



**Increase your ability to prepare for any emergency. Use this 26-week guide to put all the pieces of preparedness in place.**



### Week 1

Make an emergency kit using a portable container with a lid. A plastic storage bin or garbage can works well, particularly one with wheels. Choose an accessible location for the container near an exit, and label the container. Make sure all family members know what it will be used for and where it is.

### Week 2

Stock your kit with a three-day supply of water, and don't forget to include water for your pets. You need four liters of water per person per day - two for drinking and two for food preparation and hygiene.

### Week 3

Arrange an out-of-area phone contact person, and keep this and other emergency phone numbers near each telephone. Teach each family member these numbers.

### Week 4

Stock your kit with several varieties of canned meat and dried fruit. Include a manual can opener.

### Week 5

Get a portable radio and extra batteries for your emergency kit.

### Week 6

Learn about hazards. Find out what the hazards are in your community, and do a home hazard hunt to make your home safer. Secure appliances and heavy furniture, and move beds away from heavy mirrors and windows.

### Week 7

Give every family member specific safety tasks to do in an emergency. For example, designate one person to be in charge of turning off electricity, one to collect the emergency container, one to take charge of any pets, etc. Add peanuts and granola bars to your kit.



### Week 8

Identify safe places in your home and on your property. Plan and practice evacuation drills using two different escape routes from each room. Add containers of juice or juice crystals to your kit.

### Week 9

Stock your kit with both large and medium-sized plastic garbage bags (orange or yellow make good visible signals). Large bags can also be used as ponchos, ground covers or blankets. Add plastic or paper dishes.

### Week 10

Identify a family meeting place away from home but close to your regular spots (between work and home or school). Add some books, toys and cards to your kit.

### Week 11

Add a flashlight and extra batteries, along with candles and waterproof matches.

### Week 12

Add some dried soups, crackers and peanut butter to your emergency kit.

### Week 13

Check your insurance policies and make records of your possessions.

### Week 14

Prepare a first-aid kit that includes extra prescription medication, extra eyeglasses, bandages, sterile gauze pads, tape, scissors, tweezers, antibiotic ointment, hydrogen peroxide and over-the-counter pain pills.

### Week 15

Add a change of clothing for each family member to your kit. Be sure to include warm clothing, heavy work gloves and sturdy shoes.

### Week 16

Add some canned food like stews, baked beans and vegetables to your kit.

### Week 17

Enroll a family member in a first-aid course.

### Week 18

Add personal toiletry items such as toilet paper, handi wipes, soap, detergent, toothbrush, toothpaste, comb, sanitary supplies, etc. to your emergency kit.

### Week 19

Add evaporated canned or powdered milk and cereal to your kit.



### Week 20

If needed, include infant supplies including disposable diapers, disposable bottles, formula, etc. to your emergency kit.

### Week 21

Get a large bucket with a tight-fitting lid to use as a toilet, and put it with your emergency kit. Use the bucket to store other emergency tools like an axe, a folding shovel and rope.

### Week 22

Add some freeze-dried or foil pouch food products like meats, soups, vegetables and stews.

### Week 23

Add a pocket knife (Swiss army style), cutlery, a whistle and spare set of house and car keys to your container.

### Week 24

Keep a leash or pet carrier near your kit and add a three-day supply of pet food.

### Week 25

Add sleeping bags or blankets to your kit along with water purification tablets.

### Week 26

Assemble important documents like wills, insurance papers, medical records, inventory of possessions, identification, etc. in a fireproof/waterproof container. Add a family photo album to your emergency kit.

## Now you and your family are personally prepared for any emergency.

Once your emergency kit is assembled and your emergency plan is in place, don't forget to rotate and replace items as they expire. And most important, practice your plan and update it as your family's needs change.

New Westminster Emergency Management Office is encouraging everyone to be prepared in case of an emergency. For more information on preparedness tips please visit the City's Website, and click the Emergency Links button.



“Partners for a disaster resilient community”