



26 Weeks To Emergency Family Preparedness

This list is designed to help you get ready for an emergency one week at a time. As you purchase or gather items together for your kit, check off the boxes in the right hand column. Also, put the date you purchased items that may go bad or expire such as water, food and batteries. Review the checklist every 6 months to make sure your supplies are still usable. Keep a copy of this list in your emergency kit and let everyone in your family know where to find it and your supplies. Involve your whole family in this process as much as possible.

<p>Week One</p> <p>Get a large portable container with a lid to use as an emergency kit. A plastic storage bin or garbage can works well, particularly one with wheels. Choose an accessible location for the container near an exit and label the container. Make sure all family members know what it will be used for and where it is. (You may also want to pack items into individual wheeled carts, carry-ons or packs to make them easier to carry by individual family members).</p>	<input type="checkbox"/> Large portable container <input type="checkbox"/> Location for container in home: _____
<p>Week Two</p> <p>Stock your kit with at least a three-day supply of water for every family member and don't forget to include water for pets. It is best to plan for four litres of water per person, per day: two for drinking and two for food preparation and hygiene. You might consider the addition of water purification tablets, which can be purchased at hardware stores or camping supply or sporting goods stores.</p>	<input type="checkbox"/> 3 day water supply Date purchased/stored: _____ <input type="checkbox"/> Water purification tablets Date purchased: _____
<p>Week Three</p> <p>Stock your kit with several varieties of packaged foods, canned meats and dried fruit. Include a manual can opener. If needed, include infant supplies such as disposable diapers, disposable bottles, formula, etc. Plan for at least a three-day supply of food for each family member.</p>	<input type="checkbox"/> 3 day food supply Date purchased: _____ <input type="checkbox"/> Can Opener <input type="checkbox"/> Infant food, diapers, bottles, etc. Date purchased:
<p>Week Four</p> <p>Arrange an out-of-area phone contact person and keep this and other emergency phone numbers near each telephone. Teach each family member these numbers. Complete the "Emergency Contact Information" wallet cards found in "Your Personal Emergency Guide."</p>	<input type="checkbox"/> Out of Area Contact <input type="checkbox"/> Wallet Cards Complete <input type="checkbox"/> Cards distributed to family members
<p>Week Five</p> <p>Add food items and supplies for pets (leash, carrier, treats, toys) to your kit. Plan for at least a three-day supply of food and water for each pet. You can purchase Pet Rescue Alert window stickers that notify others of your pet. Complete the "Pet Personality Profile" in "Your Personal Preparedness Guide."</p>	<input type="checkbox"/> Pet food and water supply Date purchased: _____ <input type="checkbox"/> Pet rescue alert sticker <input type="checkbox"/> Pet profile complete
<p>Week Six</p> <p>Get a portable crank radio and extra batteries for your emergency kit. This can be purchased at a hardware store, the Red Cross or Canadian Tire.</p>	<input type="checkbox"/> Crank Radio <input type="checkbox"/> Batteries Date purchased: _____

<p>Week Seven</p> <p>Learn about hazards. Know the hazards in your community. Find out if the area where you live is vulnerable to landslides, flooding, interface fires or other threats such as hazardous material spills. Also, do a home hazard hunt to make your home safer. Secure appliances and heavy furniture and move beds away from overhead objects like heavy mirrors and windows.</p>	<input type="checkbox"/> Risks Learned <input type="checkbox"/> Home Hazard Hunt
<p>Week Eight</p> <p>Prepare a first-aid kit that includes prescription medications, eyeglasses, hearing aid batteries, dentures, medical special needs, bandages, sterile gauze pads, tape, scissors, tweezers, antibiotic ointment, and other items such as over-the-counter pain pills. You can purchase pre-stocked kits at the Red Cross and add extra supplies based on your family's medical needs.</p>	<input type="checkbox"/> First Aid Kit <input type="checkbox"/> Special supplies/person <input type="checkbox"/> Prescriptions Date purchased: _____
<p>Week Nine</p> <p>Give every family member specific safety tasks to do in an emergency. For example, designate one person to be in charge of turning off electricity, one to collect the emergency container, one to track down family members and make sure people with disabilities or special health needs are provided for. Make sure someone is also delegated to look after any pets. You may need tools like a shut-off wrench or plumbers anti-freeze to secure water and gas lines.</p>	<input type="checkbox"/> Tasks assigned <input type="checkbox"/> List of tasks with responsible family member given to each member of family. <input type="checkbox"/> Copy of list in emergency kit
<p>Week Ten</p> <p>Identify safe places in your home and on your property (such as under stairs in case of an earthquake). Plan and practice earth-quake “drop, cover, hold” or evacuation drills using different escape routes. Know that your community may set up a reception centre for evacuees during an emergency. Identify the location of these centres. Remember that pets are not always welcomed at evacuation centers.</p>	<input type="checkbox"/> Safe Places Identified: _____ <input type="checkbox"/> Safety Drills Practiced Date of last drill: _____ <input type="checkbox"/> Family members aware of evacuation centres.
<p>Week Eleven</p> <p>Identify a family meeting place away from home but close to your regular spots (between work and home or school).</p>	<input type="checkbox"/> Safe Meeting Place: _____
<p>Week Twelve</p> <p>Add a flashlight and extra batteries, or lantern and fuel/batteries along with candles and waterproof matches to your kit.</p>	<input type="checkbox"/> Flashlight <input type="checkbox"/> Extra batteries purchased on: _____ <input type="checkbox"/> Waterproof matches <input type="checkbox"/> Candles
<p>Week Thirteen</p> <p>Continue adding foods to your emergency kit until you have at least a three-day supply for each family member. Consider adding comfort foods like candy and chocolate.</p>	<input type="checkbox"/> Extra food for each person Food purchased on: _____ Includes: _____ _____
<p>Week Fourteen</p> <p>Check your insurance policies and make records of your possessions. Complete the “Emergency Financial Kit.”</p>	<input type="checkbox"/> Insurance policies checked <input type="checkbox"/> Emergency financial kit complete Date completed: _____

<p>Week Fifteen</p> <p>Stock your kit with both large and medium-sized plastic garbage bags (orange or yellow make good visible signals.) Large bags can also be used as ponchos, ground covers or blankets. Add plastic or paper dishes and cups as well.</p>	<input type="checkbox"/> Garbage bags (large) <input type="checkbox"/> Garbage bags (medium) <input type="checkbox"/> Plastic or paper cups & dishes
<p>Week Sixteen</p> <p>Add a change of clothing for each family member to your kit. Be sure to include warm clothing, heavy work gloves and sturdy shoes.</p>	<input type="checkbox"/> Clothing for each family member <input type="checkbox"/> Warm clothing <input type="checkbox"/> Heavy work gloves <input type="checkbox"/> Sturdy shoes
<p>Week Seventeen</p> <p>Add additional canned or freeze-dried food like stews, tuna fish, baked beans and vegetables to your kit. Add evaporated, canned or powdered milk to your kit until you have at least a 3 day supply of food for each family member.</p>	<input type="checkbox"/> Canned and freeze dried foods Date purchased: _____ <input type="checkbox"/> Milk (evaporated, canned or powdered) Date purchased: _____
<p>Week Eighteen</p> <p>Register a family member in a first-aid course. Pack HELP/OK signs in your kit to display in front windows.</p>	<input type="checkbox"/> First aid training complete Date completed: _____ <input type="checkbox"/> Help & OK signs
<p>Week Nineteen</p> <p>Assemble important documents like wills, insurance papers, medical records, credit card numbers, inventory of possessions, identification, etc. Make copies and store originals in a fireproof/waterproof container that will be accessible if your home is damaged.</p>	<input type="checkbox"/> Important documents copied <input type="checkbox"/> Damage proof container <input type="checkbox"/> Location of documents: _____
<p>Week Twenty</p> <p>Add personal items such as toilet paper, handi-wipes, hand sanitizer, soap, detergent, toothbrush, toothpaste, comb, sanitary supplies, etc. to your emergency kit.</p>	<input type="checkbox"/> Toiletries -toothbrush, toothpaste, soap, toilet paper, sanitizer, etc.
<p>Week Twenty One</p> <p>Add plastic sheeting and duct tape to seal off windows and doors. This may be necessary when it is not safe to evacuate and you must shelter-in-place. This could occur during a hazardous chemical spill.</p>	<input type="checkbox"/> Plastic Sheeting <input type="checkbox"/> Duct Tape
<p>Week Twenty Two</p> <p>Get a large bucket with a tight-fitting lid to use as a toilet and put it with your emergency kit. Use the bucket to store other emergency tools like an axe, garbage bags, a folding shovel and rope.</p>	<input type="checkbox"/> Large bucket with lid <input type="checkbox"/> Axe <input type="checkbox"/> Folding shovel <input type="checkbox"/> Rope
<p>Week Twenty Three</p> <p>Add sleeping bags or blankets (foil blankets take up less space) and consider adding plastic emergency ponchos to your kit.</p>	<input type="checkbox"/> Sleeping bags <input type="checkbox"/> Plastic poncho for each person

<p>Week Twenty Four</p> <p>Add more canned, freeze-dried or dehydrated food products to your kit until you have at least a three-day supply for each family member. Add a camp stove and fuel to your kit.</p>	<p><input type="checkbox"/> Canned / dried / dehydrated foods Date purchased: _____</p> <p><input type="checkbox"/> Camp stove <input type="checkbox"/> Fuel for camp stove</p>
<p>Week Twenty Five</p> <p>Add a pocket knife, cutlery, a whistle and spare set of house and car keys. Consider adding paper, pens, markers, books, toys, and a deck of cards. Don't forget a family album and a small amount of cash to your kit.</p>	<p><input type="checkbox"/> Pocket knife <input type="checkbox"/> Cutlery <input type="checkbox"/> Whistle <input type="checkbox"/> Spare set of house and car keys <input type="checkbox"/> Cash <input type="checkbox"/> Toys, playing cards, markers, etc.</p>
<p>Week Twenty Six</p> <p>Meet with neighbours to discuss emergency preparations and the possibility of sharing items such as generators.</p>	<p><input type="checkbox"/> Meet with neighbours <input type="checkbox"/> Generator shared with: _____</p>

Notes:

Now you and your family are personally prepared for most emergencies.

Once your emergency kit is assembled and your emergency plan is in place, don't forget to rotate and replace items as they expire. Replace food and water once a year. Update prescriptions and medical needs as necessary. And most important – practice your plan and update it as your family's needs change.

For more detailed information on Emergency Planning visit www.publichealthgreybruce.on.ca and look for *Your Personal Preparedness Guide for Emergencies in Grey and Bruce Counties* and other helpful fact sheets.

Adapted from:
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