

Family Emergency Preparedness

WEEK

ACTION TO TAKE

1. Get a **portable container** with a lid to use as an emergency kit. A plastic storage bin or garbage can works well, particularly one with wheels. Choose an accessible location for the container near an exit, and label the container.
2. Stock your kit with a **three-day supply of water**, and don't forget to include water for your pets. You need four litres of water per person per day – two for **drinking** and two for **food preparation** and hygiene.
3. Arrange an **out-of-area phone contact person**, and keep all emergency phone numbers near each telephone.
4. Stock you kit with several varieties of canned meat and dried fruit. (**Can opener**???)
5. Get a **portable radio** and **extra batteries** for your emergency kit.
6. **Learn about hazards**. Find out what the hazards are in your **community**, and do a **home** hazard hunt to make your home safer. Secure appliances and heavy furniture, and move beds away from heavy mirrors and windows.
7. Give every family member specific safety tasks to do in an emergency. Do you have pets? Add **peanuts** and **granola bars** to put in your kit.
8. **Identify safe places** in your home and on your property. Plan and practice evacuation drills using two different escape routes from each room. Add **containers of juice or juice crystals** to your kit.
9. Stock your kit with both large and medium-sized **plastic garbage bags** (orange or yellow make good visible signals). Large bags can be used as ponchos, ground covers or blankets. Add **plastic or paper dishes**.
10. Identify a **meeting place** away from home (between work, home, and school.)
11. Add a **flashlight and extra batteries**, along with candles and waterproof matches.
12. Add some **dried soups, crackers and peanut butter** to your emergency kit.
13. Check **your insurance policies** and make records of your possessions.
14. **Prepare a first-aid kit** that includes extra prescription medication, extra eyeglasses, bandages, sterile gauze pads, tape, scissors, tweezers, antibiotic ointment, hydrogen peroxide and over-the-counter pain pills.
15. Add a **change of clothing** for each family member to your kit. Be sure to include warm clothing, heavy work gloves and sturdy shoes.
16. Add some **canned food** like stews, baked beans and vegetables to your kit.
17. Add **personal toiletry items** like toilet paper, handi-wipes, soap, detergent, toothbrush, toothpaste, comb, sanitary supplies, to your emergency kit.
18. Add **evaporated canned or powdered milk and cereal** to your kit.
19. Do you have an **Infant?**- disposable diapers, disposable bottles, formula, wipes.
20. Get a **large bucket** - tight-fitting lid to use as a toilet. Store emergency tools in it.
21. Add **freeze-dried or foil pouch food products** – meats, soups, vegetable, stews.
22. Add a **pocket knife** (Swiss army style), **cutlery, whistle, spare house/car keys**.
23. Add **sleeping bags or blankets, and water purification tablets**. (Halazone)
24. **Important documents** – wills, insurance, medical, in a fireproof/waterproof container. Add a family photo album and Genealogical back-up disk.

Important Tips for your Home Away from Home

- *Before placing a can of food in the coals of your campfire to heat, puncture a hole in the lid – or it will explode.*
- *Soap on a rope is a great option in the wild.*
- *A small nailbrush comes in handy for cleaning soil off of foodstuffs.*
- *Soap the outside of your cooking pots before using. It makes cleaning the soot off the pot much easier.*
- *Rub soap on a mosquito bite to stop the itching.*
- *Stay away from scented soaps – hair sprays, after shaves, underarm deodorants, or anything with perfume if you are allergic to bees or wasps. For cleansing under your arms, etc., use rubbing alcohol on a cotton ball or tissue, or use a baby wipe.*
- *If you think there are snakes in your area, circle your sleeping bag with rope. Am told snakes won't cross a rope.*
- *Take along a couple of different size crochet hooks. They can come in handy.*
- *A black permanent marker pen is a great aid on various occasions.*
- *Pack a box of medium-size zip lock bags to store leftovers or use to mix foods in.*
- *Save your plastic bags from groceries and use for sanitation and/or covers for foodstuff, etc.*
- *A duvet cover stuffed with grass clippings, dead leaves, or pine needles will serve as an emergency mattress.*
- *Pour a heavy concentration of salt-water on a spot of ground and the earthworms will propel themselves out of the earth. Use for fishing bait.*
- *Purchase some bright colored plastic bags for signaling in an emergency or keeping personal/family items identified.*
- *Pack some hard candy for the children. Sweets give them a feeling of contentment and security.*
- *Pack some rope, twine, or shoelaces for emergency needs – eg. Fishing line, holding tarps in place, hanging soap-and-water dispensers on a tree, etc.*
- *When mixing powdered milk, use quite warm water and add a little of the powder at a time. It will mix easier. Use a little extra powder if you plan on drinking it. Adding a little sugar makes it taste less chalky. Let it cool overnight and the children won't mind the taste.*
- *Look for asbestos oven mitts – so helpful when handling metal pots over a campfire or taking them off a hot grille.*
- *You can boil an egg in a plain – no wax – paper cup. Put in the whole egg, cover with water, and set in the coals. The water or other liquid inside the cup will keep the paper below its combustion point so that it does not burn.*
- *Rinse out empty cans and use for cooking small portions of foods like vegetables, or when preparing some baby foods.*
- *Keep plastic bags and any fuels away from the campfires, grilles, and children. You might stretch a large plastic bags over two branches and when taut use as a temporary shelf for light-weight supplies.*