

Resident re-entry guide

A guide for returning to
Jasper after a wildfire.



JASPER

Community for all



Parks
Canada

Parcs
Canada



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Jasper National Park is located in Treaty 6 and 8 as well as the traditional lands of the Anishinabe, Aseniwuche Winewak, Dene-zaa, Nêhiyawak, Secwépemc, Stoney Nakoda, Mountain Métis and Métis. We acknowledge the past, present, and future generations of these nations who continue to steward the land.



Unified Command: Parks Canada and the Municipality of Jasper

The story of Unified Command on the Jasper Wildfire Complex is one of steadfast trust. Trust built on years of preparation, training, and relationships forged through earlier incidents like the Chetamon Wildfire of 2022.

To date, the Jasper Wildfire Complex is the most challenging and complex wildfire Parks Canada has ever had to manage. The category of this wildfire's natural force can only be described as humbling.

Given these conditions, the Unified Command of Parks Canada and the Municipality of Jasper will be remembered as an outstanding example of collaboration and dedication.

The common goal to keep people safe is carried by the courage and professionalism of countless first responders.

Locals came together to protect the community, each other, and the critical infrastructure of Jasper within an hour of the fires starting. The dedication to protect Jasper is supported by a united purpose and a depth of human resources and technical competency from multiple agencies. We thank and feel deeply connected to all of you.

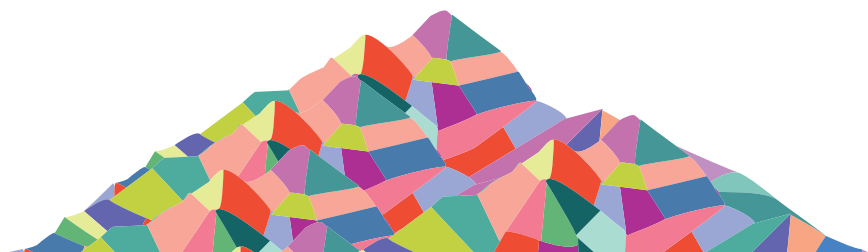
United in purpose, countless agencies are working collaboratively to protect the community and stall the wildfire. There is a Jasper because of these efforts.

The Unified Command of this fire is defined by trust. This trust was built over 20 years of preparation. The Municipality of Jasper and Parks Canada have trained incidents and scenarios every year to prepare for an incident like this. We were not perfect, that is never possible. But we worked hard, we worked together, and we did it together.

We are also united in mourning the tragic loss of Morgan Kitchen of Alberta Wildfire. We will not forget this young man and the contribution he and his team made to this park and community.

We fought a difficult battle to protect Jasper. We went through this process together, and it was hard. In the face of extreme challenge, our teams trusted in each other, with the recognition that we can do hard things when we are united in purpose.

Jasper will not be the same, but we can face the future with hope and optimism, and the same trust and collaboration as we did for the Jasper Wildfire Complex.





Friends, neighbours, Jasperites,

Thank you for your patience as we worked diligently to allow you to return safely to your community, restored to receive you.

You have now had some time to begin to come to terms with the devastating news revealed in recent weeks.

For some, you have lost homes, businesses, livelihoods. For others, the loss is reflected in losses suffered by family, by friends, by neighbours. As a community, loss to one, is loss to all.

For those who have lost so much, whose homes are gone, whose memories and treasures have been turned to ash, whose future remains so uncertain, whose hearts are breaking, my heart breaks with you.

As devastating as have been the losses, I urge you to consider what we have not lost, and what we have gained. We have not lost our opportunity to connect; we have not lost any critical infrastructure; we have not lost our town or our community. We have, and we will, suffer grievous pain, but we have not lost hope. And we have gained

strength from the outpouring of support from others, and from each other. We are strong. We are resilient. We are Jasper.

I assure you that all of Council and I are committed to supporting our community through this truly unprecedented challenge and beyond. We continue to work closely with all levels of government, organizations and agencies to ensure the needs of our community – your needs – are met.

Your resilience and strength have always been both the heart and the backbone of our community. In the coming days, weeks, and months, we will rally together and support one another: we will get through this, together, as one.

Please continue to be patient and take care of yourselves, your loved ones, and fellow community members.

This experience will continue to be tremendously traumatic for each of us and for the community. Please seek the supports you need. I encourage you to reach out to your neighbours, colleagues and friends, and to professionals as needed: share your grief; share your pain; stay connected. Seek assistance from the many supports available in Jasper. Be brave, reach out.

We will continue to stand together as one.

Where there are homes for some, there is community for all.

With unwavering support and resolve,

Richard Ireland

Mayor

Municipality of Jasper





Dear Jasperites,

As you prepare to return to our community, I want to express my deepest admiration and appreciation to all of you for your resilience, unwavering spirit and patience during this challenging time. The Jasper Complex Wildfire continues to test us all and remind us of the strength and unity that define our community.

The process of re-entering Jasper will be emotional and at times daunting. The journey home may bring mixed feelings of apprehension and relief. This resident re-entry package is designed to guide you through this transition, offering the support and information you need to ensure your safety and well-being as you return. Many of you have experienced profound loss — homes, businesses and livelihoods have been taken. The fabric of our community has changed and some of our neighbors may not be able to return right away.

Re-entry is only the first step in rebuilding. Parks Canada, the Municipality of Jasper and the Province of Alberta are already working closely on the next steps toward recovery. We are committed to ensuring Jasper residents will be closely involved as this work unfolds. Collectively, we will

bring the same dedication and spirit to this work that we have all experienced since the early hours of the wildfire on July 22.

It has been incredibly heartening to witness how Jasper, deeply loved by its residents, holds a special place in the hearts and minds of people across Canada and around the world. Those who have visited, celebrated milestone events, connected with nature, explored the backcountry, painted its landscapes, or simply found adventure and peace here have shown immense support during this difficult time. Jasper is more than a place; it is a part of countless personal stories and memories, and this global outpouring of care and concern testifies to its enduring significance.

The response to assist in the emergency from agencies across the country has also been deeply moving. Thousands of individuals are contributing to the firefighting effort, incident response and rebuilding of our community. Dedicated personnel from various provincial and national organizations and agencies are working tirelessly to protect and rebuild our community, the national park and our way of life. Their courage, dedication and generosity has been awe inspiring.

Looking forward, we have significant work to do. The road ahead may be long — I have no doubt that we will emerge from this stronger and more connected than ever before.

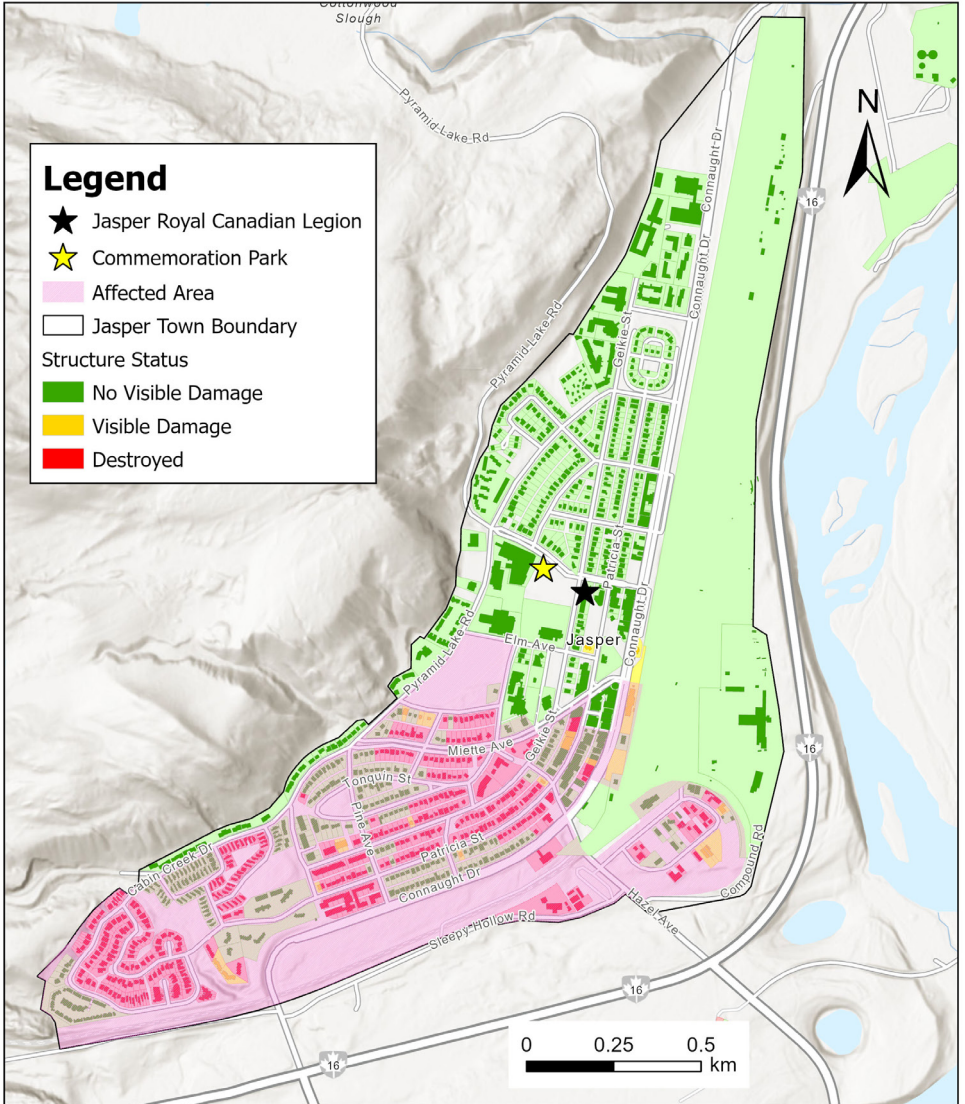
With gratitude,

Alan Fehr
Field Unit Superintendent,
Jasper Field Unit
Parks Canada

JASPER TOWNSITE MAP

Jasper Wildfire Complex

Current as of 8/12/2024



Welcome back: be safe

Your safe return is our priority. This guide provides a step-by-step process of returning home after the Jasper Wildfire Complex. Please read the Inherent dangers of re-entry activities on page 30 prior to returning to Jasper.

Re-entry vs re-occupation

Do not assume or expect that your home is ready to occupy. The damage to our town has been sporadic and not contained to one area.

This guide will help you make an informed decision based on your specific situation. We have included resources and additional supports to contact for assistance.

The recent wildfires have deeply affected Jasper and surrounding areas. We'll get through this together.

What to expect

The state of Jasper is very different now. The process of returning may be intense.

- There is significant damage and possibly triggering sights. Read about the mental health supports on page 26 before your return.
- There may be a sprinkler and other fire equipment in town.
- Things from your balcony or porch may be on the lawn or sidewalk. First responders moved these things following the evacuation order to reduce combustibles next to homes.

House status

If your house is marked red, it is unfortunately destroyed. You will have an opportunity to go through your property with a trained, volunteer professional with Team Rubicon. They will be available at the Re-entry Support Centre.





1.0 Plan your return

You are returning to a Jasper that was significantly affected by a large and aggressive wildfire. Services may be limited or unavailable for some time.

Use extreme caution, and respect signage or directions given to you by Parks Canada or the Municipality of Jasper. If you notice a fire call 911.

1.1 Re-entry support centre

There is a Re-entry Support Centre at Commemoration park with resources and information about:

- Mental health
- Utilities
- Internet
- Financial support
- Insurance
- Cleaning Kits provided by the Red Cross
- Waste management
- Alberta Health Services

Location

Commemoration park

Contact

1-800-863-6582

wildfireinfo@jasper-alberta.ca



1.2 Essential supplies

You are advised to bring essential supplies to last for up to 72 hours including food, drinking water and medication.

- Water. See information on the boil water advisory on page 15.
- Gloves
- N95 Masks*
- Boots
- Long pants
- Long sleeved shirt
- Flashlights
- Food supplies: grocery stores will be limited
- Camera/phone and charging cables
- Medications
- Cleaning kits will be provided by the Red Cross at the Re-Entry Centre

** Use N95 rated masks to filter out and reduce exposure to fine dust particles such as ash and soot. An N95 mask is the most effective to block particles from ash. An N95 mask is not the same as a dust mask. Ensure that your N95 mask is fitted properly. If an N95 is not fitted to your face properly, it's not useful for your safety.*

1.3 Medical conditions

Residents with complicated medical conditions, that could require hospital care, should not return until our hospital is fully operational. This may include:

- A chronic or acute medical condition, like asthma
- Anyone requiring regular primary care, specialist care, laboratory or diagnostic services
- Anyone more than 36 weeks pregnant or with a high-risk pregnancy
- Anyone receiving cancer treatment, dialysis or other specialized medical services
- Anyone requiring home care, home oxygen or home health supports
- Anyone recently discharged from hospital or who has had a transplant



2.0 Town and park safety precautions

The Jasper wildfire has caused significant impact to our town and park. Please return to Jasper with extra caution. We will all ensure community safety together.

2.1 Hazards

Call 911 if you see wildfire activity.

Be aware of hazards around the Jasper townsite and park:

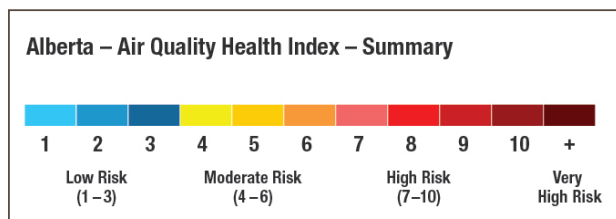
- Unstable structures, open pits, uneven ground and wet areas
- Sharp objects like nails, metal, concrete or wood debris
- Ash, soot and demolition dust
- Partially destroyed materials like cleaning products, paint and batteries
- Confined or poorly ventilated areas where carbon monoxide may be present from pumps, generators, or pressure washers
- Tight spaces that could collapse
- Propane or fuel tanks for heating or from BBQ
- Increased wildlife in the town. Call Parks Canada dispatch if you see aggressive wildlife activity 780-852-6155.
- Standing dead or burnt trees.
- Fire equipment and water tanks that are still in the area.
- Deep burning ash pits in forested areas. An ash pit is a hole in the ground filled with ash, possibly containing hot embers. They are often found near the base of trees and in areas with deep soil. If you see an ash pit, do not step in or around it.
- Fire retardants. They can make people and pets sick if ingested, cause eye irritation, dry skin, and stinging to cuts and scrapes.



2.2 Air quality

Remaining smoke and fire ash can cause breathing issues. Call Health Link at 811 prior to entry if you are concerned about the air quality and your specific health status.

Monitor Jasper's air quality with the [Alberta - Air Quality Health Index](#). We will update the Municipality of Jasper website on specific air quality.



Consider following these guidelines from the AQHI

Health Risk	Air Quality Health Index	Health Messages	
		At Risk Population	General Population
Low Risk	1 – 3	Enjoy your usual outdoor activities.	Ideal air quality for outdoor activities.
Moderate Risk	4 – 6	Consider reducing or rescheduling strenuous activities outdoors if you are experiencing symptoms.	No need to modify your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.
High Risk	7 – 10	Reduce or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.	Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.
Very High Risk	10 +	Avoid strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.	Reduce or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.

At risk individuals include:

- Individuals with breathing conditions (such as COPD and asthma)
- Individuals with existing cardiovascular conditions (such as angina, previous heart attack)
- Pregnant women
- Children seven years old and younger
- Seniors (65 years of age and older)

2.3 Area closures



There will be closures to areas of the town and park for safety and security purposes.

Please respect signage or directions given to you by Parks Canada, the Municipality of Jasper or other personnel. Doing so will keep you and our community safe.

Parks Canada Restricted Activity Order vs Area Closure

Restricted Activity Order (RAO): This is a legal document that prohibits an activity (driving, biking, stopping on the highway, camping, ATVs) in a specified location. This does not mean visitors and community members cannot access this area.

Jasper Example: [Restricted Activity: Dogs on public beaches](#)

(parks.canada.ca/pn-np/ab/jasper/bulletins/acba5056-8305-4bad-846f-23eeacd5cc50)

Area Closure: An area closure is a legal document prohibiting unauthorized personnel from entering an area.

Jasper Example: [Area Closure: Trail 7 - Grizzly and black bears frequenting the area](#)

(parks.canada.ca/pn-np/ab/jasper/bulletins/f798d5f4-afee-40ae-a9b1-ff2a5597749b)



3.0 Re-enter your home safely

No one has entered your home or property to inspect for damage inside or outside. Do not assume your home is safe to occupy.

Although your property may be standing, it doesn't mean there are no hazards. Be cautious and thorough when re-entering your home or property.

Alberta Health Services have a more detailed document about "Reopening Buildings, Homes, and Businesses After a Wildfire". Use this document if you need more information.



albertahealthservices.ca/assets/wf/eph/wf-eph-reopening-building-home-business-wildfire.pdf



Insurance Note

Standard home insurance can cover the costs for necessary repairs and cleaning from fire and smoke damage. Make sure you have a plan with your insurance adjuster and understand the process. See the full insurance checklist on page 24.

You can choose to repair or clean your house on your own. See cleaning checklist on page 18.

3.1 Boil water advisory

A boil water advisory means your tap water isn't safe to drink or use as usual.

Follow these steps:

1. Fill a pot or kettle with tap water and heat it on the stove until it reaches a full boil.
2. Let the water boil for 1 minute.
3. Turn off the heat and let the water cool. Then pour the water into a clean, disinfected container.



When you return to Jasper, there may be a boil advisory in your area. Visit the Alberta Health Services (AHS) website for up to date information. Look for “Active Health Advisories” for Jasper.

Areas with no boil water advisory

This means you can drink and use your water as you would normally. Boiling is no longer required.

Flush your water system before you use it:

- Run all cold water taps for at least 5 minutes before you use them.
- Run all hot water taps for at least 5 minutes before you use them (even if the water is not hot).
- For larger buildings (apartments/condo buildings): water flushing should be longer than 5 minutes to make sure enough water flushes through the entire building's system.

3.2 Assess outside hazards

Assess damages outside your home:

- Check the stability of the trees around your property. Any trees that have been damaged by fire or wind will need to be removed.
- Check for electrical hazards such as exposed wires.
- Avoid contact with damaged or fallen power lines and poles. If there are any hazards, contact ATCO Electric at 1-800-668-5506.

3.3 Assess structural damage

Before entering your home, be aware of structural failure or collapse.

Do not enter your home if there are any of the following signs:

- Structural damage:
 - Damaged roofs and floors that look like they may collapse
 - Damage to the foundation
 - Damage to brick or cement fireplace chimneys
 - Cracked or leaning concrete foundation
- Heat or smoke. Call the fire department as soon as possible to deal with any hot spots at 911.
- Smell of natural gas. Call ATCO Gas Emergency Line at 1-800-511-3447.



3.4 Enter safely

Follow this checklist when you re-enter your home:

- Wear the appropriate safety gear: N-95 masks, gloves, long pants and boots.
- Return during daylight hours.
- Continue to assess structural damage in each new area you go.
- Use flashlights.
- Do not use electrical appliances that may have been affected by fire. They need to be cleared by a qualified electrician.
- Keep children and pets under direct supervision. Do not allow children or pets to play in the areas damaged by the fire.
- Do not try retrieve any items or climb into small spaces to see damage.
- Wash your hands if you touch ash, soot or other unusual particles.

- Call Parks Canada dispatch if you find an animal in your home or on your property: 780-852-6155



3.5 Cleaning checklist

Now that you have assessed hazards and entered your home safely, you can start to clean. The Red Cross will have a cleaning kit available for you at the Re-Entry Centre.

You can choose to clean yourself or work with your insurance adjuster to have a professional cleaner. Read more about insurance on page 24.

- Do not throw anything away or start cleaning until contacting your insurance adjuster.
- Do not use bleach to clean areas where fire retardants have been used. Bleach can react with chemical fire retardants, resulting in toxic fumes.
- Clean all surfaces with warm water and soap.
- After your first clean, you may choose to sanitize using a mild bleach solution: one tablespoon of bleach to four litres of water.
- Wash or dry clean clothing, linens and bedding.
- Steam clean carpets, furniture and mattresses. If you find mould on soft materials, refer to the mould check list page 19.
- Clean inside cabinets, drawers and closets.
- Wipe undersides of furniture, tables and chairs.
- Clean windows and glass.
- Ensure there are no wet or damp areas of your home.
- If you find mould, follow the checklist for cleaning mould on page 19.



3.6 Mould

Call your insurance company if you find or smell mould in your home. Exposure to mould growth can be hazardous.

You can deal with mould yourself or hire a contractor through your insurance company.

Note: You should hire a contractor if you find expansive mould growth more than 10 square feet. That's about the size of a bath towel.

Mould assessment

- Conduct a visual inspection with gloves and an N-95 mask.
- Check items like carpet, drywall, and structural wood.
- Assess the extent of mould growth and the materials that are affected.

Mould removal

- Wear gloves and a N-95 mask.
- Remove mouldy materials in a sealed plastic bag.
- Remove and dispose all effected soft materials
- Remove and dispose water affected soft materials and drywall. Water affected materials can grow mould.
- Dispose of the bagged mould waste appropriately. See the waste disposal information on page 23.
- Assess items that can be saved, including:
 - Surfaces that did not absorb water
 - Fabrics that can be dry cleaned or laundered, and then bleached

Clean

- Clean and disinfect items that can be saved.
- Clean all surfaces around the mould affected areas with warm water and soap.
- Afterwards, sanitize all surfaces using a mild bleach solution (one tablespoon of bleach to four litres of water).
- Dry wet items as soon as possible.
- Use a dehumidifier to remove excess moisture.
- Open windows and use fans to circulate air.

3.7 Fridge, freezer and dishwasher

Before you assess your fridge or freezer, make sure you have a plan with your insurance provider and understand the process. Their advice may be to tape your appliance shut to remove risk of mould exposure. You ultimately will make your own choice on how to proceed.

If you find mould, contact your insurance company to see if you need to replace your fridge or freezer and if you have coverage for this. See insurance information on page 24 and mould information on page 19.

If you decide to dispose of any large appliances, see waste disposal on page 23.

Clean, disinfect, and deodorize your fridge and freezer once you have discarded the spoiled food:

- Unplug the fridge and freezer
- Rinse or blow out the coils and compressors
- To clean the inside, use soap and water and then rinse with clean water
- Sanitize the inside with a bleach/water mixture made by mixing a teaspoon of ordinary household bleach for every 4 cups of water.
- Leave the doors of the fridge and freezer open to help them dry out.
- Once the appliance is dry, reconnect the power.
- Wait until the inside temperature of your fridge has reached 4°C before restocking it with food.
- Wait until your freezer temperature is at -18°C before restocking it with food.

Note: If you are unsure of what to do, contact your insurance company. They can help you determine if you need to replace your fridge or freezer.

Dishwasher

- If you find mould, follow the mould checklist on page 19.
- Run a regular hot temperature cycle or a sanitization cycle.

3.8 Food

Discard:

- Food in refrigerators, coolers and freezers
- Open foods
- Fire or smoke damaged food

- Raw vegetables or fruits
- Foods affected by smoke
- Food in cardboard, foam or porous containers
- Canned food that is bulging, rusted, or dented
- Note: for insurance, take photos and make a list of food you throw away*

3.9 HVAC systems

Replace your HVAC filter before you use it. This includes your heating and air conditioning system. If you don't know how to replace your filter, contact a HVAC technician for assistance.

If you choose to replace your filter yourself, wear proper safety equipment (N95 mask, gloves, etc.), and throw the filter out.

3.10 Cleaning outside

Try to gather and contain ash, soot and debris. You want to prevent the spread of these materials and dispose of them safely.

- Pressure wash or scrub exterior surfaces.
- Scrape up ash and soot. Put it in plastic bags or other containers that will keep it from being spread.
- Do not use air hoses or leaf blowers.
- Wash all toys and play structures.
- Use water or biodegradable cleaners for fire retardant residue.
- Replace sand, gravel or other loose materials around playground equipment if there is visible presence of ash, soot or other debris.
- Close the windows of your home when you clean outside, to reduce dust and smoke from entering your home.

3.11 Gardens

Don't eat fruits and vegetables that were growing in your garden during the fire. They are likely smoke affected.

Garden produce/plants may be impacted by fire retardants. Dispose of garden produce potentially impacted with fire retardants.



4.0 Electricity, gas, and phone

Avoid contact with damaged or fallen power lines and poles. Contacting an energized line can seriously injure or kill you. If you see a downed power line, please stay at least 10 metres away, call our ATCO's emergency outage line 1-800-668-5506 and keep everyone safe from the area.

4.1 Electricity

ATCO has restored power to most residential customers within the town. Restoration work continues in surrounding areas including Edith Lake and at commercial and industrial sites in the region.

If you do not have power:

- First, check your main electric panel and breaker — a blown fuse or tripped breaker could be the cause.
- Simply moving any tripped switches all the way to the 'off' position and then to the 'on' position can restore power.

If that doesn't fix it:

- Call ATCO Electric's 24/7 emergency outage line: 1-800-668-5506, or
- Report the outage through the My ATCO Electricity app, or
- Fill out the online form on atco.com/wildfires.

4.2 Gas

ATCO crews will be in the community going door-to-door to restore gas service, relight your appliances and ensure they're in safe working order:

- ATCO will remove the lock when they visit your home or business.
- Find the yellow placard that is with this guide
- Place this placard in a front window that is highly visible from the street with "NATURAL GAS REQUIRED" facing outwards.
- This tells ATCO you are home and ready to receive natural gas service.
- You must be present for ATCO to enter.
- This will take approximately 15 minutes for residential customers and up to an hour for business customers.
- ATCO crews will be wearing company-issued photo identification and will visit your home or business between 9 a.m. – 9 p.m.
- If you have not been visited by ATCO crews within 48 hours of returning home, please call 310-5678 or fill out the online form on atco.com/wildfires.



** If you smell gas, leave the building immediately and call the ATCO emergency line: 1-800-511-3447 or 9-1-1.*

Consult ATCO's energization map to see the status of electricity of power and natural gas to your home or business at atco.com/wildfires

4.3 Phone

The town has working phone service. Contact your provider for more information.



5.0 Waste disposal

It is critical that you follow the local guidelines from the Municipality of Jasper about waste disposal. Your insurance provider can help you understand how to dispose of large waste.

Disposal of fridge, freezer and other appliances (white goods):

All residents, insured or uninsured, are recommended to follow the same process:



1. Scan this QR code
2. Fill out the Appliance Pick Up Request Form
3. You will receive more information on pick up scheduling and timing

Waste disposal processes are dynamic. Please visit the Municipality of Jasper website for updated information about what to do with specific types of waste.

DO NOT put any of these items on the street or curbside:

- Food waste
- Hazardous materials and anything that has been affected by hazardous materials
- Mattresses
- Large damaged things like couches





6.0 Insurance

If you have questions, contact your insurance representative or visit Insurance Bureau of Canada's dedicated Wildfires and Insurance webpage. You can also call IBC's Consumer Information Centre at 1-844-2ask-IBC (1-844-227-5422) or email AskIBCWest@ibc.ca

6.1 Key points

- Before you start any work on your property, make sure you have a plan with your insurance provider and understand the process.
- Standard home insurance can cover the costs for necessary repairs and cleaning because of fire, smoke or water damage from fire activity.
- If you want to clean and repair your property on your own, ensure you are safe and protect yourself. Talk to your insurance provider to discuss reimbursement for the work you do.
- Damage to homes will vary. There will be a different process for cleaning and restoring your home, depending on the damage.
- You can choose which service provider you hire to clean and restore your home. Your insurance adjuster may recommend a specific provider with the exact experience and equipment you need.
- Talk to your insurance adjuster before cleaning or throwing away any belongings.
- Work with your adjuster to find the solution that will work best for your situation.
- Fire and smoke damage to vehicles is covered depending on your coverage.

6.2 Insurance checklist

- If you haven't already done so, contact your insurance provider and start a claim.
- Work with your insurance adjuster. They are there to help you navigate the claims process.
- Create a list of all damaged belongings
- Photograph and videotape damage as much as possible. If available, compile photos from before and after the incident with as much information as possible.
- Collect proofs of purchase, photos, receipts, and warranties. This helps determine the make and model of damaged property.
- Keep all receipts related to cleanup.
- Ask your insurance company about living expenses coverage.

WE WILL REBUILD OUR
HOMES
BUSINESSES
DREAMS
LIVES





7.0 Mental health resources

Be gentle with yourself. This is new territory for all of us.

All Jasper residents have now experienced a degree of loss. Each person's situation is different, and so is the processing experience.

Use this checklist to reflect on how you feel while you process this intense experience:

Our mental health changes all the time. Check in with yourself often. **How are you doing?**

HEALTHY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> • My mood changes are normal for me • I sleep as much as usual • I have enough energy • My body feels well • I'm going to school or work as usual • I enjoy being with others as much as usual 	<ul style="list-style-type: none"> • I feel more nervous, sad or irritable than usual • I sometimes have trouble sleeping • I'm tired • I have muscle tension or headaches • I'm putting off tasks • I'm less social than usual 	<ul style="list-style-type: none"> • I feel angry, sad or hopeless • I often have trouble sleeping • My energy level is very low • My body feels achy or sore • I'm missing school or work • I avoid being with others 	<ul style="list-style-type: none"> • I feel very anxious • I'm easily very angry • I can't fall or stay asleep • I have no energy • I feel sick • I can't complete tasks • I'm missing school or work • I avoid being with others
<p>What to do Take care of yourself Check in with yourself</p>	<p>What to do Take breaks Talk to a friend</p>	<p>What to do Ask for help Put yourself first</p>	<p>What to do Ask for professional help Follow recommendations</p>

- Check in with yourself: where are you on the continuum?
- Create a plan on how to take care of yourself. This will allow you to take care of others.
- Use the resources available to you.
- Eat well, stay hydrated, stay active, and get enough rest.
- When you feel overwhelmed, practice deep breathing.
- Remember, you are not alone.

Supporting your children:

- Model positive coping.
- Encourage open communication.
- Maintain routines to provide a sense of normalcy.

Resources

Visit www.ahs.ca/wildfire or call the Mental Health Help Line at 1-877-303-2642.

- Alberta 211: Call or text 'INFO' to 211 or visit ab.211.ca
- Psychologists' Association of Alberta: 1-888-424-0297
- Mental Health Help Line (24/7): 1-877-303-2642
- Addiction Help Line: 1-866-332-2322
- First Nations & Inuit Hope for Wellness Help Line: 1-855-242-3310
- Crisis Text Line: Text "CONNECT" to 741741
- Text4hope: Text HOPEAB to 393939
- Health Link: 811
- Kids Help Phone: 1-800-668-6868

911

8.0 Emergency contacts

- Emergency 911
- Cottage Medical Clinic 780-852-4885
- Alberta Health Link 811
- ATCO 1-800-511-3447 / 310-5678
- TELUS Mobility *611 on your TELUS mobile phone or 1-866-558- 2273
- TELUS Internet Toll-free 1-888-811-2323
- Shaw Internet 1-888-472-2222
- Direct Energy 1-866-374-6299
- Enmax 310-2010



9.0 What's next?

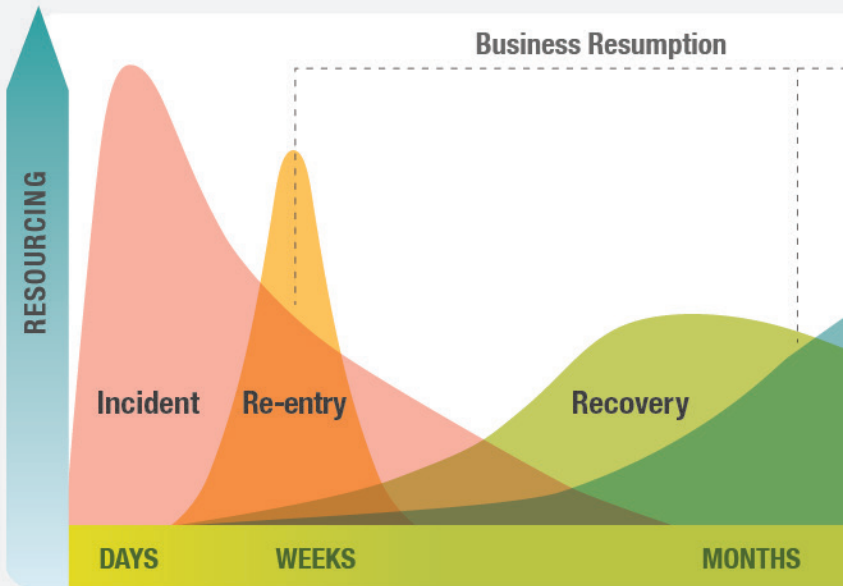
Right now, the future is unwritten.

We can all use our strengths and passions to find out what's next.

Together, we will work together and create a thriving Jasper.



JASPER COMPLEX INCIDENT TRANSITION SPECTRUM



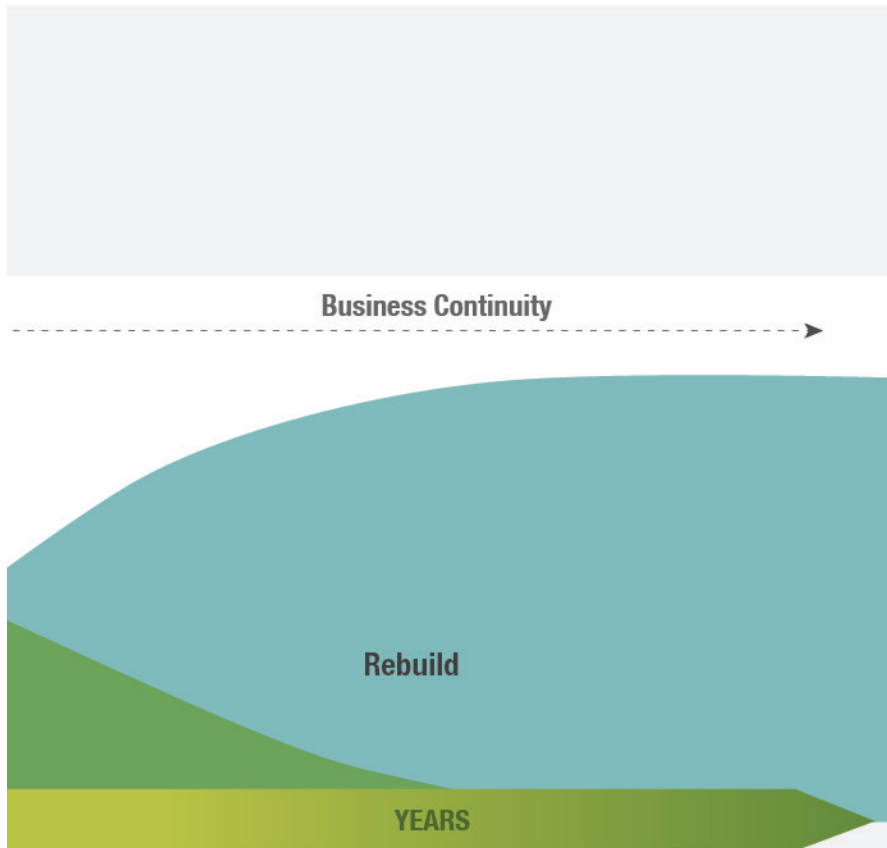
Incident:

- ◆ Lead IMT focus on wildfire attach and containment
- ◆ Beginning initial planning for re-entry

Re-entry:

Objectives:

- ◆ Coordination and management of re-entry priorities of essential services, OCAs, Residents and staff
- ◆ Air quality monitoring
- ◆ Employee and Residential supports
- ◆ Concurrent Recovery planning support operations



Recovery:

- ◆ Damage assessments, household, vehicle, hazardous waste abatement and removal and demolition
- ◆ Site reclamation
- ◆ Full service and utility reinstatement
- ◆ Insurance adjustment
- ◆ MoJ and PCA Planning & Development Policy review
- ◆ Scoping rebuild program

Rebuild:

- ◆ Temporary and mid-term housing solutions
- ◆ Identify rebuild program requirements
- ◆ Initiate and deliver capital program of work in line with Planning and Land Use policy review
- ◆ Manage stakeholder and business continuity



10.0 Statement of inherent dangers

Until otherwise advised, any access to the Municipality of Jasper and surrounding areas in general, and the conduct of any Re-entry Activities specifically, may involve inherent risks, dangers and hazards, involving all manner of injury or loss, including potentially serious or life-threatening injury or death, including but not limited to as a result of:

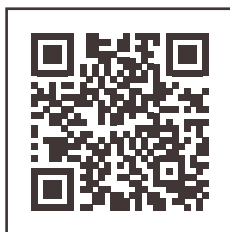
- A. The actions or negligence of emergency services personnel, other members of the public, the Municipality of Jasper or its council, employees, volunteers, agents, invitees, or representatives of any kind
- B. Additional risks arising out of the Re-entry Activities and related events and activities; and in accessing areas of the Municipality of Jasper, the public freely accept and assume all such risks, dangers and hazards and the possibility of injury, death, property damage, property loss or any other loss or expense resulting to the public
- C. As a condition of being able to undertake such re-entry activities, you are accepting that you will have no claims against the Municipality of Jasper or its employees or agents arising out of any such losses, injuries or damages.”





11.0

Thank you to the many partners who supported this incident.



jasper-alberta.ca/p/thank-you

