

# Preparing for an Emergency

## Could you be self-sufficient for 72 hours in an emergency?

Emergencies can occur at any time. In an emergency, response agencies focus their efforts first where the need is greatest. That is why individual emergency preparedness is so important.

It only takes four simple steps to become better prepared to face an emergency.

- Know the risks
- Make a plan
- Get or prepare an emergency kit
- [Download the SaskAlert app for your smartphone](#)

### Know the Risks

Find out what risks could happen where you live, then learn how to protect you and your family if they occur.

- |                                   |   |   |
|-----------------------------------|---|---|
| <input type="checkbox"/> Flood    | <input type="checkbox"/> Severe weather   | <input type="checkbox"/> Fire (includes house fires, grass fires or forest fires) |
| <input type="checkbox"/> Tornado  | <input type="checkbox"/> Train derailment |   |
| <input type="checkbox"/> Blizzard | <input type="checkbox"/> Power outage     |   |

### Make a Plan

What you would do in an event like the ones above, especially if you were asked to evacuate your home or if your family was separated? Your family's emergency plan should include:

**A family communications plan**

How will you get in touch with each other? Who are your out-of-town contacts that family members could reach during an emergency to connect and share information?

**List of emergency numbers**

Write down the numbers for local police, fire department, family doctor, insurance company, utility companies, and family/friends who can help you in a crisis

**Evacuation plans**

What are the two ways you could exit your house in a fire? Where would you stay if you were told to leave your home during a disaster? How would family members with special health concerns or pets be cared for during an emergency?

## Emergency Kit

Your emergency kit should be able to help your family members (including those with special health concerns and pets) be self-sufficient for at least 72 hours. You can purchase premade kits or assemble your own that you will pack in an easy-to-carry bag(s) or a case-on-wheels.

Items\* you may wish to include in your kit:

- Food (non-perishable and easy-to-prepare items, enough for 3 days)
- Bottled water (4 litres per person each day for drinking, hygiene, washing)
- A manual can opener
- Plastic plates and cutlery
- Candles and matches/lighter
- Garbage bags and zip-lock bags
- First-aid kits
- Medications and copies of prescriptions
- Hand sanitizer or moist towelettes
- Personal items (soap, toothpaste/toothbrush, shampoo, comb, etc.)
- Flashlight
- Radio (crank or battery-run)
- Extra batteries
- Sleeping bags or blankets
- Spare clothes, shoes
- Playing cards, travel games, other activities for children
- Extra car keys
- Cash
- Whistle (to attract attention, if needed)
- Photographs of each family member and pets (write their age, weight, height and other characteristics on the back)
- Items for babies and small children like diapers, formula, bottles and baby food
- Copies of important papers, such as insurance, driver's licence, passports, birth/marriage certificates, wills, etc.
- Printed procedures to shut off home utilities (water, electricity, gas)

\* *Your kit should be tailored to your family's needs. For example, you may need to develop specific plans and store emergency food and supplies for family members with specific medical conditions. The local evacuation or reception centre may not allow your pet(s) to stay with you, so you may need to develop specialized plans and have emergency food and supplies stored for each of your animals.*

Check and refresh your kit twice a year including all expiry dates and replace food and water with a fresh supply. Check batteries and replace as needed. Keep your cell phone fully charged.

For more tips and ideas to help with emergency preparedness, visit our website:

<http://www.saskatchewan.ca/residents/environment-public-health-and-safety> or Public Safety Canada at [www.publicsafety.gc.ca](http://www.publicsafety.gc.ca).