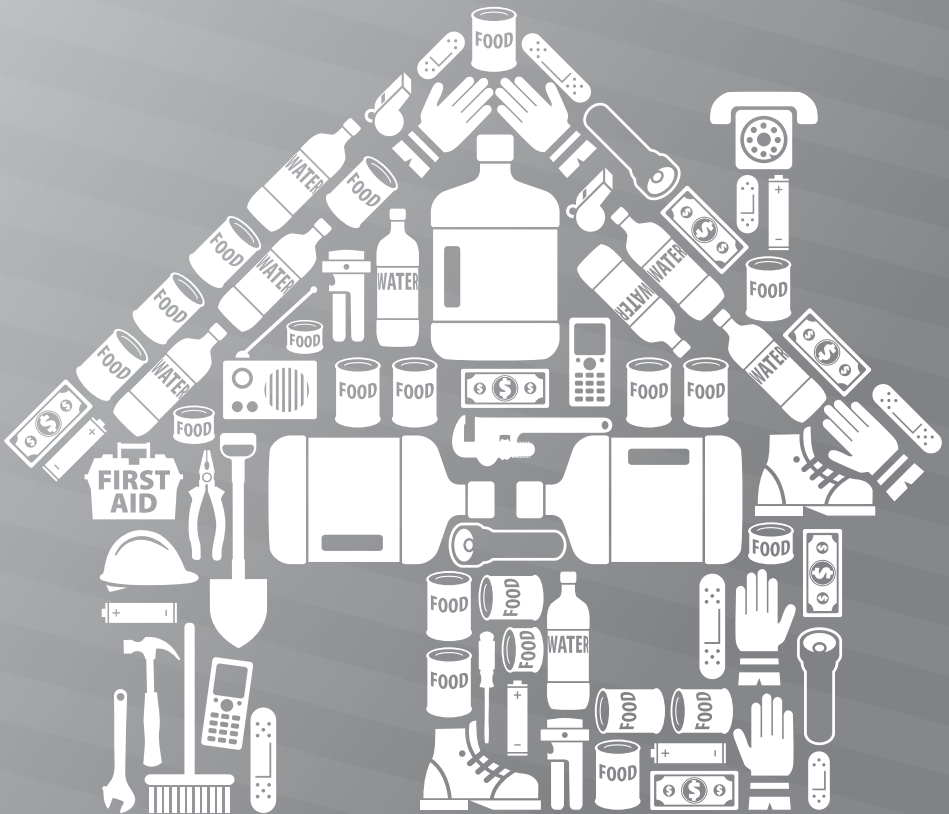


# Household Preparedness Guide



Earthquakes, tsunamis, floods and wildfires are just some of the potential hazards in British Columbia.

During a disaster, phone, gas, electrical and water services may be disrupted. Roads could be blocked, stores closed and gas stations out-of-service.

You and your family could be on your own for several days while emergency responders work to save lives and manage the aftermath. It may be weeks before infrastructure, utilities and essential services are restored. Are you prepared to cope?

Completing the steps in this guide will help you to answer “yes”. Once you’re done, download the companion *In it Together: Neighbourhood Preparedness Guide* at [gov.bc.ca/PreparedBC](http://gov.bc.ca/PreparedBC). The most immediate help in an emergency will come from you, your family and those directly around you – your neighbours. Connecting and preparing with them today will mean a better response and faster recovery.

# Step 1 Know the Hazards

Hazards vary depending on where you live. Below is a list of the top 10 risks in BC. Familiarize yourself with the ones that could occur in your area by contacting your local authority for more information. Knowing which ones you face will influence how you prepare.

- Earthquakes
- Severe Weather
- Tsunamis
- Power Outages
- Floods
- Hazardous Materials Spills
- Landslides
- Wildfires
- Avalanches
- Disease Outbreaks



*More than 1,200 earthquakes are recorded in BC each year. Most are too small to be felt, but an earthquake capable of causing structural damage is expected to occur about once every 10 years. The 6.3 magnitude earthquake that struck Christchurch, New Zealand in 2011 was strong enough to shift this home off its foundation.*

### MAKE A PLAN

Thinking ahead will help reduce the stress of an emergency. As you work through the following steps, complete PreparedBC's fill-in-the blanks Home Emergency Plan.

#### *Step 2* **Make a Phone List**

Make a master list of family and emergency numbers then ensure everyone in your household has a copy. The list should include at least one out-of-area contact in case local phone and mobile networks are overwhelmed. Ideally, choose someone who lives outside BC and wouldn't be affected by a major event, such as an earthquake. For example, someone living in Washington, Oregon or California could be impacted as well.

Call the out-of-area contact if you find yourself separated from family. Let them know where you are, how you're doing and arrange a future check-in time. Advise family members to do the same so everyone stays connected.

**TIP:** In an emergency, use text messaging, email or social media to communicate. Data-based services are less likely to experience major interruptions.



Are you OK?

YES!

## Step 3 *Pick a Meeting Place*

Decide where you'll meet family members during an emergency. Gathering at home is the ideal, but if you can't get there, agree on a secondary location. A neighbour's house, library or community centre are options.

**TIP:** If you leave your home, put a sign in the window advising you're okay, where you've gone and how you can be reached.



## Step 4 *Plan for Your Kids*

If you have young children, you need to consider what happens if you can't make it to their school or daycare. Identify people who could pick them up in the event you can't, ideally someone who's home during the day and within walking distance to where your child will be. Notify the school or daycare of who's authorized to pick-up your children and make sure your kids know as well.

**TIP:** Talk to your kids about emergencies. Be honest and straight-forward. The more they know in advance, the better they'll be able to react and cope.



### **Step 5** *Know Where to Get Information*

Contact your community's emergency management program to find out how it will share alerts and instructions during an emergency, whether it's via social media, sirens, the radio or television. The most important thing is to seek out credible sources so you can make good decisions during a disaster.

#### **Connect with us**

##### **TWITTER:**

- @EmergencyInfoBC for alerts
- @PreparedBC for preparedness information
- @BCGovFireInfo for wildfire updates
- @DriveBC for road conditions

##### **FACEBOOK:**

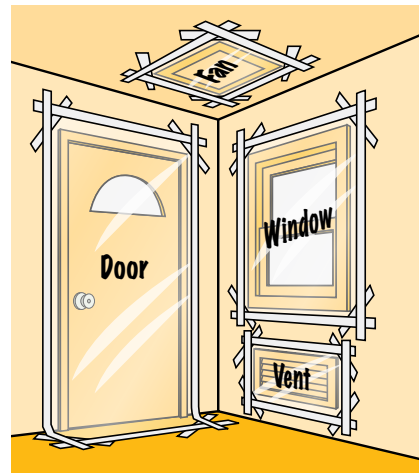
- BC Wildfire Service
- PreparedBC

##### **WEB:**

- [www.EmergencyInfoBC.ca](http://www.EmergencyInfoBC.ca) for alerts
- [www.gov.bc.ca/PreparedBC](http://www.gov.bc.ca/PreparedBC) for preparedness tips

### **Sheltering-in-place**

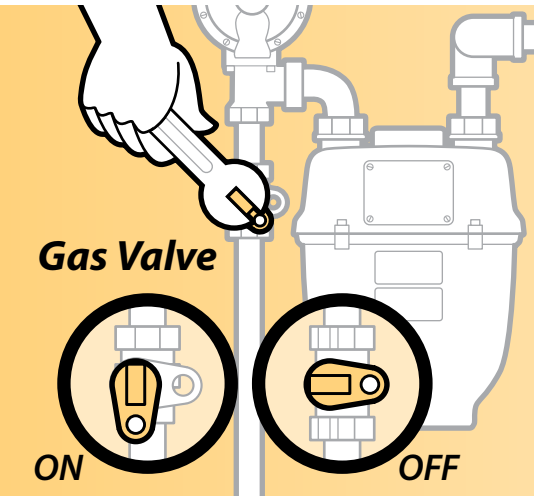
For some emergencies, such as a hazardous material spill, it may be safest to stay inside your home. Be ready for this possibility by pre-identifying rooms and having plastic sheeting and duct tape to seal cracks around windows and doors.



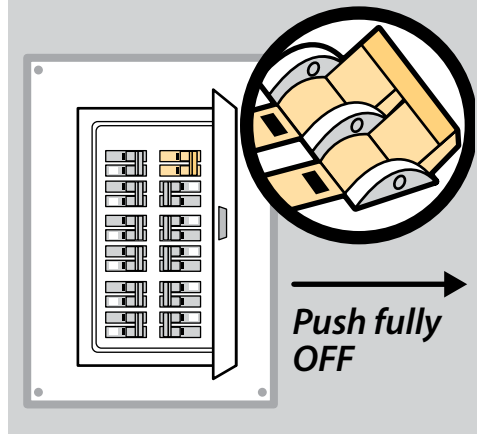
## Step 6 Know How to Turn Off Utilities

Do you know where your electrical panel, water and gas valves are located? Do you know how to turn them off? Learn how in case of leaks or if you're instructed to do so by local officials.

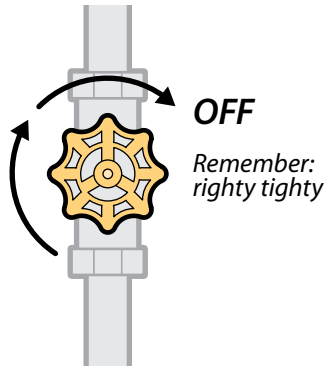
**IMPORTANT:** If you suspect a gas leak, turn off the gas valve and leave immediately. **Once the gas is shut off at the meter, DON'T try to turn it back on.** Only a registered gas contractor can do that safely.



### Electrical Panel



### Water Main Valve



# PREPARE YOUR HOME

## *Step 7* Store Emergency Water

Water is the most important item to store. You will need at least four litres (one gallon) of water per person, per day. Also take pets and people with unique needs into account. Check your water supply every six months and replenish or renew as needed.

**TIP:** Refresh your water supply when the clocks spring forward and fall back. You can also set a reminder on your phone.



### *Insurance*

Whether you rent or own, insurance is available to help you rebuild and replace your belongings after a loss. Review your policy on an annual basis to ensure you're adequately protected. Contact your insurance representative or the Insurance Bureau of Canada at 1 844 227-5422 for information regarding home insurance, including whether overland flood and earthquake insurance is available to you.



## Step 8 Stock Emergency Supplies

Have enough non-perishable food to support your household for three days to one week. If the power is out, use the food from your fridge and freezer first, followed by your pantry. Ensure you have a suitable food supply for babies, toddlers and pets.



First-aid kit, prescriptions and other personal items



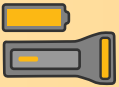
Phone charger and battery bank



Battery-powered or hand-crank radio



Non-perishable food for at least three days to a week



Hand-crank or battery-powered flashlight with extra batteries



Blanket, seasonal clothing and footwear



Whistle to signal for help



Garbage bags, moist towelettes and plastic ties



Emergency plan, copies of important documents and cash



Water for three days to a week; four litres per person per day

### **Step 9** *Consider Special Needs*

Medical records may be difficult to access during a disaster. If you rely on a prescription, talk to your primary care provider about how to keep an extra supply or valid prescription in your emergency kit and grab-and-go-bags.

Other things to consider:

- If you rely on a motorized wheelchair, have a manual back-up one.
- If you have a guide or service dog, ensure they're part of your preparations. That includes a three-day supply of water and pet food, a leash and collar and copies of vaccination records.
- If you use hearing aids, stock extra batteries.
- If you have difficulty communicating verbally, have a writing pad and pencils handy.

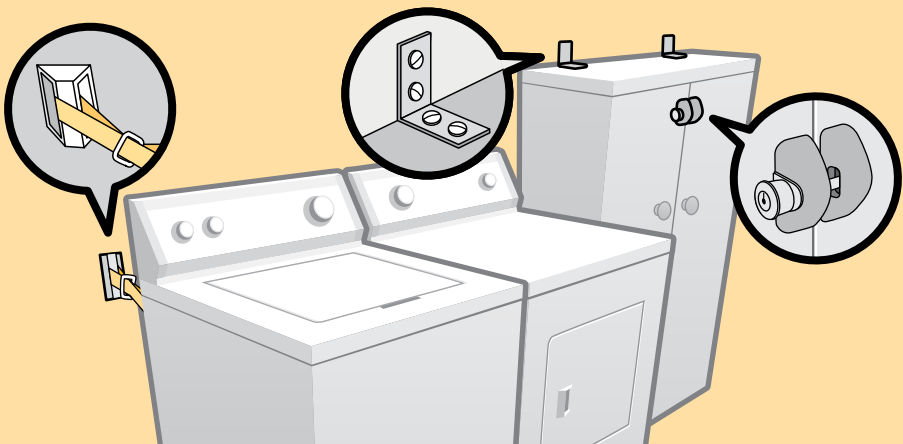


## Step 10 *Secure Your Space*

Earthquakes can topple bookcases and heavy furniture. Follow these steps to secure your space:

- Secure tall, free-standing furniture, such as bookcases, china cabinets and shelving units to wall studs using “L” brackets, corner brackets or anodized aluminum moulding.
- Earthquakes have a tendency to knock pictures and mirrors off the walls. Consider moving all framed pictures and mirrors away from beds, couches and chairs.
- To prevent cabinet doors from flying open, secure them with either a push latch or a pull latch.
- Appliances such as refrigerators, freezers, washers and dryers can move significantly during an earthquake. Use strong strapping and ratchets or other connectors to secure them.
- Secure your water heater with straps that anchor the tank snugly to the wall. Contract a licensed gas fitter to install a flexible gas line.

**TIP:** If it is taller than it is wide, secure it!



### ON THE GO

#### **Step 11** *Create a Grab-and-go Bag*

Don't count on being home when there's an emergency. There's also a chance you may have to evacuate your house on short notice. To prepare for these possibilities, create grab-and-go bags for your home, work and vehicles.

What to include:

- Food (ready to eat) and water
- Phone charger and battery bank
- Small battery-powered or hand-crank radio
- Battery-powered or hand-crank flashlight
- Small first aid kit and personal medications
- Personal toiletries and items, such as an extra pair of glasses or contact lenses
- Copy of your emergency plan, copies of important documents, such as insurance papers. Consider storing them on a USB stick
- Cash in small bills
- Local map with your family meeting place identified
- Seasonal clothing and an emergency blanket
- Pen and notepad
- Whistle

**TIP:** Always keep your vehicle's gas tank half full in case you're required to evacuate on short notice.



# HOUSEHOLD PREPAREDNESS CHECKLIST

- 1.** Identify the risks for your region.
- 2.** Make an emergency phone list with at least one out-of-area contact.
- 3.** Pick a meeting spot if you're separated from family members.
- 4.** Assign someone to collect your children from school or daycare if you can't.
- 5.** Identify what official sources you'll get information from.
- 6.** Learn how to turn off utilities.
- 7.** Store enough emergency water for your family.
- 8.** Store enough emergency food for three days to one week.
- 9.** Identify any special needs, such as medications, and make sure a proper supply is on hand.
- 10.** Secure your space.
- 11.** Create grab-and-go bags.

### **Notes:**

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