

## LOCAL resources

Many free local resources can support you in your preparation and can be useful in a disaster or crisis.

For example:

### Weather alerts

Sign up for alerts using the WeatherCAN or The Weather Network mobile apps.

### Your local fire department

Contact your local fire department to learn about their services and inform them of your needs.

### Information, support and referral phone services

Call **211** to find out what services are offered in your community for your needs (e.g., accessible transportation, home support, Meals on Wheels).

### Energy efficiency program

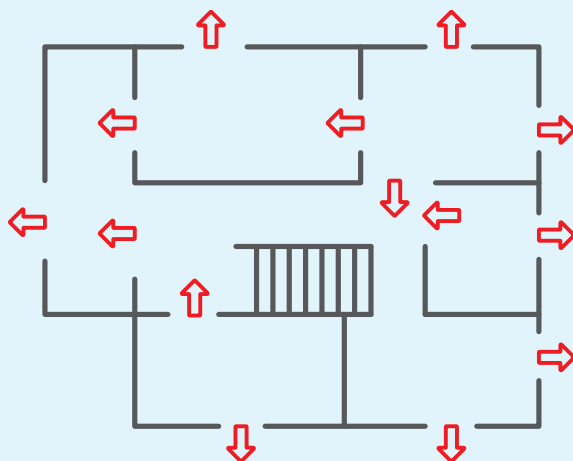
Sign up for Éconologis, a free government energy efficiency program to learn how to prepare your home for cold weather.

### Emergency, lodging and social services

Keep phone numbers on hand for organizations that provide services during disasters or crises (e.g., your municipality, The Salvation Army, Sun Youth).



## EVACUATION Plan



- ✓ Can you leave your home in less than two minutes?
- ✓ Mark the locations of primary and secondary exits.
- ✓ Mark the locations of smoke and carbon monoxide detectors, emergency kits and extinguishers.
- ✓ Indicate where to shut off the water, gas and electricity.
- ✓ Share your plan with your household.

#### Disclaimer

Canadian Red Cross emergency preparedness materials are provided for free to the public and are intended for general information only.



# BE READY

[www.redcross.ca/ready](http://www.redcross.ca/ready)

# 3 steps to preparedness

Knowing what to expect, how to prepare, and where to find the information you need can make you more resilient in a disaster or crisis.

## 1 | KNOW THE RISKS (and their consequences)

Find out what hazards are most likely to happen in your area.

The disasters and emergencies that are most likely to affect you may include:

- Winter storms
- Heat waves
- Extended power outages
- House fires
- Service interruptions
- Health emergencies

Depending on the disaster or emergencies, a number of factors can disrupt your routine.

These can include:

- Travel difficulties
- Loss of heat due to a power outage
- Lack of medical care
- Lack of food
- Social isolation
- Increased stress



## 2 | MAKE A PLAN

It is important that you and your loved ones know what to do in an emergency.

Developing strategies that are tailored to your situation and needs is important to limit the consequences that disasters and emergencies can have on you.

- Create an evacuation plan for your home (see reverse).
- Assess your situation and make sure your medical, social, and functional needs can be met.
- Determine what actions to take to build your capacity during and after an emergency.  
For example, purchase home insurance that includes coverage for disasters that are likely to affect your area.
- Establish a plan for evacuating your pets.
- Create a list of people to contact or notify in the event of an emergency.

## 3 | GET A KIT

The Canadian Red Cross recommends keeping an emergency evacuation kit and an emergency sheltering kit at home so that you are ready for any situation.

Some essential items to have for 3 days:

- Water
- Non-perishable food
- Flashlight
- Supply of medication
- Manual can opener
- Important documents

## CROSSWORD



### Down

- 1 Contract that strengthens your resilience following damage to your home after a disaster.
- 5 Action of staying safe in your home in an emergency.

### Across

- 2 Essential document that says what to do in an emergency.
- 3 Meteorological event that makes outdoor travel more difficult and falls more likely.
- 4 A person's ability to cope with difficulties and then find and maintain new stability.
- 6 Bag that contains items to meet your basic needs in an emergency.
- 7 Crucial step that helps you be ready to react if a disaster or crisis happens.