

# **Alberni-Clayoquot Regional District**



## **Emergency Program**

# **52 Weeks To Being Prepared!**

**“Surviving a Disaster is Everyone’s Business”**

In your busy day-to-day life, disasters may seem an impossible occurrence. Yet disasters such as floods, earthquakes, tsunamis, major storms, fires, chemical spills and power failures can strike any community, including those within the Alberni-Clayoquot Regional District, at any time.

It is normal to be afraid of disasters, however, fears and anxieties are decreased by being prepared and knowing what to do before disasters happen. Peace of mind can be increased by knowing you have essential supplies on hand and are prepared to be on your own for at least 72 hours or even seven days.

The following is a 52-week emergency preparedness plan that will assist you and your family prepare to be self-sufficient immediately following a disaster. No community is prepared to handle all the demands of a catastrophe but helping yourself will help your community. Set up a family meeting this week to discuss how you can best prepare for a disaster.

**If you are able to do more than one week’s planning at a time,  
you will be prepared for an emergency sooner than  
52 weeks!!**

**Week 1:** **Disaster kit containers:** you can use either a separate container for each member of the family or a number of larger containers to use for the family as a whole (plastic bucket, backpack, suitcase, box, etc.) and set up ways of transporting the containers (wagon, luggage rack, grocery cart, etc.). If you use a separate container for each member of your family, designate one container as the “main” container as some weeks you will be adding items only to one container. Find an accessible location for the containers (one which is close to an exit) and inform all family members of their location.

**Week 2:** Create a menu for every meal for every day. Then use the menu to determine what food items you need to include in your disaster kit.

**Week 3:** Post **emergency phone numbers** near each telephone and instruct all family members on the use of these numbers. Also post your street address by every phone at home. Designate the number of a relative or friend who lives outside the province as your family’s contact. After the disaster, it is often easier to call out of the region as the local phone lines might be tied up.

**Week 4:** For each family member, add: 1 can soup, three small packages of crackers and eating utensils (knife, fork and spoon).

**Week 5:** Plan and practice family **evacuation drills** using two different escape routes from each room and meeting at a pre-appointed location. Consider placing an escape ladder on the second floor of a two-story home. For each family member, add: 1 small can opener, 1 can prepared meat and 1 box/package raisins or other dried fruit.

**Week 6:** For each family member, add: 3 granola bars, 3 juices boxes (apple, orange or tomato which are in vacuum sealed, waxed containers with a drinking straw).

**Week 7:** For each family member, add: 2 large plastic bags (to be used as a poncho, ground cover, blanket, for trash, waste or water protection), 6 medium plastic bags, a plastic cup and dish and 6 to 10 small paper plates.

**Week 8:** For each family member, add: 1 small package tissues, 1 can nuts (almonds, peanuts, cashews, sunflower seeds, etc.), small containers of nut butter (peanut, almond, cashew, etc.) and honey, jam, salt, pepper and sugar.

**Week 9:** For each family member, add: underwear, socks, shirt, pants, sweater, hat, work gloves (for those who might be helping with cleanup), jacket and sturdy shoes.



**Week 10:** Store four litres of **WATER** per person per day (include additional water for any pets). You might want to consider a separate means of transporting the water for the whole family.

**Week 11:** For each family member, add: ½ pound instant powdered milk, 1 envelope powdered juice drink (Tang, etc.), 1 can evaporated milk (120 ml), 1 container “shelf” milk (500 ml).

**Week 12:** For each family member, add: 3 sticks jerky and 3 cans fruit (applesauce, peaches, pears, etc.).

**Week 13:** For each family member, add: 1 package trail mix, 1 can vegetables and vitamin-mineral supplement tablets (enough for seven days).

**Week 14:** For each family member, add bedding. This could be a sleeping bag or two blankets, 2 cloth sheets and two plastic sheets for ground cover, instead. In practicing your family evacuation drill, train family members to quickly roll up sheets and blankets together as they get out of bed and bring these with them as they leave their rooms.

**Week 15:** If you have an infant in your family, you need to create an infant disaster kit which might contain: disposable diapers, baby wipes and diaper rash cream, baby soap, formula, disposable bottles and nipples, warm sleeper, warm blanket, hooded jacket, baby food for three to five days, crackers, pacifier, teether, baby aspirin, Vaseline, changes of clothing, duplicates of favourite toy(s).

**Week 16:** For each family member, add: brush and/or comb, toothbrush and toothpaste, shampoo, deodorant, flashlight and batteries.

**Week 17:** For each family member, add: 6 safety pins of assorted sizes, 1 towel, 1 washcloth, 1 small bar of soap and soap dish, battery or wind-up watch or clock.

**Week 18:** For each family member, add: 1 tube of chapstick, spare eyeglasses/contact lenses and cleaning solutions, 10 quarters for phone calls, one lightweight foil blanket.

**Week 19:** For each family member, add: 6 individually wrapped handiwipes, 15 paper towels, toilet paper rolled up.

**Week 20:** For each family member over 12 years of age, add: 12 waterproof matches or 12 matches waterproofed with paraffin or nail polish and a piece of sandpaper for striking, 1 candle in jar, 1 small pocketknife or paring knife.

**Week 21:** For each family member, add: 1 package rice cakes, paper and pencil, 1 small game (Uno, etc.). Fill out medical release form for each minor child in family and put in appropriate containers.

**Week 22:** For each family member, add: 1 can baked beans, 1 can spaghetti in sauce and 3 fruit rolls or fruit leather.

**Week 23:** Add to **ONE** container: 10-20 foot length of rope, water purification tablets or medicine dropper, small bottle of liquid chlorine bleach (odourless), dust masks and eye protectors.

**Week 24:** Add to **ONE** container: sunscreen, insect repellent, hand lotion, fingernail clippers, nail file, small bottle of aspirin, Tylenol or Advil.

**Week 25:** Add to **ONE** container: battery-operated radio with extra batteries and favourite family book(s).

**Week 26:** Add to **ONE** container: mirror (if desired), razor and shaving cream (if desired), cotton swabs, sore throat lozenges, hydrogen peroxide, alcohol, bandages, adhesive tape.

**Week 27:** Add to **ONE** container: diarrhea remedy, elastic bandage, gauze bandages, ipecac syrup, upset stomach remedy, 6 gauze pads.

**Week 28:** Add to **ONE** container: scissors, tweezers, triangular bandage, needle and spool of thread, cotton.

**Week 29:** Add to **ONE** container: first aid guide, sanitary pads (to stop bleeding), burn medication, personal medications, prescriptions including prescriptions for glasses and contact lenses (put personal prescriptions in that person’s container rather than keeping all prescriptions in one container).

**Week 30:** Get a large bucket with a tight-fitting lid to be used as a toilet (some of the family’s preparedness equipment could be kept inside), a folding shovel and an axe.

**Week 31:** Add to **ONE** container: small container of detergent, dishpan, screwdriver, a pair of pliers.

**Week 32:** Add to **ONE** container: small hammer and nails, electrical tape, adjustable wrench, signal flares.

**Week 33:** Add to **ONE** container: spare car and house keys, spare glasses, etc., needle and spool of thread, whistle on a string.

**Week 34:** Assemble in accessible place for quick evacuation: copies of personal documents (genealogy, religious documents, will, insurance papers, contracts, financial records, passports, medical records, inventory of possessions and picture negatives).

**Week 35:** Beside each bed, place a flashlight (with tested and working batteries) and a sturdy pair of shoes.

**Week 36:** Obtain a container (duffel bag, plastic container, backpack, etc.) to use as an emergency car kit and put in: booster cables, tools, ice scraper and brush.

**Week 37:** Add to the emergency car kit: first aid kit, first aid manual and any required medications.

**Week 38:** Add to emergency car kit: foil blanket, folding shovel, sand or kitty litter, tow chain.

**Week 39:** Add to emergency car kit: warning light or flares, fire extinguisher (5 lb., ABC-type) and tire repair kit and pump.

**Week 40:** Add to emergency car kit: bottled water (at least 4 litres) and high energy foods, such as granola bars, raisins and peanut butter.

**Week 41:** Add to emergency car kit: flashlight and spare batteries, candles and waterproof matches.

**Week 42:** Add to emergency car kit: toilet tissue, towellettes, baggies, coins (pay phones), pen/pencil and paper.

**Week 43:** Teach all members of the family how and when and if to turn off electricity, water and natural gas (only if you smell or hear the gas) to the house.

**Week 44:** Set aside the following tools in an easily accessible location: crescent wrench, shovel and/or broom and wire cutters.

**Week 45:** Add to tool location: screwdrivers, duct tape, a roll of plastic tape, strong, all-purpose work gloves.

**Week 46:** Create a personal hygiene kit for each member of the family in a large zip-lock bag:

**Week 47:** Create a “recreation kit” for each member of the family that might include: reading materials, cards, games, stuffed animals, etc.

**Week 48:** For each family member, add: 1 can poultry, seafood or meat spread and 1 can vegetable and meat stew.



**Week 49:** For each family member, add: 3 pouches instant dried soup, coffee, tea and/or hot chocolate.

**Week 50:** For each family member, add: 3 small packages of cereal, 2 packages of cookies, 3 rice cakes and a supply of candies and jellies

**Week 51:** A basic disaster kit should be made up for any family pets. This Pet Kit could include: a carrier for each pet; ID, photo, vaccination records, registrations, special needs list, sufficient medicines and a muzzle/leash; an extra supply of pet food; bowls, can opener, kitchen trash bags, bleach (disinfectant and water purification), kitty litter, blankets, towels, paper towels, and other waste disposal supplies.

**Week 52:** Gather your family together and review your emergency evacuation procedures and the contents of your disaster kit and emergency car kit. Replace any food items or bottled water as needed, check batteries and smoke detectors.

**Remember** to go through your disaster kits at least once a year, if not twice (when you change your clocks in the spring and fall, check smoke detector batteries, change water supplies and recycle disaster kit supplies).

Some additional items you might want to add to your disaster kit:

▪ bottle opener	▪ survival book	▪ aluminum foil	▪ plastic wrap
▪ sealed storage containers	▪ paper plates and cups	▪ liquid dish soap and dishcloths	▪ barbecue or camp stove
▪ pocket knife	▪ cooking fuel	▪ lightweight mess kit	▪ SOS pads
▪ wooden spoons	▪ sharp kitchen knife	▪ pot, pan and covers	▪ oven mitts
▪ goggles	▪ hard hat	▪ duct tape	▪ crow bar
▪ safety vest	▪ emergency flares	▪ dust mask	▪ head light
▪ tarps	▪ poly rope	▪ campers tool	▪ survival kit in a can
▪ waterproof pouch	▪ camper’s knife	▪ can saw	▪ rescue bag
▪ survival pack	▪ replacement pellets	▪ emergency stove	▪ tube tent
▪ sledge hammer	▪ glo stick	▪ survival food packet	▪ solar powered radio
▪ 36-hour candle	▪ emergency light	▪ hand warmer	▪ ID bracelets
▪ leather palmed gloves	▪ water purification tablets		

## **During a disaster is not the time to plan**

The goal of the Alberni-Clayoquot Regional District Emergency Program is to help every resident prepare a plan to minimize the effects of a disaster, whether it is a flood, fire, earthquake, tsunami or any other disaster that might affect its residents.

Learn how you and your family can prepare to deal with the aftermath of a disaster. After a disaster, you may have to look after yourself for 72 hours or more until services and supplies are restored. You may have to leave your home and go to an ESS Reception Centre for assistance with food, clothing or lodging.

## **Being prepared is your responsibility**