



# **E.A.P**

## Emergency Assistance Program

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**E.A.P**  
Emergency Assistance Program

**911**

**FIRE POLICE AMBULANCE FORTIS GAS LEAKS DOWNED POWER LINES**

**PHONE NUMBERS**

Air or Marine Emergency	1 800 567-5111
BC Hydro	1 888 769-3766
City of Parksville After hours emergencies:	250 248-6144
Earthquakes, Flood, Dangerous Goods Spill, Tsunami	1 800 663-3456
Telus Telephone	250 310-2255
Fortis Gas (gas odours / leaks)	1 800 663-9911

**Non-Emergency Phone Numbers:**

City of Parksville Office	
General Enquiries	250 248-6144
Fire Department	250 248-3242
Department of Public Works	250 248-5412
RCMP	250 248-6111

**Craig Bay Contacts**

<b>Beach Club:</b> beachclub@craigbay.com	
Office:	250 951-0149

# **E.A.P.**

## **Emergency Assistance Program**

*"Neighbours Helping Neighbours"*

### **Introduction**

EAP was created by the Craig Bay Residents' Association to meet the challenges of a growing population and possible emergency events that could occur in our community and area. EAP is now a sub-committee of Community Lands Committee. EAP is the organizational structure which supports the principles of emergency management and neighbours helping neighbours.

### **Why have an Emergency Assistance Program?**

The Emergency Assistance Program provides information and may be able to assist residents of Craig Bay before, during and after an emergency. During an emergency or major event, it is unlikely that individual families or structures in Craig Bay will be affected in the same way. When working in a cooperative effort, there is a much better chance of survival and quicker recovery than an individual or one family working alone.

The program encourages individual preparedness and education, coupled with some community based support in the form of first aid services, amateur radio communications, knowledgeable personnel to assist with water and or gas shutoff valves and facilitating the use of the Beach Club which is equipped with a backup generator.

### **Why Organize Ahead of Time?**

As others have experienced, after a major event, neighbours naturally come to help each other out. Experience shows that neighbours or work mates affect 95% of all support and assistance, because there is no one else available.

While EAP is NOT a first responder organization, it does assist with individual and community preparedness that will save precious time immediately following an event.

### **What is the Structure of EAP?**

EAP consists of a committee, EAP Captains and Co-Captains. Craig Bay has been divided into 34 blocks, consisting of neighbourhood units of approximately 10 to 15 residences. The organization of Craig Bay into neighbourhood units or blocks, is a vital part of the emergency planning.

During an emergency, the EAP Captains and/or Co-Captains will be asked to provide information on the status of the residents, building damage and street blockages on their block.

## Emergency Response

Craig Bay is likely to respond to three different types of emergency events:

- localized event that does not reach the level of a declared 'State of Emergency'

An example would be a temporary power outage, road blockage due to fallen debris or traffic event. In these cases, there is no immediate threat or risk to person or property and the event causes a temporary inconvenience to residents.

- State of Emergency - Shelter in Place

Declaring a state of local emergency enables local authorities in the Province of British Columbia to exercise the emergency powers listed in the Emergency Program Act. The emergency powers are utilized by the local authority to order the evacuation of residents from their homes, prohibit travel and enter private property when an emergency threatens lives, property, or the environment within the local authority's jurisdiction. Our local authorities are the City of Parksville and/or Rural District of Nanaimo. During a 'shelter in place' situation, residents are not required to leave their homes, but may face extended power outages, road closures, lack of services and or supplies.

- State of Emergency - Evacuation

An example would be an interface forest fire. An evacuation order involves the movement of people away from an immediate or perceived threat to life and safety. Depending on the nature and scope of the event, evacuations may be limited to a single building or group of buildings, or affect a large area such as a whole community. Craig Bay residents would be directed by the local authority as to when, where and how to leave the community and their homes.

EAP has established the Beach Club as a community gathering place and shelter during events NOT requiring an evacuation. The Beach Club is equipped with a backup generator that operates the building's systems during a power outage. EAP has first aid supplies and communication equipment and will attempt to provide trained personnel to assist those in need that attend the Beach Club.

For more information on the role of Local Authorities and State of Emergencies, please refer to:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/local-emergency-programs/guidelines>

The following action plan for the Committee, Captains and Co-Captains should serve as a guide for emergency events:

## **Roles and Responsibilities**

### **Committee:**

#### **Pre - Event:**

- Keep Captains informed on a regular basis.
- Keep the residents' EAP manual updated.
- Liaise with the City of Parksville / RDN Emergency Program Coordinator.

#### **During Event:**

- Relay situational information to the Local Authority, by radio if required.
- Provide community outreach as able and appropriate
- Provide community assistance at the Beach Club

### **Captains and Co-Captains:**

#### **Pre - Event:**

- Ensure that you know the names and addresses of the owners within their block.

#### **During Event:**

- Ensure your **own** safety and well being.
- Ensure the safety and well being of your family.
- Ensure the safety of your property.
- Ensure all persons in your block are accounted for.
- When all persons are accounted for, make your way to the Beach Club to pass along your observations

## Potential Events Requiring Action

When events will occur can rarely be predicted in advance. However, what type of events are more likely to occur and the level of risk associated, can be predicted through a hazard, risk and vulnerability assessment. Risk is a total concept of **likelihood** of occurrence of identified hazards and the severity of possible **impacts**. The combination of severity and likelihood is termed the **level of risk**.

In 2009, Advanced Strategic Consulting (ASC) conducted a Hazard Risk and Vulnerability Assessment (HRVA) for the Emergency Management Division of the City of Parksville Volunteer Fire Department. An HRVA is a critical part of every emergency program and is a requirement mandated by the Local Authority Emergency Management Regulation of the BC Emergency Program Act.

Based on the information obtained in the course of this assessment, ASC has assigned each hazard with a rating of *low, moderate, high or very high*,

The results of this assessment identify the following hazards as *Very High Risk and High Risk*:

### *Very High Risk*

- Earthquake

### *High Risk*

- Fire – Interface and Wildfire
- Human Diseases and Pandemic

The Risk Matrix shows the relative ranking of *all* hazards analyzed. These rankings were determined using the criteria from the Provincial Emergency Program (PEP) HRVA Toolkit and therefore may not be identical to risks assigned using other methods or criteria.

EARTHQUAKE / TSUNAMI	16
FIRE – INTERFACE AND WILDFIRE	15
EPIDEMIC – HUMAN	12
FLOOD, DANGEROUS GOODS SPILL, EXTREME WEATHER, FIRE – STRUCTURE	8
ACCIDENT – ROAD, STORM SURGE, EPIDEMIC - ANIMAL	6
EXPLOSION, PLANT – DISEASE/PEST WATER SHORTAGE	4
ACCIDENT – RAIL, ACCIDENT – MARINE DAM FAILURE	2
VOLCANO, EROSION	1

# Emergency Preparedness Check List Before the Event

## Home Hazard Hunt

**Take 20 minutes**

**Walk through your home and identify potential hazards listed below.**

- Broken and flying glass is the fingerprint of an earthquake. BEWARE! Locate beds away from windows. If considering replacing glass with safety glass or adding a protective film, ensure you have complied with the appropriate strata approval processes.
- Identify top-heavy, free-standing furniture (bookcases, china cabinets), which could topple in an earthquake. Anything over 3 feet high could be a problem. Furniture can be secured with commercially available devices.
- Identify heavy or breakable or valuable objects on high shelves or in cabinets. These can be secured or moved to lower locations.
- Identify mirrors, heavily-framed pictures, etc. which are placed over beds, couches, and chairs. These can be relocated or re-anchored securely.
- Identify electronic equipment (i.e. stereos, televisions, computers) and appliances (i.e. microwaves), which may slide off shelves or out of cabinets. Can be secured with double-stick tape, velcro fasteners, or by providing a restraining edge on the cabinet or shelf.
- Toasters, coffee pots, etc. cannot be secured with velcro pads (heat problem).
- Identify hanging plants, especially those in heavy baskets, and hanging lights that are near windows. These can be moved to a safer location or fastened securely.
- Identify latches on kitchen, bathroom and storage cabinets that will not hold the door closed during heavy shaking. These can be secured with hooks or better latches.
- Identify appliances that could move enough to rupture gas lines or damage electrical cable. These can be securely fastened.
- Strap the water heater securely
- Be sure your doorway exits will not be blocked by toppled furniture.

## **Take 10 minutes - Walk outside your home and identify potential hazards.**

- Check your roof for loose materials. Notify your strata of any repairs that may be required.
- Identify poisons, toxins, or solvents in breakable containers that are located in high or dangerous locations. These can be moved to a safe, well-ventilated storage area. Should be kept away from emergency water, food, heat sources and out of reach of children and pets.
- Identify hazards that may exist outside your home such as overhead wires or stream banks that may not be stable. You may not be able to do anything about these hazards but you and your family should be aware that these hazards exist.

## **RELOCATE ...REMOVE ...RE- ANCHOR ...BEWARE**

### **Do List:**

- .... Put shoes under bed
- .... Place flashlights and batteries near bed
- .... Identify hazards inside your home
- .... Find a safe place in each room of your house.
- .... Practice "**DROP, COVER, HOLD**" with all family members
- .... Identify hazards outside your home
- .... Prepare an emergency kit and start purchases
- .... Prepare a Grab n Go Kit and start purchases
- .... Store warm, protective clothing for each family member
- .... Consider taking a first aid course or upgrading skills
- .... Strap down your hot water tank
- .... Know your EAP Captain and Co-captains

## **Additional Preparation:**

### **Establish an Emergency Meeting Place**

If a disaster occurs during the day or on a weekend, it's unlikely all family members will be at home. Involve everyone in selecting a family emergency meeting place and a way of contacting each other. Make sure the emergency meeting location is central to the places individual family members visit most frequently.

You should also decide on a system of communication in case all family members can't get to the regular communication and transportation systems are disrupted. Participate in regular family drills and make sure every family member is part of the planning process. Update your plans regularly as circumstances changes. Always consider those with disabilities or special needs.



## Establish an Emergency Kit

Listed below are supplies recommended to address any emergency situation, with additional suggested supplies for a pandemic. Taken from the BC provincial Emergency Preparedness website June 30, 2010

- flashlight and batteries (in case the lights go out)
- radio and batteries or crank radio (so you can listen to news bulletins)
- spare batteries (for radio and flashlight)
- first aid kit
- candles and matches/lighter
- extra car and house keys, cash (including coins/cards for telephone)
- important papers (identification for everyone, personal documents), family photos
- food and bottled water (See "food list" below)
- clothing and footwear (one change of clothes per person), rainwear
- blankets or sleeping bags (one blanket or sleeping bag per person)
- toilet paper, tooth brush & paste, personal supplies, paper towel, liquid soap
- whistle (in case you need to attract someone's attention)
- playing cards, games, books, note book, pencil,

*Think of any special needs that someone in your family might have. Include any other items that your family would need. Here are some suggestions.*

### Babies / toddlers

- diapers
- bottled milk
- toys
- crayons and paper

### Other family members

- prescription medication, and extra eye glasses.  
(keep at least one week's supply of medication in your emergency kit and include copies of prescriptions for your medicine and glasses.)

### Pets

- dog/cat food, medicines, play toys, crate

### Emergency food and water kit

Have at least a three-day supply of food and water on hand. Choose ready-to-eat foods that your family likes, and that don't need refrigeration.

#### Water

- Four litres per person per day

Two for drinking and two for food preparation, hygiene and dishwashing.

#### Food – enough for at least 72 hours

- canned food: soups, stews, baked beans, pasta, meat, poultry, fish, vegetables, fruits
- crackers and biscuits
- honey, peanut butter, syrup, jam, salt and pepper, sugar, instant coffee, tea

**Replace canned food and dry goods once a year.**

More Information at: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-re-sponse-recovery/preparedbc/build-an-emergency-kit>

## Equipment

- knives, forks, spoons
- disposable cups and plates
- manual can opener, bottle opener
- waterproof matches and plastic garbage bags
- fuel stove and fuel (follow manufacturer's instructions). Latex gloves, leather palmed gloves, safety goggles Duct tape, multi-purpose knife  
Tent, tarp or plaster sheeting, 50 ft. polypropylene rope, sleeping bags Gas wrench

## Additional Emergency Supplies for a Pandemic

- thermometer
- an additional two litres of water for each person in your household — people with influenza may require more hydration
- fluids with electrolytes
- medications, including those for headaches, fever and cough.
  
- copy of the BC HealthGuide, which provides a range of information on health concerns, symptoms, home treatment and other care options. To get a copy of the 2005 English edition, visit your local pharmacy or Government Agents Office, or refer to the Guide on-line at [www.bchealthguide.org/healthguide.stm](http://www.bchealthguide.org/healthguide.stm)

## Food selection

Be sure to get

- foods you like to eat
- foods that meet any special dietary needs
- some ready-to-eat foods for use in the first 6 - 10 hours.
- foods requiring little or no water to prepare
- foods with a shelf-life of at least six months
- a variety of foods - canned, pre-packaged, dehydrated
- healthy snacks – avoid junk food
- food for your pets

## Supply Checks

- Check food supplies in April and October (when you change your clocks).
- Rotate old emergency food into your regular food supply.

## Safe Food Storage

- Keep your food supply in a cool, dry, dark place.
- Make sure the storage place is easily accessible
- Keep canned foods off the ground.
- Keep non-canned foods in rodent/insect proof containers
- Keep food away from chemicals and hazardous products

**See Appendix A for a comprehensive list of food items for your kit**

## **GRAB 'N GO KIT**

A separate grab 'n go kit for your home, office and vehicle can supplement your family emergency kit. These kits should be readily available in the circumstance of having to leave your car or premises quickly.

Have a family grab 'n go kit assembled containing:

- an extra set of keys to your house and vehicles, safe deposit box, etc.;
- copies of your identification papers (licenses, birth certificates, health cards);
- copies of all insurance policies and the contact info for your insurance agent;
- cash and banking information;
- flashlights with batteries;
- AM/FM battery powered radio with batteries;
- required medication and prescription drug information;
- information and pet supplies if taking pets along;
- things to keep children busy;
- some non-perishable food items;
- bottled water; and
- contact list: family, friends, doctor's names and phone numbers

## **STAYING INFORMED DURING AN EVENT**

•local radio stations - The Beach 88.5 FM and The Lounge 99.9 FM

•Twitter accounts:

- Emergency Management BC - @EmergencyInfoBC
- City of Parksville - @City\_Parksville
- BC Hydro - @bchydro
- FortisBC - @FortisBC

Websites:

- City of Parksville
- Emergency Management BC - <http://www.embc.gov.bc.ca/em/index.html>

## ***Emergency Preparedness During the Event***

### **Surviving Earthquakes**

#### **If you're inside...**

- o **STAY THERE** and **DROP, COVER** and **HOLD**. Dive under a sturdy desk, table or counter and **HOLD ON TO IT AND MOVE WITH IT!**
- o **CROUCH DOWN**, bracing your legs against an inner wall. Always protect your head and neck.

*Count to 60 after the shaking stops before leaving cover*

#### **Bedroom:**

##### ***When The Shaking Starts***

- o If in bed, **stay there**. Use blankets and pillows for protection.
- o Relocate or anchor heavy objects over beds

##### ***When the Shaking Stops***

Put on your shoes, take your flashlight and exit to safety.

#### **Bathroom :**

##### ***When The Shaking Starts***

- o **Stay where you are**. If in the shower or tub, drop to the bottom, turn off water, protect your head and face with shower curtain, towel or hands. Don't keep breakables in the shower or tub areas.

##### ***When The Shaking Stops***

- o Protect your feet from broken glass.

#### **Kitchen:**

##### ***When the shaking starts***

- o Get out immediately! Kitchens are probably the most dangerous rooms to be in during an earthquake. Cupboard doors will fly open, sending the contents into the room. Heated food or water can cause burns. Counter top appliances can become dangerous missiles. Refrigerators, stoves and microwave ovens can slide and crush people.

##### ***When the shaking stops***

- o When safe to do so, turn off/unplug appliances

**IF YOU LIVE WITHIN THE CRAIG BAY TSUNAMI EVACUATION ZONE, TAKE YOUR GRAB 'n GO BAG AND PROCEED DIRECTLY TO THE BEACH CLUB AFTER THE SHAKING STOPS**

**[SEE EAP MAPS](#)**

### If you're outside...

- o **STAY THERE!** Watch for downed electrical wires, stay clear of building walls. Be ready for after shocks.

#### **When the shaking stops**

- o Watch for life-threatening hazards **LOOK, LISTEN, SMELL and FEEL**
- o If evacuating, take your emergency supplies. Stay close to inner walls while in stairwells

### If you're in your Car...

- o **Stay Calm** - Steer to the roadside and stop
- o **Stay in your car.** Turn off engine and set parking brake.
- o Leave seatbelts on, turn away from windows.
- o If power lines fall on your car, stay in your car.

#### **When The Shaking Stops**

- o Drive away if possible, otherwise stay inside, wait for rescue. Proceed cautiously. Avoid bridges and elevated roadways.

### Shelter in Place Checklist

#### Look After Your Own Needs First:

##### • Gas shutoff

- o If you smell rotten eggs or hear the sound of escaping gas, go outside and call the FortisBC Emergency Line at 1-800-663-9911 (24 hours) or 911

##### • Water shutoff

- o The City of Parksville does not want householders to shut off their water supplies at the street valve. **Do this only as a last resort and only if directed to do so!**
- o Most houses have a main shut off tap somewhere inside. Locate this tap.
- o A large earthquake could damage water mains and contaminate the system.
- o Be ready to shut your connection to the town's supply to protect the usable water in your hot water tank and toilet reservoirs.

##### • Electrical shutoff

- o Don't use any electrical switches if you smell gas.
- o Locate your main electrical panel. Shut individual breaker switches off as well as the main switch. This will allow you to turn the house electrical system back on gradually, thus preventing a system overload.
- o Stand to one side when flicking the switches. They can throw sparks.
- o Turn off or unplug all appliances with heating elements or bulbs. Fires could occur if things fall onto stoves or lamps fall over.
- o Shut everything electrical off if you must leave your residence

##### • Telephones

- o Unless a life is at stake don't use any type of phone. Jammed lines can slow 911 calls.
- o **texting is usually reliable**
- o After the shaking stops, ensure that all phones are in cradles or on hooks.
- o Designate an out-of-area phone number your family and friends can call for information about you.
- o Local telephone systems may be damaged but long distance lines are often intact after a quake.

- **Sanitation**

- Earthquakes can damage the sewer and water lines. If the quake is severe, do not flush your toilet. Raw sewage may be flushed back into your water supply or into your house. Put tape over the toilet handle as a reminder.
- The Health Department recommends separating solid and liquid waste. This means urinating in a bucket and defecating in a container lined with a plastic bag.
- Toilet bowls can be lined with plastic bags or “Luggable Lous” are available for about \$20. The solid wastes should be covered with Hydrated Lime. (Available from most hardware stores).
- Untreated urine is not considered a serious health hazard, but feces are a source of disease-causing bacteria. The hydrated lime will dry out feces, reduce odour and minimize insect and animal attraction to the material. Tie the bags loosely so air can get in. These bags can be layered on top of each other in a garbage can, ready for disposal when regular pickup service is restored. Use gloves and face mask when handling hydrated lime. It can dry out skin tissue and damage lungs.
- To prevent food poisoning and disease transmission, proper hand washing is doubly important in time of disaster.

- **Water Quality**

- Water obtained from suspect sources can be treated with water purification tablets or boiled for at least two minutes.
- Emergency water supplies can be purchased in stackable containers and stored for a number of years. If they taste flat upon opening, aerate by pouring from one container to another a few times.
- Store washing water in plastic containers such as bleach jugs which are much stronger than milk jugs. Plastic containers will absorb hydrocarbon vapours. Keep them away from automotive exhaust fumes.

- **Other Sources of Safe Water**

- Ice cubes/containers of frozen water
- Liquid from canned fruits and vegetables
- Soft drinks and juice-boxes

- **Other Water Sources**

- Water in toilet reservoirs (for washing only). **Don't use “blued” water.**
- Water in your hot water tank. Drain and flush your tank every six months to reduce rust and mineral deposits. **Use water for washing only.**
- Swimming pool water. **Use for washing only.**
- Water from waterbed mattresses. **Use for washing only.**
- Ocean, stream, river and settling ponds

## **Chemical containers**

- Check chemical containers for breakage and leaks.  
If multiple containers have broken, try to clean up each chemical separately. Use rags or paper towels. Place these rags/towels in individual plastic garbage bags and tie securely.

**Fire Safety**

- o Fires and earthquakes seem to go together. Have a fire extinguisher handy and know how to use it. It may save your home, possessions and your life.
- o Remember - the fire department isn't likely to get to your house first, even if the roads are passable.

**Know when to Quit**

- o Knowing when a fire is too big to handle is important. It can take a mere three minutes to consume an entire room with fire.
- o When evacuating your home, take your fire extinguishers with you. They're a valuable neighbourhood resource.

**Know your Fire Extinguisher**

- o It's better to have several small fire extinguishers throughout your home to ensure easy access and handling.
- o Fire extinguishers should be checked annually.
- o Learn to use your fire extinguisher effectively.

## ***Emergency Preparedness During the Event***

### **EVACUATION**

If 'shelter in place' is not an option, authorities can order residents to evacuate their homes. Residents should be prepared to move to a safe area quickly.

#### ***EVACUATION IS A REALITY FOR INTERFACE / WILD FIRE SITUATIONS***

##### **Preparing for an Evacuation**

- Assemble essential items such as medication, eyeglasses, valuable papers, personal care needs in a "Grab n Go" kit ready for a quick departure.
- If transportation is needed, the individual providing the alert notification will provide you with Information regarding arrangement for transportation for you.
- Know the location of all family members and determine a planned meeting place should an evacuation be called while separated.
- Evacuate any disabled persons and children first.
- Arrange accommodation for your family, if possible. In the event of an evacuation, emergency lodging will be provided if necessary. While this lodging will probably not permit pets, the local SPCA has an emergency plan to assist. Also consider making alternate arrangements for pets at the same time.

##### **When an Evacuation Order is Given**

- You should report to the City of Parksville Reception Centre specified by Emergency workers, and register with the Emergency Support Services personnel staffing the centre. This will assist the evacuation teams to account for residents and aid in contacting friends or relatives.
- Keep a flashlight and portable radio with you at all times.
- Follow the evacuation instructions provided to you, and take everything you will require for an extended stay. The police will enforce this evacuation order.
- Do not shut off your natural gas if you receive an evacuation order. If fire or emergency officials request FortisBC to do so, we will turn off natural gas service as a precautionary measure, or if there is an immediate threat to FortisBC infrastructure. Once fire or emergency officials confirm the situation is safe, FortisBC takes a number of steps to safely restore natural gas service



## Appendix 'A'

### From the BC Emergency Preparedness Website June 30, 2010

#### **Food**

Water and food are key elements to surviving a disaster. You and your family can assemble an emergency food pack using the list below. Choose food that doesn't need refrigeration, requires little or no preparation, meets any special diet needs, is familiar to your family and is sealed for protection. Protect items from contamination by rodents, insects, humidity, ground water and variations in temperature.

Some suggested items include:

#### **Beverages:**

Water (see separate section for information)

Juices (vacuum sealed, waxed containers, 500 ml each with drinking straw)

Evaporated canned milk (120 ml cans)

Coffee, tea, hot chocolate (optional)

#### **Canned Foods:**

Prepared meats

Poultry

Seafood

Meat spreads

Sauces

Stews, baked beans, spaghetti

Vegetables

Fruits

#### **Freeze-dried Products:**

Meats

Poultry

Vegetables

Fruits

Stews

Soups

#### **Instant Foods:**

Dried soups

Sauces

Cereals

Oatmeal cookies

Crackers

Candies and jellies

Peanut butter

#### **Foil Pouch Projects:**

Stews

Sauces

Pasta dishes

### **Infant Needs:**

Check with a pediatrician or family doctor to be certain your pack contains the proper supply of nourishment.

### **Additional Food-Related Supplies:**

Bottle opener  
Can opener  
Salt (in sealed container)  
Aluminum foil  
Plastic wrap  
Sealed containers for storage  
Paper plates and cups  
Plastic bags – different sizes, include orange garbage bags which can be used as a signal flag.

### **Water**

Readily available, clean, sealed and re-sealable water for drinking and cooking is essential. Plan for at least four liters of water per person per day, two for drinking and two for food preparation, hygiene and dish washing.

There are many types of bottled water available. A supply of bottled or pouch water should be considered. Alternative water sources could include: covered wells, protected springs, contents of your hot water tank or the reserve storage tank on a toilet. \*

In an emergency situation, if no drinking water is available, liquids may be obtained from canned fruits and vegetables and soft drinks.

If you are uncertain of the safety of water that is available, find out more about the following precautions that can be taken:

- i) Boil the water - Boil suspected impure drinking water for a minimum of six minutes. \*
- ii) Purification - Drinking water may be purified with purification tablets, or small amounts of chlorine bleach or iodine. **Check with your local health authorities for more complete information.** \*

\* **Some of these sources may only provide water for cooking, hygiene and washing**

## **First Aid Supplies**

First aid supplies, and training, may mean the difference between life and death for an injured family member. It's a good idea for at least one family member to have participated in emergency first aid courses, such as those offered by the Canadian Red Cross or St. John Ambulance. You should also have a well-stocked first aid kit containing suggested supplies listed below. Include copies of all drug and eyeglass prescriptions.

### **General Items:**

Adhesive bandages, assorted sizes.....	box
Elastic bandage, 7.5 cm x 4.6 cm.....	2
Elastic bandage, 10 cm x 4.6 cm.....	2
Abdominal pads.....	2
Sterile gauze pad, 5 cm x 5 cm, 10 cm x 10 cm.....	6 each
Adhesive tape, 7.5 cm x 4.6 cm.....	1 roll
Bandage gauze (cling strip 7.5 cm).....	1 roll
Triangular bandages.....	6
Thermometer (cases).....	1
Current First Aid Manual 1 box.....	1

### **Instruments:**

Heavy-duty clothes cutting scissors.....	1 pair
Forceps, splint.....	1
Pocket knife (Swiss army type).....	1

### **Non-Prescription Items:**

Pain tablets.....	100
Anti-nausea tables.....	100
Hydrogen peroxide 3% (plastic bottle).....	500ml
Antibiotic Skin Ointment.....	15g