



Fire Protection & Prevention Services



Your Emergency Survival Kit

Emergencies and disasters can happen at any time. Utilities can be out, roads closed, and crucial supplies unavailable. While local, provincial and federal officials prepare for emergencies, individuals can plan to be prepared at home and at work.

With increased levels of fear and anxiety throughout Canada and the world, it makes sense to prepare for the unexpected. Everyone should be prepared to take care of themselves and their families for up to seven days in the event of an emergency or disaster. For example, it could take that long to clear roads due to a severe winter storm.

The following are recommended guidelines to assist you in gathering items you should have on hand. Everyone in your family should know where these items are stored.

Finally, if you are ever in an emergency situation, Don't Panic. People have survived three days without water and three weeks without food. Your home can take three hours to more to cool off completely in the winter.

Checklists

Think of any special needs your family might have and include any other items you would need. Here are some suggestions:

Babies/Toddlers

•Diapers, bottled milk, formula and food, toys and crayons, paper.

Other Family Members

One week's supply of any required medications, extra eye glasses, copies of prescriptions, batteries for medical appliances and extra oxygen cylinder (if required).

Pets

Three day supply of food and water.

Emergency Food and Water Kit

Have at least a three-day supply of food and water. Choose ready to eat foods that don't need refrigeration. Also keep in mind that if the utilities are out you have no alternative cooking source, you should select foods that won't require cooking. Replace canned and dry goods

once a year.

- Three days of water – at least four litres per person per day, two for drinking and two for food preparation, hygiene and dishwashing. Keep a supply of water purification tablets as well.

- Canned food: soup, stews, baked beans, meat, poultry, fish, vegetables, fruit.

- Pasta, crackers and biscuits, honey, peanut butter, syrup, jam, salt and pepper, instant coffee and tea and sugar.

Equipment

- knives, forks, spoons
- disposable cups and plates
- manual can opener, bottle opener
- fuel stove and fuel (follow manufacturer's instructions) – do not use a barbeque indoors
- waterproof matches and plastic garbage bags
- pocket knife or multi tool.

Survival Equipment Kit

- Flashlight and batteries (in case the lights go out)
- Radio and batteries (so you can listen to news bulletins)
- Spare batteries (for radio and flashlight)
- First Aid Kit
- Candles and matches/lighter
- Extra car keys and cash (including coins/cards for telephone)
- Important papers (identification for everyone, personal documents such as insurance papers)
- Food and bottled water
- Clothing and footwear (one change of clothes per person)
- Blankets or sleep bags (one blanket or sleeping bag per person)
- Toilet paper and other personal supplies such as shampoo, hair brush, tooth brush and tooth paste, soap and a towel and face cloth (one for each person)
- Medication
- Backpack/duffel bag (or something else to carry the emergency survival kit in, in case you have to evacuate)
- Whistle (in case you need to attract someone's attention)
- Playing cards and games.



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