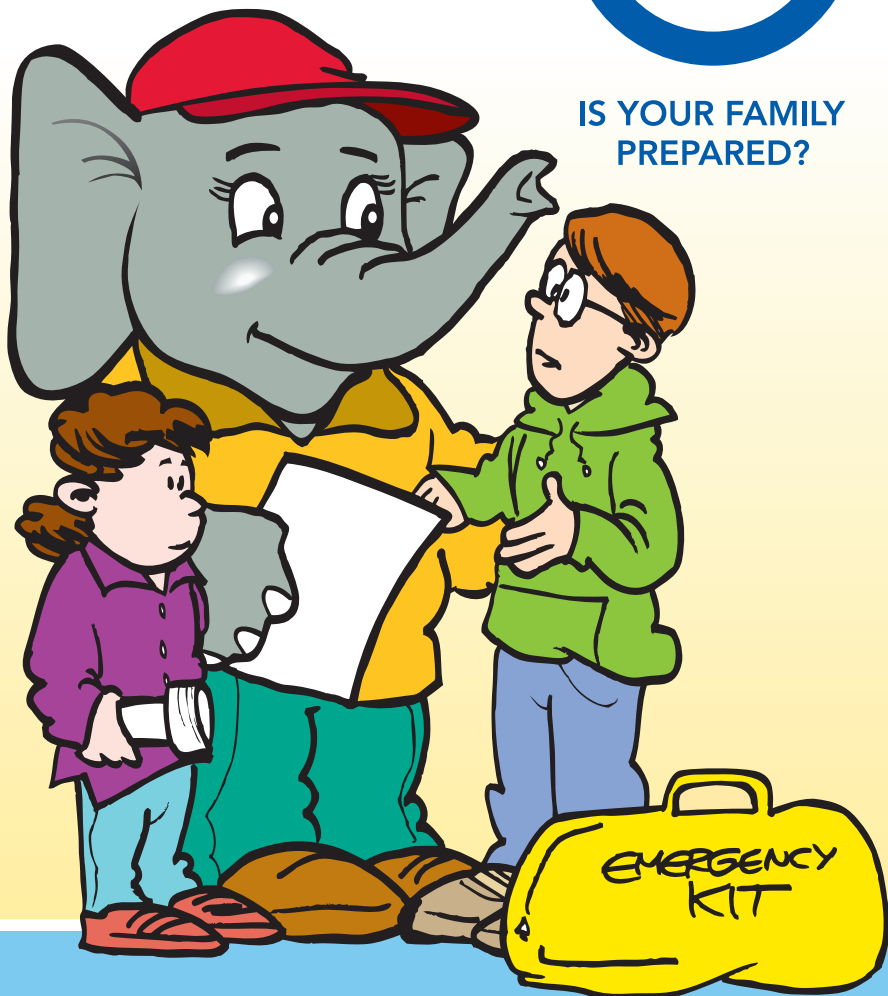


[www.elmer.ca](http://www.elmer.ca)

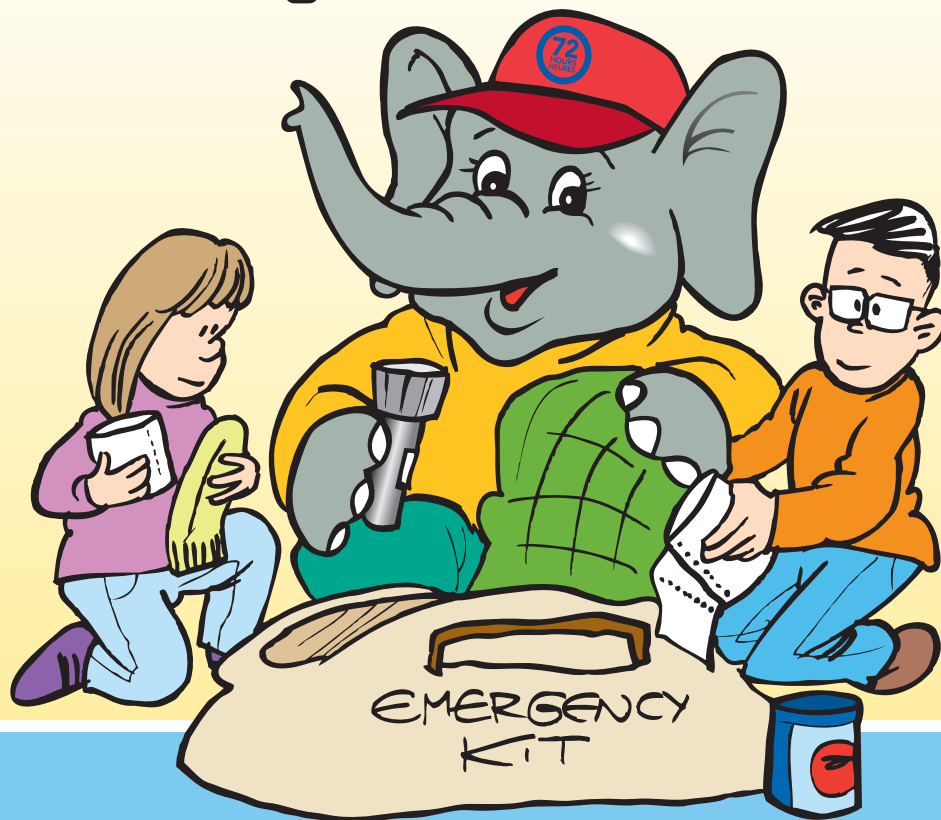


IS YOUR FAMILY  
PREPARED?



# BE PREPARED!

## Emergency Preparedness



Public Safety  
Canada

Sécurité publique  
Canada

[www.GetPrepared.ca](http://www.GetPrepared.ca)

[www.canadasafetycouncil.org](http://www.canadasafetycouncil.org)



# Parents Page

## *If there is an emergency will you and your family be prepared?*

### **Make a family emergency plan.**

Every household in Canada should have an emergency plan. Before an emergency occurs, all family members should sit down and discuss what will happen in case of an emergency. You should write down and exercise your plan at least once a year with the entire family.

### **Know the risks.**

Across Canada we face a number of risks, such as earthquakes, blizzards, floods and thunderstorms. In addition to natural hazards, there are other types of risks such as power outages. Learning about the risks ahead of time will help you and your family "Be Prepared!" in case one of them happens in your neighbourhood.

When a severe storm is coming, Environment Canada will issue weather warnings through their Weatheroffice website. Radio and television stations will also broadcast Environment Canada weather statements. Pay attention to this information.

### **Prepare an emergency kit.**

In an emergency, some basic supplies will be needed, such as water, non-perishable food, radio, flashlight, a first aid kit, etc. Make sure your kit is easy to carry and everyone in the household knows where it is.

### ***Be prepared to be self-sufficient for at least 72 hours during a severe storm.***

Preparing a plan today can make a huge difference for you  
and your family in case of an emergency.  
To learn more about emergency preparedness, visit

**[www.GetPrepared.ca](http://www.GetPrepared.ca)**

## **Emergency Contact Information**

Fill out this information with your parents and keep it in your emergency kit.

### **EMERGENCY NUMBERS**

9-1-1 (where available) for police, fire, ambulance

Police: \_\_\_\_\_

Fire: \_\_\_\_\_

Health clinic: \_\_\_\_\_

Poison control: \_\_\_\_\_

### **FAMILY**

Name: \_\_\_\_\_

Home phone: \_\_\_\_\_

Work phone: \_\_\_\_\_

Cell phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Home address: \_\_\_\_\_

### **FRIEND/NEIGHBOUR**

Name: \_\_\_\_\_

Home phone: \_\_\_\_\_

Work phone: \_\_\_\_\_

Cell phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Home address: \_\_\_\_\_

### **OUT-OF-TOWN CONTACT**

Name: \_\_\_\_\_

Home phone: \_\_\_\_\_

Work phone: \_\_\_\_\_

Cell phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Home address: \_\_\_\_\_

### **FAMILY DOCTORS**

Patients' names: \_\_\_\_\_

Doctors' names and phone numbers: \_\_\_\_\_

# Elmer's Emergency Preparedness Word Search



## Words to find:

Batteries

Blanket

Canned food

First aid

Flashlight

Radio

Safety

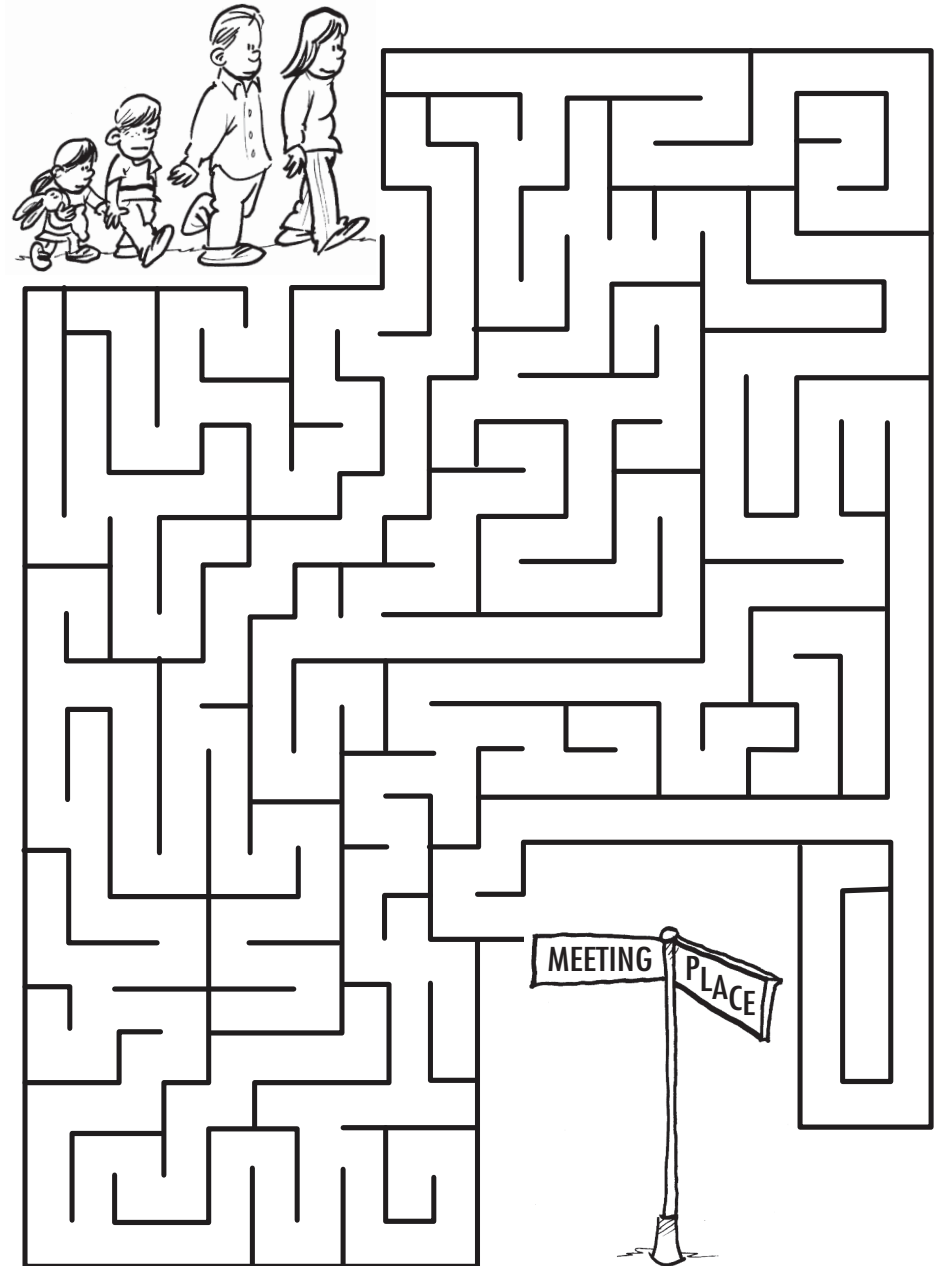
Sanitizer

Telephone

Water

Answers to Find the 8 Differences on page 7. 1. Girl's sleeve. 2. Radio has added knob. 3. Bottom of table leg. 4. Dad's pocket. 5. Mother's blouse. 6. Dad's armband. 7. Mother's foot is missing. 8. Arrow missing from plan.

Help this family get to their safe meeting place.



## MAKE A FAMILY EMERGENCY PLAN

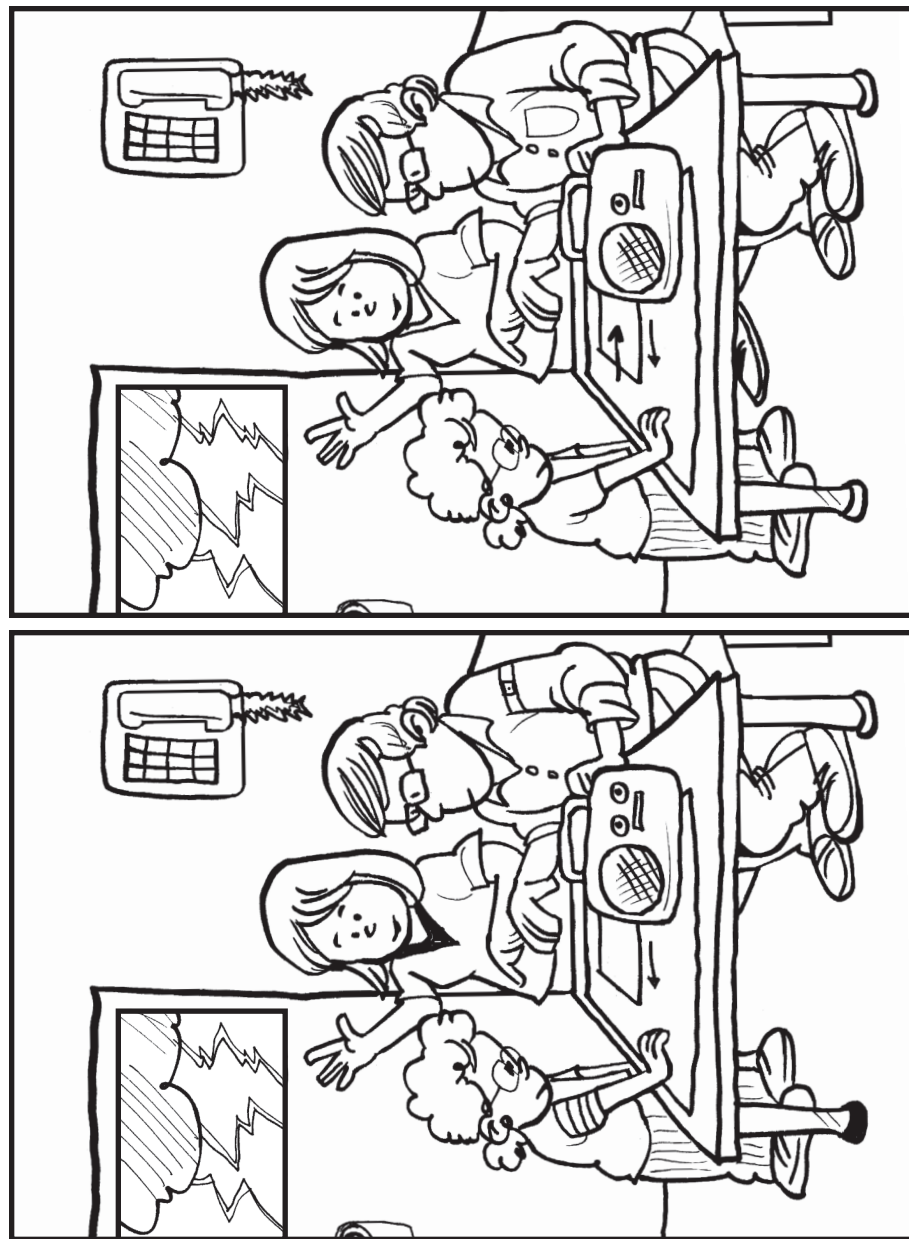
- ✓ Sit down with your parents and sibling(s) to create an emergency plan.
- ✓ Draw up a floor plan of your home that shows all possible exits from each room.
- ✓ Practice your plan at least once a year with your whole family.
- ✓ Identify two safe places where everyone should meet.
- ✓ Decide on an out-of-town contact.
- ✓ Keep a copy of your plan in your emergency preparedness kit.



### Remember:

- If you live in an apartment, use the stairs instead of the elevators.
- In case of an evacuation, you may need to take your pets to a relative or a friend.

## Can you find the 8 differences between these two pictures?



Answers on page 8.

## PREPARE AN EMERGENCY KIT

Place all kit items in a duffle bag, backpack or a suitcase with wheels. Make sure that your kit is easy to carry and everyone in the household knows where it is.

### *Kits should include:*

- Water
- Non-perishable food, such as canned food and energy bars
- Manual can opener
- Flashlight
- Radio
- Extra batteries
- First aid kit
- Extra keys to your house and car
- A copy of your emergency plan and contact information
- Change of clothing and footwear for each household member
- Sleeping bag or warm blankets
- Toiletries
- Hand sanitizer
- Utensils
- Toilet paper
- Basic tools (hammer, pliers, pocket knife, etc.)
- A whistle
- Duct tape



## LEARN ABOUT NATURAL HAZARDS

Know the types of storms, natural hazards and other potential emergency situations that can occur in your region. Learning about these weather patterns ahead of time will help you and your family "Be Prepared!" in case one of them happens in your neighbourhood.

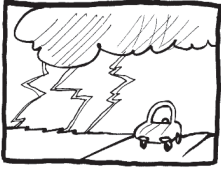
- Avalanches
- Blizzards
- Earthquakes
- Fires
- Floods
- Hail
- Heat Waves
- Hurricanes
- Ice Storms
- Lightning
- Power Outages
- Thunderstorms

## KNOW WHAT TO DO DURING A SEVERE STORM

- During a storm, if you are indoors, stay away from windows, doors and fireplaces.
- Consider going to the sheltered area that you and your family identified in your emergency plan.
- If you are outdoors, seek shelter. If shelter is not possible, look for low-lying areas away from water.
- If outdoors, do not lie flat. Crouch down with your feet close together and your head down (the "leap-frog" position).
- If you are in a car, stop the car away from trees or power lines that might fall on you. Stay there.



1 LIGHTNING



2 POWER OUTAGE



3 HAIL



4 THUNDERSTORM



5 HURRICANE



6 FIRE



# Can you match the emergency situation to its description?

Draw lines to each matching description.

A. The shaking, rolling or sudden shock of the earth's surface.

B. A severe tropical storm that gathers heat and energy through contact with warm ocean waters.

C. A winter storm with winds exceeding 40 km/h with visibility reduced by falling or blowing snow.

D. A large mass of snow and ice sliding or falling down a mountainside.

E. A form of solid precipitation that is made of ice. Some are the size of peas while others can be as big as grapefruits.

F. Is tough, clings to everything it touches and is more slippery than snow.

G. Occurs when the air becomes charged with electricity during a thunderstorm.

H. Is often accompanied by high winds, hail, lightning, heavy rain and tornadoes.

I. Is often caused by freezing rain, ice storms and/or high winds that damage power lines and equipment.

J. You will have to STOP, DROP and ROLL if you encounter this on your clothes.

K. A flow of water over what is usually dry land.

L. A long period of very hot, usually humid, weather.

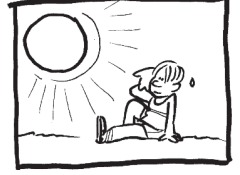
7 EARTHQUAKE



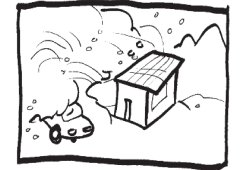
8 FLOOD



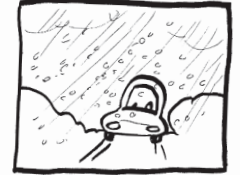
9 HEAT WAVE



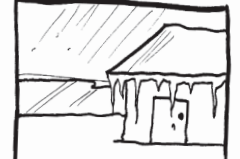
10 AVALANCHE



11 BLIZZARD



12 FREEZING RAIN



Answers: 1G; 2I; 3E; 4H; 5B; 6J; 7A; 8K; 9L; 10D; 11C; 12F