

## Household Emergency Kit

ENOUGH SUPPLIES FOR A MINIMUM 5 DAYS

- Drinking water (4 litres per person per day). Store water in sealed, unbreakable containers.
- Non-perishable food.
- Manual can opener, plates, cups, cutlery, pocket knife.
- Alternate cooking source with fuel.
- Warm clothing, rain gear, sturdy shoes.
- A tent with sleeping bags or blankets.
- A first aid kit including any prescription medications. Keep a list of all necessary prescriptions for all family members.
- An extra pair of glasses.
- A battery-powered radio, flashlight and plenty of extra batteries (hand-crank versions now exist that require no batteries).
- Cash: small bills and change.
- An extra set of car keys.
- Special items for infants, elderly or disabled family members, and pets.
- Any necessary toiletries.

**Store this kit in a safe, dry location where it can be accessed quickly.**

## Emergency Kit for your Car

- Hand-crank or battery radio, flashlight with extra batteries, candles, matches.
- Blanket, warm hat and gloves.
- Fire extinguisher.
- First Aid kit
- Bottled water and non-perishable, high energy foods such as dried fruit, nuts.
- Car tool kit (booster cables, basic tools, pocket knife, shovel, flares).
- Sturdy shoes or boots.

## Create a Home Emergency Plan

- Meet with household members to discuss the dangers of severe weather, earthquakes, fires, and other emergencies.
- Find the safe spots around your home for each type of emergency.
- Discuss what to do about power outages and personal injuries.
- Discuss escape routes from each area of your house.
- Locate water, gas and electricity main switches and show family members how to shut them off when necessary.
- Post emergency telephone numbers near telephones. (Emergency numbers can also be saved in cell phones).
- Designate one local contact and one out-of-province contact your family members can check in with if local communication and transportation systems are disrupted.
- Teach children how and when to call 911, police, fire or ambulance.
- Pick two emergency meeting places:
  - 1) A place near your home in case of sudden evacuation.
  - 2) A place outside your neighbourhood in case you're away when the disaster occurs and you can't return home.
- Take a basic first aid course
- Practise your plan at least once per year. Update your emergency kits at the same time.

# Powell River Regional District



**Emergency  
Preparedness  
in Rural Areas**

**The Regional District** has worked with residents, emergency responders, Sliammon First Nation, provincial authorities and others experienced in emergency planning to assess our region's hazards and to develop an emergency program that corresponds to the risks and resources in our electoral areas. The City of Powell River has also developed its own emergency plan.

## Our Potential Hazards

We are fortunate to live in an area with a history of relatively few large scale emergencies. We do have severe weather events, and earthquakes, though mostly minor, are not uncommon here. The effects of such events can be widespread, including loss of power, communication links and supply networks as well as injuries and property damage.

More localized risks include wildfires and road closures due to accidents or dangerous goods spills. There are currently few overland shipments of

dangerous goods through our electoral areas, so the possibility of such incidents is quite low. Our tsunami risk is also relatively low, as confirmed by a research project conducted specifically for our areas.



## Community and Personal Responsibilities

In the event of a widespread incident, one of the Regional District's roles is to coordinate emergency response, including bringing resources from outside the area. Another important role is to make sure that people have somewhere to go if an evacuation is necessary.



While the Regional District will be assisting with these general response measures, you must be prepared to take care of yourself and your neighbours, possibly for 5 days or longer.

Here are some things to think about, so you can start getting prepared.

**Heat** - if you heat with electricity do you have a generator or back up source of heat?

**Light** – do you have enough candles and flashlight batteries?

**Cooking** - if you cook with electricity and your back up plan is a propane stove or barbecue: is the tank full and can it be safely used outside? Remember the carbon monoxide produced from these appliances can be lethal. Do you have enough non-perishable food on hand?



**Communication** - do you have a phone that does not need electricity? Can you charge your cell phone in your car? Do you have wind-up or battery operated radio?

**Water** - pumps won't work. Do you have water stored or can you access your well with a bucket?

**Overleaf are some suggestions about preparing emergency kits for your home and car and for making a home emergency plan. Keep in mind where you live and your particular needs, then use these suggestions to make personal kits and plans.**

## Want to know more?

For more general information, the provincial website is excellent: [www.pep.bc.ca](http://www.pep.bc.ca)

For local information, go to our website: [powellriverrd.bc.ca](http://powellriverrd.bc.ca)

Contact our emergency coordinator: [emergcoord@powellriverrd.bc.ca](mailto:emergcoord@powellriverrd.bc.ca)