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STAY CONNECTED.

Communicating with family, friends and emergency responders during an emergency is essential. However, your everyday communication devices may not be working.

- Save your cell phone battery by keeping conversations short and to the point.
- If possible, use text messaging, email or social media as these use less bandwidth than voice communications and may work when mobile or landline phone service is down.
- Keep extra batteries for your communications devices in your emergency kit. Consider getting a solar charger for your portable devices. Conserve smart phone battery life by reducing the screen's brightness and closing apps you are not using.
- If you don't have a cell phone, keep a phone card in your kit.



Keeping Informed. Include these sites in your emergency plan and bookmark them for quick access:

- Public Safety Canada's website on emergency preparedness: www.GetPrepared.ca (mobile version, m.GetPrepared.ca)
- Canadian Red Cross: www.redcross.ca
- Environment Canada: www.ec.gc.ca
- St. John Ambulance: www.sja.ca

Keep Emergency Numbers With You. Fill in your emergency contact numbers and keep them in your emergency plan for easy reference:

Police: _____

Ambulance: _____

Fire Department: _____

Poison Control: _____

Animal Control: _____

Family Emergency Contact:

Not all surprises are welcome. Emergencies strike quickly and without warning.

FAMILY EMERGENCY PREPAREDNESS



Help Your Kids Prepare

- Create awareness: Teach your kids about natural hazards like ice storms, blizzards and forest fires – and what to do when they occur.
- Make a family emergency plan, and prepare an emergency kit together.
- Teach your kids what to do in case of a fire.
- Make sure your kids know what to do at school if an emergency happens.
- To lessen their fear and anxiety, emphasize that they are learning to be safe and involve them in your emergency readiness planning.



www.maca.gov.nt.ca



BE READY.

IT CAN HAPPEN ANYWHERE AT ANY TIME.

Storms, floods, wild fires, power failures and industrial accidents are unpredictable and difficult to control.

There are some things you **CAN** control. That's how ready you are when an emergency or a disaster happens.

If you expect the unexpected and have a plan in place, you can protect your family and your home.

The best protection you can have is a clear plan laid out before an emergency strikes. With a plan, an emergency kit and common sense, you'll be ready for anything nature blows your way.



USE THIS GUIDE TO PREPARE YOURSELF AND YOUR FAMILY FOR EMERGENCIES AND DISASTERS.

MAKE A PLAN.

1

Take 20 minutes for emergency planning! Sit down with your children and make a simple plan to follow in case of an emergency.

- Discuss responsibilities so every family member knows their role (E.g. gathering pets, locating emergency kit, contacting help).
- Make sure you have exits mapped out. If you live in an apartment building, everyone should know where the fire alarm and exits are.
- If you live in a house, one family member should know how to shut off water, electricity and gas supply.
- Label your breaker panel or main circuit breaker.
- Have a list of emergency contact numbers for fire, police and family or neighbor contacts.
- Identify training needs and have a family member trained in basic first-aid and cardiopulmonary resuscitation (CPR).
- Discuss and write down your emergency plan and stick it somewhere handy like on a fridge or bulletin board.

VEHICLE KIT

You should also keep an emergency kit in your vehicle at all times with essential items like a first-aid kit, flashlight, ice scraper and brush, shovel, booster cables, fire extinguisher, tow chain / rope, tools, sand / kitty litter, salt or traction mats, blanket, etc.



MAKE A KIT.

2

Your family should have enough essential supplies to be self-sufficient for 72-hours.

In remote communities or camps, it can take several days or longer for emergency responders to reach you. You should be prepared to be on your own for an extended period of time.

Make sure your kit is easy to carry and that everyone in your house knows where it is.

Emergency Kit Check List

- Water: at least 2 litres per person, per day
- Non-perishable food like canned goods, energy bars and dried food
- Manual can opener
- Crank or battery-powered flashlight (and extra batteries)
- Crank or battery-powered radio
- First-Aid Kit
- Hats and scarves for winter as well as hats and sunglasses for summer
- Blankets
- Basic tools like hand saw and chisel for cutting wood
- Waterproof matches
- Candles
- Extra keys (vehicle and home)
- Cash in smaller bills and change for a payphone
- Special items like prescription medications and infant formula
- Important documents like prescriptions, house insurance
- A copy of your emergency plan and contact information



Check the contents of your emergency kit every six months to ensure food and medications aren't spoiled or expired. Check and restock with weather appropriate clothing, fresh batteries, food and water supplies.