



## Are You Prepared?

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### ARE YOU PREPARED?

As the fall and winter months fast approach, we are more vulnerable to severe weather storms. With the memory of the 2006 windstorms, we must not forget how fast a simple storm can escalate into an emergency situation. Lions Bay Emergency Social Services (LB ESS), would like to take this opportunity to remind everybody that a disaster could occur any time. We don't want you to wait for an emergency to find out how unprepared you and your family might be. You should be prepared to take care of yourself and your family for a minimum of 72 hours and be able to provide shelter, first aid, food, water and sanitation during this time.

#### Why 72 hrs?

If a neighbourhood is evacuated due to a disaster where do the people go? Who will feed and shelter them? If you are stranded in town who will look after your children or pets who may be in Lions Bay? How will family members find each other? Where will people get the necessary information and support they need?

These are some of the services that the volunteers of LBESS provide at a Reception Centre, but it might take at least 72 hrs for Lions Bay ESS volunteers to assemble and set up a Reception Center. Even then, we have limited resources and therefore, it is important that each household be self sufficient for a longer period of time.

By taking a few simple steps today, you can become better prepared to face a range of emergencies anytime, anywhere. Create your own emergency plan, by using the checklists to build a 72-hour emergency kit and follow these basic steps. You will be able to better help take care for yourself and your loved ones during an emergency.

#### 1) Identify the Risks

Although the consequences of disasters can be similar, knowing the risks in our area can help you better prepare yourself for what may arise. From high winds, extended power outages, heavy snowfalls, earthquakes, slides, forest fires, dangerous spills or extended highway closures etc. they all are emergency challenges.

#### 2) Make a Plan

A family emergency plan will help you and your family know what to do in case of an emergency. Every household needs an emergency plan.

- " Safe exits from home and neighbourhood
- " Meeting places to reunite with family or roommates
- " Designated person to pick up children should you be unavailable
- " Contact persons close-by and out-of-town
- " Health information
- " Place for your pet to stay
- " Risks in your region
- " Location of your fire extinguisher, water valve, electrical box etc.



### 3) Get A Kit

An emergency kit helps ensure you and your family are ready to cope on your own for at least the first 72 hours of an emergency.

#### Basic Emergency Kit

" Water at least 2 litres of water per person per day. Include small bottles that can be carried easily in case of an evacuation order

" Food that does not spoil, such as canned food, energy bars and dried food (Remember to replace the 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

" Special items such as prescription medications, infant formula and equipment for people with disabilities

" Extra keys for your car and house

" Food and water for pets

Some cash in smaller bills, such as \$10 bills (credit or debit cards can not be used in power outages) and change for payphones as cell phones sites may be down or overloaded

" Include a copy of your emergency plan, contact and insurance information Recommended Additional Items

" Candles and matches or lighters (remember to place candles in sturdy containers and to put them out before going to sleep)

" A change of clothing and footwear for each household member

" Sleeping bag or warm blanket for each household member

" A whistle (in case you need to attract attention)

" Garbage bags for personal sanitation

" Toilet paper and other personal care supplies

" Safety gloves

" Basic tools (hammer, pliers, wrench, screwdrivers, fasteners, work gloves)

" Small fuel-driven stove and fuel

" 2 litres of water per person per day for cooking and cleaning

#### Basic Car Kit

Prepare a small kit and keep it in the vehicle

The basic kit should include:

" Food that won't spoil (such as energy bars)

" Water

" Blanket

" Extra clothing and shoes

" Candle in a deep can and matches

" Flashlight (wind-up or battery-powered)

" First aid kit with seatbelt cutter

" Warning light or road flares

" Small shovel, scraper and snowbrush



- " Reading literature to pass the time
- " Include a copy of your emergency plan and contact information

Recommended Additional Items to Keep In Your Car

- " Sand, salt or cat litter (non clumping)
- " Antifreeze, windshield washer fluid
- " Tow rope and jumper cables
- " Fire extinguisher
- " Roadmaps
- " Whistle

Remember to update your emergency plan yearly and review your contact information, practice your emergency evacuation plans, change the batteries in your smoke and carbon monoxide detectors and restock the contents of your kit.

Lions Bay ESS has put together this informational package to help you begin to prepare yourselves in the event of a disaster. Please affix the Emergency Preparedness sticker that came in the mail with the questionnaire to your Emergency Kit for easy recognition.

Thank you.