



ALBERNI VALLEY EMERGENCY PROGRAM PREPARE! PREPARE! PREPARE!

A sudden emergency is very stressful and often there is little time to react. Being prepared and knowing what to do, *before a disaster strikes* will help reduce anxiety, improve reaction time and enable you to respond safely and effectively when it matters most.

Most emergencies happen with little or no warning and when an emergency strikes, it's too late! Follow these steps to protect your home and family.

It's as simple as 1, 2, 3!

1. Make a Plan
2. Build a Kit
3. Be Informed

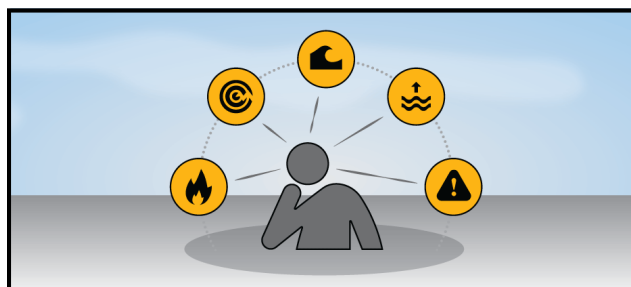


Make a Plan

Know your Risks

In order to create an effective emergency plan, you need to know what you're planning for. Knowing which hazards to prepare for is the first step towards an effective emergency plan. In the Alberni Valley, the hazards that are most likely to occur are:

- ✓ Earthquake
- ✓ Wildfire
- ✓ Tsunami
- ✓ Severe weather
- ✓ Floods
- ✓ Disease Outbreak
- ✓ Hazardous Material Spills



Develop an Emergency Plan

Every home should have a family emergency plan! However, plans are not one-size-fits all. Just as families are unique, so too is your emergency plan. Include your family members in the discussion and customize a plan that is right for you.

Emergency plans are plans of action! Creating a plan means you'll know what to do, where to go and how to contact loved ones if you are separated. Plans include:

- ✓ A designated meeting place
- ✓ Contact information for family members, friends, neighbours as well as your out-of-area contact
- ✓ Sources of emergency information and updates: websites, social media sites and radio stations
- ✓ Health information: care card numbers, list of medications & other specific health-related documents
- ✓ Copies of important documents: insurance policies, passports, licences, wills, birth and marriage certificates, banking information, personal identification
- ✓ Understand your household utilities: Do you know where your electrical panel, water valve, and gas valve are located? Do you know how to turn them off? Learn how to turn off your utilities in case of leaks or if you're instructed to do so.



Take into consideration, special details that are specific to your family:

- Do you have young children?
- Are you caring for seniors or people with a disability?
- Who can pick up your kids from school?
- Will your neighbours need support?
- Do you have pets?

Download a fill-in-the-blanks emergency plan workbook and customize it for your family:

www.preparedbc.ca/emergencyplan.

Insurance

Obtaining house or renters insurance is the single most important step to take to prepare for an emergency!

House Insurance

Owning a home is likely your largest single financial investment and losing your house without having insurance coverage would be financially devastating to most families. Insurance is a critical part of a good emergency plan! It will help protect your assets and household contents from unforeseen risks and in the event of an evacuation order most plans also provide coverage for living expenses for a specified time.

Renters Insurance

Protect your belongings and valuables! This insurance policy is designed for people who rent their accommodation, whether it is a house, condo, apartment or basement suite. Landlords are responsible for insurance on their building but that coverage does not extend to cover any renters personal property or liability. Renters insurance is an affordable way to protect your personal belongings as well as your personal liability exposure.

Grab-and-Go Bags & Emergency Kits

What is the difference between a Grab-and-Go Bag and an Emergency Kit?

An emergency kit is a collection of tools and supplies that would be used if you have to stay home during an emergency like an earthquake, severe storm or hazardous material spill. It contains what you need to keep everybody in your home safe and comfortable for 3 – 7 days.

Some emergencies, such as house fires, wildfires, floods and tsunamis will require you to leave your home, often with very little notice. A grab-and-go bag is a smaller version of your emergency kit that can be carried with you during an evacuation. Each person in your home should have their own customized bag that is ready to grab-and-go in the event of a quick evacuation.

It is important that both these supplies are easily accessible and customized to fit the needs of your family.

GRAB-AND-GO BAGS

Be ready to evacuate with all the items you need to help your Family and ease your recovery. Each person in your home should have their own bag, customized for their needs.

A basic list includes:

- ✓ Food and water
- ✓ Phone charge & battery bank
- ✓ Hand-cranked radio
- ✓ Battery-powered or hand-cranked flashlight
- ✓ Medication & list of current medications
- ✓ Seasonal clothing
- ✓ Cash, in small bills
- ✓ First-aid kit
- ✓ Toiletries & hygiene items
- ✓ Comfort items
- ✓ Personal items such as glasses, contact lenses
- ✓ Copies of important documents: such as your emergency plan, insurance policies, personal identification, family medical information etc.
- ✓ Thumb drive (memory stick) with family photos, photos of house (inside and out) and other personal and valuable documents
- ✓ Contact list of family members, friends & neighbours as well as contact information for trusted sources of emergency updates



Once you have collected the basics, then consider the additional needs of your household. Do you have pets? Do you have young children? Are you caring for seniors or people with disabilities? Customize each person's bag to meet their needs.

For more information, visit: www.preparedbc.ca/grab-and-go.

EMERGENCY KITS

Be prepared to stay home for several days without power and running water. Gather the supplies that will support your household for a minimum of three to seven days and store your kit in an easy-to-access location.

FOOD & WATER

- ✓ Water (4 litres per person/ per day)
- ✓ Food (non-perishable)
- ✓ Manual can opener
- ✓ Plates and utensils
- ✓ Water purification tablets
- ✓ Alternate cooking source and fuel

HEALTH & PERSONAL HYGIENE

- ✓ First aid kit
- ✓ Medication & list of current medications
- ✓ Seasonal clothing – save a few items from your donation pile!
- ✓ Glasses, contact lenses and solution
- ✓ Toiletries: toothbrush, toothpaste, toilet paper, tissue – travel size items work great!

SAFETY & SANITATION

- ✓ Hand sanitizer
- ✓ Mask
- ✓ Whistle
- ✓ Emergency blanket / sleeping bag
- ✓ Sturdy shoes / boots
- ✓ Work gloves
- ✓ Garbage bags (for waster or rain protection)
- ✓ Anti-bacterial wipes
- ✓ soap

MISCELLANEOUS

- ✓ Map of the area or visitor's guide
- ✓ Cell phone, charger and battery bank
- ✓ Cash, in small bills
- ✓ Notepad & Pencils/ pens
- ✓ Tent
- ✓ Playing cards, puzzle books & other recreational items
- ✓ Extra house and car keys

SPECIALIZED ITEMS

- ✓ Infant items: formula, food, bottles, diapers
- ✓ Children's toys
- ✓ Pet items: food, leash, harness, carrier, medications, toys, treats, water, food dishes
- ✓ Dentures
- ✓ Medical devices
- ✓ Mobility assistance items
- ✓ Comfort items: blankets, toys, photos, stuffed animals, colouring books

TOOLS & EQUIPMENT

- ✓ Battery-powered or hand-cranked radio
- ✓ Battery-powered or hand-cranked flashlight
- ✓ Extra batteries
- ✓ Candles & waterproof matches / lighter
- ✓ Multi-purpose tool
- ✓ Multi-blade knife
- ✓ Shovel
- ✓ Hammer
- ✓ Wrench (for shutting off valves)
- ✓ Duct tape
- ✓ Rope

IMPORTANT DOCUMENTS & VALUABLES

- ✓ Copies of insurance policies
- ✓ Copy of your emergency plan
- ✓ Personal identification / passport
- ✓ Digital copies of photos
- ✓ Contact information for family, friends and neighbours
- ✓ Your out-of-area contact's name and number
- ✓ List of trusted sources of information, support resources and emergency numbers
- ✓ Photos of house (inside and out)
- ✓ Family medical or personal information
- ✓ Memory stick with digital copies of important documents

Don't forget to plan for your pets! Start by adding their name, breed, medical history (including vaccinations) and a photo to your emergency kit. Include all the items they will need into your kit.

Stay Informed

COMMUNICATION & TRUSTED SOURCES

Stay informed and get the right information, when you need it the most! Knowing where to get trusted, accurate information is a critical.

- ✓ Albemni Valley Emergency Program Facebook page: [Albemni Valley Emergency Program @AVEmergencyProgram](#). This site will provide emergency updates, information and instructions
- ✓ Register for Voyent Alert to stay informed at all times! Sign up to receive emergency updates, critical information and helpful instructions from Alberni Valley's Emergency Notification system. Download the app on your mobile phone or register now at: www.acrd.bc.ca/voyentalert. It is free, anonymous and simple to register.
- ✓ ACRD Twitter: @ACRDgov
- ✓ City of Port Alberni Facebook page: [City of Port Alberni Local Government @CityofPortAlberni](#)
- ✓ 93.3 The Peak – listen to the radio or follow them on Facebook [93.3 The PEAK](#) or on [Twitter: @933thepeak.com](#)
- ✓ AV News Facebook: [Albemni Valley News @AlbernValleyNews](#)
- ✓ EmergencyInfoBC at <https://emergencyinfobc.gov.bc.ca> or Twitter: @EmergencyInfoBC
- ✓ DriveBC at www.drivebc.ca or Twitter: @DriveBC

*Stay informed! Stay connected! Stay safe!
These sites will provide evacuation information & instructions during an emergency.*

ADDITIONAL RESOURCES:

DriveBC - for current updates on highway conditions and road closures: www.drivebc.ca or Twitter @DriveBC

EmergencyInfoBC – for information on evacuation orders and alerts: Twitter @EmergencyInfoBC or <https://www.emergencyinfobc.gov.bc.ca/>

PreparedBC – for emergency preparedness resources and helpful information: <http://preparedbc.ca> or Facebook @PreparedBC

BC Wildfire Service – for current wildfire information, resources & updates: www.bcwildfire.ca, Facebook @BCForestFireInfo or Twitter @BCGovFireInfo (To report a wildfire, phone 1.800.663.5555 or *5555 on mobile phones)

FireSmart BC – fire prevention tips and resources: www.firesmartbc.ca, or Facebook @FireSmartBC

**For more information, contact the Alberni Valley Emergency Program at:
250.720.2700 or email: mailbox@acrd.bc.ca**