

Step 1 - Make A Plan

1. Talk with your family about what can happen where you live and the importance of being prepared.
2. Plan meeting places.
3. Learn your Roles in an emergency.
4. Check supplies to ensure you have enough for 3 days.
5. Tell household members where emergency contact information is kept.
6. Practice fire drills and evacuation routes.

Step 2 - Build a Kit

Build a portable kit that contains enough for 3 days and keep it in an easy to carry bag or container for transport in case of evacuation. Your kit should include water, food, first aid supplies, a change of clothing, blanket or sleeping bag, emergency tools (flashlights, radio, batteries) and special items for infants, elderly or the disabled.

Step 3 - Know the Hazards in Your Area

1. Find out what natural and technological disasters could happen in your community. Know what to expect during each disaster.
2. Ask how to prepare for each disaster.
3. Ask how you would be warned of an emergency.
4. Learn your community's evacuation routes and emergency plans.
5. Ask about special assistance for elderly or disabled persons.
6. Ask about your workplace emergency plans.
7. Learn about emergency plans for your children's school or daycare centre.