of contamination. Check with your municipality for details. When in doubt, do not drink water you suspect may be contaminated.

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Keep some cash on hand, as automated bank machines and their networks may not work during an emergency. You may have difficulty using debit or credit cards.

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## Pre-packaged kits

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Canadian Red Cross kits are available at [www.redcross.ca](http://www.redcross.ca). St. John Ambulance and Salvation Army emergency kits can be purchased at [www.sja.ca](http://www.sja.ca) or from retailers across Canada. Visit [www.GetPrepared.ca](http://www.GetPrepared.ca) or call **1 800 O-Canada** (1-800-622-6232) for a listing of retailers by province and territory.

## Emergency vehicle kit

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Prepare a small kit and keep it in your vehicle.

The basic kit should include:

- △ Blanket
- △ Candle in a deep can and matches
- △ Extra clothing and shoes
- △ First aid kit with seatbelt cutter
- △ Flashlight (wind-up or battery-powered)
- △ Food that won't spoil (such as energy bars)
- △ List of contact numbers
- △ Radio (wind-up or battery-powered)
- △ Small shovel, scraper and snowbrush
- △ Warning light or road flares
- △ Water
- △ Whistle

## Recommended additional items to keep in your vehicle

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- △ Antifreeze, windshield washer fluid
- △ Fire extinguisher
- △ Road maps
- △ Sand, salt or cat litter (non-clumping)
- △ Tow rope and jumper cables

# EMERGENCY KIT

## BASIC ITEMS



- △ 1 Water – at least two litres of water per person per day; include small bottles that can be carried easily in case of an evacuation order
- △ 2 Food that won't spoil, such as canned food, energy bars and dried foods (replace food and water once a year)
- △ 3 Manual can-opener
- △ 4 Wind-up or battery-powered flashlight (and extra batteries)
- △ 5 Wind-up or battery-powered radio (and extra batteries)
- △ 6 First aid kit
- △ 7 Extra keys to your car and house
- △ 8 Some cash in smaller bills, such as \$10 bills and change for payphones
- △ 9 A copy of your emergency plan and contact information
- △ 10 If applicable, other items such as prescription medication, infant formula, equipment for people with disabilities, or food, water and medication for your pets or service animal (personalize according to your needs).

# NON-PERISHABLE FOOD RECIPE IDEAS

## Campfire Supper

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28 oz. can of diced tomatoes

19 oz. can of kidney beans

19 oz. can of pork and beans

Pepper to taste

Chilli powder to taste

A can of ham or chicken is also a nice addition to this recipe. Serve with crusty bread or biscuits.

## Beet Slaw

---

When you are tired of canned vegetables, soup and beans, something a little crunchy and different may hit the spot.

19 oz. can of sliced beets

19 oz. can of sauerkraut

½ cup beet juice (from can)

½ cup white vinegar

2 tablespoons of brown sugar

Drain ½ cup of the beet juice into a bowl. Cut beets into quarters and add to juice. Add the sauerkraut, but discard its juice. Mix in remaining ingredients. Let stand for an hour or more. After slaw has had a chance to sit, add more beet juice, brown sugar or vinegar to taste.

## Peanut Butter Balls

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¼ cup honey

⅓ cup peanut butter (or other nut butter)

½ cup powdered milk

⅓ cup coconut (optional)

Mix ingredients together. Shape into balls and enjoy! Nice and sweet but also nutritious. You can substitute some of the powdered milk with protein powder. This recipe can easily be doubled if you are feeding a crowd.

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# NEWFOUNDLAND AND LABRADOR

No public or private entity is immune to disasters and no single segment of society can meet the complex needs of a major emergency or disaster on its own. Newfoundland and Labrador has experienced a number of significant events in recent years including storm surges, winter power failures, winter storms, flooding and landslides. Fire and Emergency Services – Newfoundland and Labrador believes that by being prepared and identifying the risks and hazards associated with our province ahead of time, you may be better able to address an emergency or event when the time comes.

While municipalities, first responders, non-governmental organizations and the provincial government play a key role in emergency management, individuals are our first line of defense. Emergency management begins at home. It is essential for every household to be responsible for their own safety, preparedness and well-being for the first 72 hours of any event. Assemble an emergency kit, make a plan and practise it. By being prepared, you may lessen the burden on emergency responders so they can address those with the greatest needs first.

For more information on getting prepared or to find out what hazards exist in Newfoundland and Labrador, contact Fire and Emergency Services:

## **Fire and Emergency Services – Newfoundland and Labrador**

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P.O. Box 8700  
St. John's, NL  
A1B 4J6

[www.ma.gov.nl.ca/ma/fes](http://www.ma.gov.nl.ca/ma/fes)

Phone: 709-729-3703

Fax: 709-729-3857

E-mail: [nlemo@gov.nl.ca](mailto:nlemo@gov.nl.ca)



# PRINCE EDWARD ISLAND

In Prince Edward Island, coastal areas are subject to flooding and storm surges. Each season brings specific hazards. In the fall, Islanders are vulnerable to tropical storms and hurricanes; in the winter, blizzards and ice storms are a reality, and all regions are vulnerable to fires at any time of the year.

The following list contains the risks and other hazards monitored by the Prince Edward Island Emergency Measures Organization. You may want to make note of the risks that are more likely in your community so you can be better prepared.

- |                                  |                                 |
|----------------------------------|---------------------------------|
| △ Disease outbreaks              | △ Pandemics                     |
| △ Droughts                       | △ Snow storms or blizzards      |
| △ Fires                          | △ Tropical storms or hurricanes |
| △ Floods                         | △ Tsunamis or storm surges      |
| △ Hazardous materials and spills |                                 |
| △ Other: _____                   |                                 |

To learn how to prepare for various types of emergencies contact:

## Prince Edward Island Emergency Measures Organization

### Charlottetown Office

Phone: 902-894-0385

Fax: 902-368-6362

24 Hour EMO Emergency Line

To acquire the assistance of the PEI  
Emergency Measures Organization  
after hours call 902-892-9365

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



# NOVA SCOTIA

## *Plan Today for a Safer Tomorrow*

The foundation of good emergency preparedness for any province or municipality lies with its citizens. If individuals and families take the time to plan and prepare for potential emergencies in their communities, it helps responding agencies address the crisis much more effectively.

Knowing the risks in your community is the first step. In Nova Scotia, the most prevalent threats are flooding, blizzards, hurricanes and forest fires. Industrial accidents, such as chemical spills, are also a possibility in many communities.

By planning and preparing now, you can limit the impact an emergency could have on your daily life. As Nova Scotians, we all bear the ultimate responsibility for our own safety and that of our families.

The Emergency Management Office is here to help. This guide should answer most questions, but additional information and assistance is available by phoning the Emergency Management Office or visiting our website.

Remember: a little effort today can make a world of difference for your family in the event of an emergency.

### **Nova Scotia Emergency Management Office:**

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Inquiry 24 hours at 1-866-424-5620 (toll-free)

**[www.gov.ns.ca/emo](http://www.gov.ns.ca/emo)**

**Street address:**

21 Mount Hope Ave.  
Suite 208  
Dartmouth, NS

**Mailing address:**

P.O. Box 2581  
Halifax, NS  
B3J 3N5



**NOVA SCOTIA**  
**NOUVELLE-ÉCOSSE**



# NEW BRUNSWICK

In New Brunswick, river valleys and flood plains can pose a risk because of ice jams, harsh weather and the floods of annual spring thaw. All of these can cause a threat of flooding. Hurricanes, tropical storms, erosion, or other harsh seasonal weather events may cause tidal and ice surges in coastal areas. Forest fires are also a risk in all regions of New Brunswick.

The New Brunswick Emergency Measures Organization monitors the following list of natural risks and hazards. You may want to make note of the risks that are more likely in your region so you can be better prepared.

- |                          |                                  |
|--------------------------|----------------------------------|
| △ Coastal erosions       | △ Hazardous materials and spills |
| △ Disease outbreaks      | △ Hurricanes                     |
| △ Droughts               | △ Landslides                     |
| △ Earthquakes & tsunamis | △ Seasonal storms                |
| △ Floods                 | △ Storm surges                   |
| △ Forest fires           |                                  |

Not sure which natural event could pose a risk to your area?  
Want to learn how to prepare for different kinds of emergencies?

**Contact the Department of Public  
Safety's New Brunswick Emergency  
Measures Organization:**

Phone: 506-453-2133 Monday to Friday: 8:30 am – 5:00 pm

Toll-free Number:

Inquiry 24 hours at 1-800-561-4034

Fax: 506-453-5513

E-mail: [emo@gnb.ca](mailto:emo@gnb.ca)

[www.gnb.ca/cnb/emo-omu](http://www.gnb.ca/cnb/emo-omu)



# QUÉBEC

## *Prepare for Emergencies*

When an emergency or disaster occurs, it is up to you to make those first, often most critical steps to make sure you and your property are safe.

There are several things you can do to help you prepare for emergencies that can disrupt your daily life and even put you and your loved ones in danger, as well as put your property's security at risk:

1. **Know the risks in your region**
2. **Prepare your family emergency plan**
3. **Get an emergency kit** to meet your family's needs for 72 hours (including water, clothing and gear)

It is up to you to be prepared for an emergency or disaster. The first to respond will be your municipality, supported by the *Organisation de la sécurité civile du Québec*. To respond quickly in an emergency, the *Centre des opérations gouvernementales* works around the clock to closely monitor any situation that may put you at risk.

For more information about risks in Québec and how to prepare, contact your municipality or visit [www.msp.gouv.qc.ca/secivile/index\\_en.asp](http://www.msp.gouv.qc.ca/secivile/index_en.asp) (click on *Prepare for Emergencies*).

### Centre des opérations gouvernementales

Phone: 418-643-3256

Toll-free: 1-866-776-8345

E-mail: [cog@msp.gouv.qc.ca](mailto:cog@msp.gouv.qc.ca)

Québec 

# ONTARIO

Emergencies can occur suddenly and without warning. Although your Community Emergency Management Coordinator (CEMC) has identified local hazards and prepared an emergency management program consistent with provincial legislation, you also play a key role in ensuring community preparedness. Emergency management begins at home with each individual ensuring they have a family emergency plan, a 72-hour emergency survival kit, and learning what to do in response to specific emergencies (e.g., severe weather, floods, fires, etc.). By being prepared, you help ensure responders can help those most in need of assistance during an emergency.

To learn how to prepare for emergencies or to find out what hazards exist in your community, contact your CEMC through your local municipal office or visit [www.ontario.ca/beprepared](http://www.ontario.ca/beprepared).

## Emergency Management Ontario

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77 Wellesley St. West

P.O. Box 222

Toronto, ON M7A 1N3

Phone: 416-314-3723

Toll-free: 1-877-314-3723

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



# MANITOBA

A mix of vast prairie landscapes, boreal forests and northern tundra provide a variety of weather issues in Manitoba, including major floods on rivers and serious thunderstorms and tornadoes. All regions are vulnerable to wildfires, severe snow storms and crippling ice storms. In Manitoba, the more common emergency situations are:

- △ Disease outbreaks
- △ Droughts
- △ Floods
- △ Hazardous materials spills
- △ High winds/tornadoes
- △ Large scale power failures
- △ Severe snow/ice storms
- △ Wildfires

For more information about natural risks and emergency preparedness in your area, contact your local government or:

## **Manitoba Emergency Measures Organization**

1-888-267-8298 toll-free

Phone: 204-945-0350 in Winnipeg

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

**Manitoba** 

# SASKATCHEWAN

In Saskatchewan, the Ministry of Corrections, Public Safety and Policing is the lead agency for the province on public safety and security. It works closely with local authorities, as well as the federal and other provincial and territorial governments, to share information and develop emergency plans and strategies to ensure the safety and security of our communities.

The two most common natural and human-caused risks and hazards that occur in Saskatchewan are floods and wild land fires. The province is also exposed to other risks and hazards, which are listed on Page 6 of this guide.

If you are not sure what risks and emergency plans exist in your area, contact your municipality or visit the Saskatchewan Corrections, Public Safety and Policing website at [www.cpsp.gov.sk.ca](http://www.cpsp.gov.sk.ca).

## **Saskatchewan Emergency Management Organization (SaskEMO)**

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Inquiry 24 hours at 306-787-9563



Government of  
Saskatchewan

# ALBERTA

Disasters often mean confusion and distress, so it is important to take the time now to know the hazards and the risks to better prepare yourself and your family.

We know in Alberta that a tornado can strike quickly with significant damage. Wildfires can threaten communities and restrict movement. Heavy rains can cause significant overland flooding. In addition to natural disasters, there are other risks such as power outages, and industrial and major transportation incidents. There is also a threat of terrorist activity. We all need to prepare for all hazards.

In Alberta, while municipalities respond first to local emergencies, it is vital to the community that you and your family are prepared for the first 72 hours to be on your own.

Alberta Municipal Affairs, through the Alberta Emergency Management Agency, is also there to help when needed. The agency assists Alberta communities to mitigate, prepare for, respond to and recover from major emergencies and disasters.

Use the list below to check off hazards that exist in your community. This will help you make a more specific emergency plan for your family and home.

- |                          |                              |                          |                                    |
|--------------------------|------------------------------|--------------------------|------------------------------------|
| <input type="checkbox"/> | Blackouts                    | <input type="checkbox"/> | Proximity to dangerous goods route |
| <input type="checkbox"/> | Earthquakes                  | <input type="checkbox"/> | Proximity to major industrial site |
| <input type="checkbox"/> | Floods                       | <input type="checkbox"/> | Severe weather                     |
| <input type="checkbox"/> | Infectious disease outbreaks | <input type="checkbox"/> | Tornadoes                          |
| <input type="checkbox"/> | Landslides or avalanches     | <input type="checkbox"/> | Wildfires                          |
| <input type="checkbox"/> | Other: _____                 |                          |                                    |

For more information on natural risks in Alberta, contact your municipality's director of emergency management or

**Alberta Emergency Management Agency**



**General information: 780-422-9000**

(Dial 310-0000 for toll-free access outside Edmonton)

**[www.aema.alberta.ca](http://www.aema.alberta.ca)**

# BRITISH COLUMBIA

British Columbia's comprehensive emergency management system promotes a coordinated and organized response to all emergency incidents and disasters. This is the framework for a standardized emergency response in the province.

Local governments lead the initial response to emergencies and disasters in their communities. They have emergency plans and maintain an emergency management organization to support the actions of first responders and public safety lifeline volunteers.

Multi-agency hazard plans for B.C. are prepared and updated regularly by the Province to ensure an effective strategy is in place to address many possible types of emergencies and disasters. The provincial emergency management structure is activated when a B.C. community or any significant infrastructure is threatened by an emergency or disaster that may require additional or specialized resources.

## B.C. Hazards

The following list contains some of the hazards in B.C. regularly monitored by the Provincial Emergency Program:

- |                             |                                |
|-----------------------------|--------------------------------|
| △ Avalanches                | △ Infectious disease outbreaks |
| △ Backcountry accidents     | △ Landslides                   |
| △ Droughts                  | △ Storm surges                 |
| △ Earthquakes               | △ Tsunamis                     |
| △ Extreme weather           | △ Volcanoes                    |
| △ Floods                    | △ Wildland fires               |
| △ Hazardous material spills | △ Wildlife/human interfaces    |

To learn more about personal emergency preparedness and hazards in B.C. contact:

### **Ministry of Public Safety and Solicitor General**

Emergency Management B.C.  
Provincial Emergency Program  
Victoria, British Columbia  
[www.pep.bc.ca](http://www.pep.bc.ca)



# YUKON

Throughout the Yukon, there are a number of different risks and potential hazards. Some locations may experience earthquakes or landslides and avalanches. Rivers and lakeshore areas are at risk of floods while almost all regions are at risk of forest fires. Power failures during winter months, severe snow or ice storms and loss of critical infrastructure are all potential emergencies.

Use the list below to check off the natural risks that exist in your region of the territory. It will help you to make a more specific emergency plan for your home.

- Earthquakes
- Floods
- Forest fires & extreme smoke
- Landslides or avalanches
- Snow storms
- Wind storms
- Winter power failures
- Other: \_\_\_\_\_

Not sure what natural risks exist in your area?  
Contact your municipality or  
visit Yukon Emergency Measures at:

## General information

Phone: 867-667-5220

[www.gov.yk.ca](http://www.gov.yk.ca)

(follow the links to Emergency Measures)

# Yukon



# NORTHWEST TERRITORIES

From the Arctic Tundra to the Boreal Forest, the Northwest Territories have several geographical zones each with its own set of risks.

Although the consequences of disasters can be similar, knowing the risks specific to your region can help you to prepare yourself better. In the Northwest Territories, flooding can occur along rivers and delta areas. Blizzards are also realities, and all communities south of the tree line are vulnerable to fires.

As the Northwest Territories does not have a power distribution network, like they do in southern Canada, the most serious risk is a power outage during the winter. Knowing what to do to protect your family from injury and the actions required to protect your home from damages caused by ruptured water and sewage pipes, heaters, and holding tanks.

The NWT Emergency Measures Organization monitors these, as well as other risks not shown below:

- |  |   |
|--|---|
|  Disease outbreaks                 |  Power outages in winter             |
|  Floods                            |  Severe storms<br>(Winter or Summer) |
|  Fuel shortages                    |  Storm surges                        |
|  Hazardous materials<br>and spills |  Wildland fires                      |
|  Landslides                      |   |
|  Other: _____                    |   |

Not sure what risks exist in your area?

Contact your community emergency coordinator, normally the Senior Administrative Officer (SAO), or you can contact:

## **Community Emergency Management**

### **Emergency Measures Organization**

5201-50th Avenue, Suite 600

Yellowknife, NT X1A 3S9

Phone: 867-873-7083 Fax: 867-873-8193

E-mail: [emo\\_coordinator@gov.nt.ca](mailto:emo_coordinator@gov.nt.ca)

[www.maca.gov.nt.ca](http://www.maca.gov.nt.ca)









# NUNAVUT

Across the vast expanse of the Nunavut territory, landscapes vary from flat tundra to rolling hills to majestic mountain ranges. Virtually all of Nunavut's isolated communities lie in coastal areas and span three time zones.

Due to the remoteness of Nunavut's communities, the impact of disasters and response to them will not be the same as in more populated areas of the country.

Potential emergencies can arise from the following:

-  Disease outbreaks
-  Fuel shortages
-  Hazardous material spills
-  Power outages in the winter
-  Severe storms (blizzards, high winds)
-  Storm surges

Your local municipality is preparing so that they can be ready to respond to emergencies. You can play a role as well by being aware of the hazards and risks that exist in and around your community and preparing appropriately. Emergency management begins at home with each individual being responsible for the safety and well-being of themselves and their family.

To learn more about the risks that exist in your area and what you can do to prepare, contact your Senior Administrative Officer (SAO), or you can contact:

## **Nunavut Emergency Management**

### **Government of Nunavut**

P.O. Box 1000, Stn. 700

Iqaluit, NU X0A 0H0

Phone: 867-975-5403 or 1-800-693-1666

Fax: 867-979-4221

[www.cgs.gov.nu.ca/en/nunavutemergency-management](http://www.cgs.gov.nu.ca/en/nunavutemergency-management)



# RESOURCES

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

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To order additional copies of this publication, call:  
1 800 O-Canada (1-800-622-6232)  
TTY: 1-800-926-9105

## Environment Canada Weather Office

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[www.weatheroffice.gc.ca](http://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.

## Safe Canada

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

Comprehensive federal, provincial, territorial and municipal safety information for all Canadians.

## Canadian Red Cross

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

613-740-1900 or check for your local branch phone number.

## St. John Ambulance

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

613-236-7461 or check for your local branch phone number.

Toll-free: 1-888-840-5646

## Salvation Army

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

416-425-2111 or check for your local branch phone number.



**IS YOUR FAMILY  
PREPARED?**

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