

## Emergency Preparedness Resources

Participant's copy

### Know what to do during a disaster

#### 1. During a storm

- Stay away from windows, doors and fireplaces
- Consider going to a sheltered area
- If you are outdoor, look for low-lying areas away from water
- If outdoors, do not lie flat. Crouch down with your feet close together and your head down
- If you are in a car, stop the car away from trees or power lines that might fall on you. Stay there.

#### 2. During a flood

- Keep your radio on to find out what area are affected, what roads are safe, and where to go
- Keep your emergency kit close at hand, in a portable container such as back pack
- If you need to evacuate, follow the routes specified by officials, don't take shortcuts.
- Never cross a flooded area
- If you are caught in fast-rising water and your car stalls, leave it and save yourself and your passengers

#### 3. During a Blizzards

- When a winter storm hits, stay indoors. If you must go outside, dress for the weather. Water –repellent jackets, mittens and a hat.
- If your car gets stuck, remain calm and stay in your car. Allow fresh air in your car by opening the window slightly on the sheltered side- away from the wind. Run the car engine 10 minutes every half-hour. Keep your hands and feet warm by exercising them. Try to keep moving to avoid falling asleep.

### Making plans

- Sit down as a family to create a plan
- Draw up a floor plan that shows all possible exits
- Practice your plan at least once a year
- Identify two safe places to meet
- Make plans for pets
- Decide on an out-of-town contact
- Keep a copy in the emergency kit
- Make copies of important documents
- Details of special health needs such as allergies, medical conditions, medications etc
- Emergency contact list
- Keep them altogether

### Safe home: Make sure to have and know where

- Carbon monoxide detector
- Smoke alarm
- Fire extinguisher
- First aid kit
- Water, Electricity and Gas shut off

### First Aid Kit Contents

Sterile gauze pads in small and large squares	Adhesive tape	Roller and triangular bandages
Adhesive bandages in assorted sizes	Scissors	Tweezers
Safety pins	Instant ice packs	Disposable non-latex gloves
Flashlight, with extra batteries	Antiseptic wipes or soap	Pencil and pad
Emergency blanket	Eye patches	Thermometer
Barrier devices, such as a pocket mask or face shield	Coins for payphone	

### Emergency Kit (Be self-sufficient for at least 72 hours)

Water (2L per person per day)	Food that won't spoil	Manual can opener
Battery-powered radio	First aid kit	Extra keys to your car and house
Some cash in smaller bills, such as \$10 bills	Copy of emergency plan and contact information	Prescription medication
Flash light and extra batteries	Hand sanitizer	More water for cooking (optional)
Candles and matches or lighter (optional)	Change of clothing and shoes (optional)	Sleeping bag (optional)
Toiletries (optional)	Toilet paper (optional)	Basic tools (optional)
Scissors and a pocket knife (optional)	Duct tape (optional)	

### Emergency Vehicle Kit

Blanket	Candle and matches	Extra clothing and shoes
First aid kit with seatbelt cutter	Flashlight and extra batteries	Food that won't spoil
List of contact numbers	Battery powered radio	Small shovel
Water	Whistle	Road maps
Ropes	Jumper cables	

### Resources - online

**1. Alberta government – Emergency preparation**

Information for the public about current health advisories, road reports, Alberta Parks advisories, fire bans and flood advisories. Has resources on how to prepare for disasters. Can sign up for Alberta Emergency Alert. <https://www.alberta.ca/emergency-preparation.aspx>

**2. Canadian Red Cross**

First aid tips and resources, as well as wide variety of courses such as first aid at home, swimming and water safety etc. [www.redcross.ca](http://www.redcross.ca)

**3. Calgary Emergency Management Agency (CEMA)**

Many resources around emergency preparedness, especially the Emergency preparedness information for people with disabilities or special needs and for first responders who might be assisting a person with disabilities during an emergency or disaster. <http://www.calgary.ca/CSPS/cema/Pages/home.aspx?redirect=/cema>

**4. St. John Ambulance**

Offer First aid training, sell first aid kits and resources. [www.sja.ca](http://www.sja.ca)

**5. Salvation Army**

Disaster resources and offers emergency disaster services. [www.salvationarmy.ca](http://www.salvationarmy.ca)

## Resources – Phone Numbers

**1. 211 – Information and referral service in Calgary**

Free 24/7 service is available in over 200 languages, information and referral for government and community based health and social services.

**2. 311 – City of Calgary**

Free 24/7 service if you have questions or need to talk to City of Calgary for services.

**3. 411 – Directory assistance**

NOT FREE. Cost different by the telephone provider. Around \$2.50 per call. Can get a telephone number for the place you are looking for.

**4. 511 Alberta**

Free traveller information service, operated by Government of Alberta about highway conditions, roadwork, major incidents, weather alerts, availability of ferry services and waiting times at border crossings.

**5. 611 – Wireless Telephone company**

Free call to your wireless telephone company to get help with technical issues or questions.

**6. 711 – Telus Relay Service**

Free 24/7 service is for clients who are deaf, hard of hearing or experience difficulty with speech – and who use a Teletypewriter (TTY) to communicate with regular telephone users.

**7. 811 - Health Link**

Free 24/7 nurse advice and general health information in over 200 languages. Press 1 for information and 2 for a nurse.

**8. 911 - Emergency**

People with life-threatening or possible life-threatening conditions can call 911 to get an ambulance (there may be a cost), in case of fire and get help from police.