



# EMS WEEK May 17th-23rd, 2009

A Proud Partner in Your Community



**Part of the Community Partnership we provide is public awareness on topics that involve public safety which include *Emergency Preparedness!***

## What YOU need!

In an emergency you will need some basic supplies. You may need to get by without power or tap water. You should be prepared to be self-sufficient for at least 72 hours.

You may have some of these items already, such as a flashlight, battery-operated radio, food, water and blankets. The key is to make sure they are organized and easy to find. Would you be able to find your flashlight in the dark?

Here's what you need for 72 hours...

- ☑ Water (2 liters/day/person)
- ☑ Food (canned, energy bars, dried)
- ☑ Manual can opener
- ☑ Flashlight and spare batteries
- ☑ Candles, matches or lighter
- ☑ Battery powered or windup radio
- ☑ First aid kit

- ☑ Special items like prescription medications, infant formula and equipment for people with disabilities
- ☑ Extra keys (house, car)
- ☑ Cash (smaller bills i.e. \$10 and \$5) and change for payphones
- ☑ Copy of emergency contact information (next of kin, family, etc.)

### Recommend Additional Items...

- ☑ Change of clothes/footwear for each family member
- ☑ Sleeping blanket or other blankets
- ☑ A whistle (to attract attention)
- ☑ Garbage bags (personal sanitation)
- ☑ Toilet paper and other person care items
- ☑ Safety gloves
- ☑ Basic tools (hammer, pliers, wrench, screwdrivers, fasteners, etc.)
- ☑ 2 additional liters of water (cooking/cleaning)

**You should be prepared to take care of yourself and your family for a minimum of 72 hours. If a disaster happens in your community, it may take emergency workers some time to get to you as they help those in desperate need.**



## Did YOU Know?

Automated bank machines and credit cards may not work during a blackout or other emergency. It's a good idea to put some cash in your emergency kit.

Two liters of water per person per day is the recommended amount to have on hand in case of emergency. Find out what else you should have in your emergency kit by visiting our website.

It's a good idea to put your emergency kit in a backpack, duffel bag or suitcase with wheels. If you have to evacuate, you can easily bring it with you.

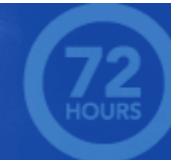
Don't forget to plan for your pet too!



Learn MORE at [www.semsa.org](http://www.semsa.org)

IS YOUR FAMILY PREPARED?

[getprepared.ca](http://getprepared.ca)



By taking a few simple steps today, you can become better prepared to face a range of emergencies –anytime, anywhere...BE PREPARED!