

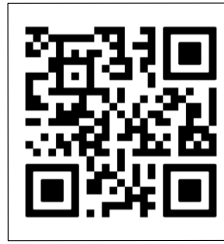
# EMERGENCY PLAN

## EMERGENCY PLANNING

Use this pocket plan to stay coordinated, even on the go. It's perfect to throw in a grab & go kit, purse, or pocket, or to leave with caregivers like babysitters or grandparents.

This plan provides a quick reference for key information like emergency kit locations, contacts, and family meeting places.

By taking small manageable steps, you can be prepared for any emergency in no time!



[TOTALPREPARE.CA/FREE-GUIDE](https://TOTALPREPARE.CA/FREE-GUIDE)

Scan the QR code or visit the url below to access your own emergency plan template. A full, customizable plan - free!

## OUT OF TOWN CONTACT

Talk to an out of town friend or relative about being your family's emergency contact. In an emergency, everyone in your household should know to call this person and tell them where they are.

CONTACT NAME

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PHONE

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ADDRESS

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Have food, water, and supplies on hand to be self-sufficient for 7 days. Visit [totalprepare.ca](https://totalprepare.ca) for DIY lists or pre-made kits.

## BUILD A KIT

This pocket plan is a great start, but for a free, comprehensive workbook visit: [TOTALPREPARE.CA/FREE-GUIDE](https://TOTALPREPARE.CA/FREE-GUIDE)

## MAKE A PLAN

Learn what hazards are in your area and how they may affect you.

## KNOW THE RISKS

## PREPAREDNESS STEPS

## MEETING PLACES

In an emergency, your home may not always be accessible. Decide on two meeting places for reunification.

In an emergency meet at:

1. HOME ADDRESS

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2. NEARBY MEETING PLACE

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3. OUTSIDE OF NEIGHBOURHOOD

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## IMPORTANT CONTACTS

Contact	Name or Account #	Phone #
Doctor		
Specialist		
Pharmacist		
Local Hospital		
Poison Control		
Vet		
Home care/attendant		
Local emergency contact		
Church leader/Counsellor		
Non-Emergency Police		
Non-Emergency Fire		
Building Manager		
Power Company		
Water Company		
Animal Control		
Neighbour		
Tow Truck		
Insurance Agent		
School/University		
Locksmith		

## HAZARDS

### Earthquake

When shaking starts - get down and cover your head and neck. Hold onto a heavy, stable piece of furniture. Avoid broken glass and power lines. Get outside once the shaking has stopped. Do not re-enter a building until it has been inspected for damage.

### Flooding

Avoid moving through flood water. Do not go near electronics in wet areas. Turn off your fuse box if still dry. Move valuables to upper stories. If your vehicle gets trapped in flood waters, abandon it and get you and your passengers to safety.

### Power Outage

Confirm if other nearby buildings have power. If not, turn off/unplug devices. Leave one inside and one outside light on. Use candles and flashlights to navigate. If you are the only home without power, flip your breaker.

### Wild Fire

If you discover a wildfire, call 911. If a wildfire is reported in your area, be ready to evacuate. Follow instructions from authorities. Turn off propane and natural gas and move propane BBQs away from structures.

### Blizzard

String safety lines to outbuildings prior to a blizzard to help in navigation. Do not leave home. If travel is unavoidable, only do so in daylight and let people know where you are going, and when you expect to get there.

### Tornado

Never travel towards a tornado. Get as low as you can. Avoid cars and mobile homes. If no shelter is available, lay down in a ditch away from possible dangers and watch out for flooding risks.

### Housefire

Keep low to the ground and evacuate. If trapped, turn on lights and blast music if possible. Wave from a window to alert rescue. If unsure of the fire's location, test doorknobs with the back of your hand prior to opening.