

PERSONAL EMERGENCY PLAN

EMERGENCY - an unexpected occurrence or situation demanding immediate action.

When a State of Emergency is declared by Municipal, Provincial or Federal Governments, follow your Personal Emergency Plan.

Ensure that all family members read emergency plan and rehearse at least twice each year.

Any disaster can have a devastating impact on people's psychological and social well being. Having a plan to follow will help.

If you experience great loss, accept help from others for food, supplies, housing and financial and emotional support.

Contact your municipal offices for a list of supplies and services which are available.