



Disasters can happen any time, anywhere. You should be prepared to take care of yourself and your household for at least 3 days following a disaster. You can be ready by following three simple steps: know the risks, make a plan, and get a kit.

## STEP 1: KNOW THE RISKS

Find out what hazards are most likely to happen in your community, and where you travel. Hazards that commonly affect Canadians include floods, power outages, home fires, wildfires, tornadoes, hurricanes, and more. You can improve your ability to handle these events by knowing what to do and where to get help. To find out more about the hazards where you live:

- Call your local authority; ask about hazard risk in your area and what the community preparedness plan is.
- Know where to get information on local weather, and what to do before, during and after an emergency.
- Share what you have learned with your family, household, and neighbours, and encourage them to be informed and ready, too.
- Visit [redcross.ca/ready](http://redcross.ca/ready) and [getprepared.gc.ca](http://getprepared.gc.ca) for more information.
- Always be aware of your surroundings and situation. **Be Ready.**

## STEP 2: MAKE A PLAN

It is important to ensure that the entire family is prepared and informed in the event of a disaster or evacuation. You may not always be together when these events take place and should have plans for making sure you are able to contact and find one another:

- Determine the best ways to evacuate your home in case of an emergency such as a home fire.
- Make sure everyone in the home knows the location of your emergency kit and water supply.
- Establish a safe place for your family to meet outside your home and outside your neighbourhood.
- Include a plan for evacuating your pets.
- Practice your evacuation plan frequently.
- If you can't evacuate your home, prepare to be self-sufficient in your home for 3 days (or 7 to 10 days in a health emergency or winter storm).
- If a member of your family has special needs that would require extra assistance, work those details into your family emergency plan and kit.

### Know Your Neighbourhood

- Work with your neighbours to identify people who may need extra help during an emergency, or who you can turn to for help.
- Identify your community's emergency plan and evacuation routes.

# BE READY

## STEP 3: GET A KIT

The Red Cross recommends that you keep an emergency kit in your home with enough supplies to meet your family's needs during an emergency for at least 3 days. The following list contains suggested items for your emergency kit. It is important that you check it every year and resupply it after every use.

**Personalize your kit for your household needs. Check and update it twice a year. Main items to include:**

Water	Personal hygiene items
Food (non-perishable)	Important documents (i.e. copies of: birth/marriage certificates, passports, licenses, wills, deeds, insurance. Tip: Take a phone photo and email to yourself.)
Manual can opener	A copy of your emergency plan
Crank/battery-operated flashlight and extra batteries	Extra cellphone charger
Extra keys for your house and car	Crank/battery-operated radio
First aid kit	
Cash in small bills and coins	
Special needs items (i.e. medications, infant formula, eyeglasses and hearing aids)	

### Additional items to consider:

Extra clothing/footwear for each household member	Garbage bags and twist ties
Plastic sheeting	Toilet paper
Scissors & pocket knife	Multi/basic tools (i.e. hammer, wrench, screwdriver etc.)
Whistle	Duct tape
Hand sanitizer	Sleeping bag/blanket for each household member
Pet food & pet medication	

## REDCROSS.CA

Please note: Canadian Red Cross emergency preparedness materials are provided for free to the public and are intended for general information only. See [www.redcross.ca/ready](http://www.redcross.ca/ready) for more.

# 萬全準備

## 如何提供協助

### 加拿大紅十字會志願者:

如需瞭解詳情, 請訪問 [redcross.ca/volunteer](http://redcross.ca/volunteer)

**鄰里互助:** 保證個人安全, 隨時協助鄰里。

**捐贈:** 現金是最為便利的方式。敬請訪問 [redcross.ca/donate](http://redcross.ca/donate)



災難隨時隨地都可能發生。

您應做好萬全準備，在災難發生後至少3天內能夠照顧自己和家人。準備工作分為以下三步：瞭解風險、制定方案和常備應急包。

## 第1步：瞭解風險

瞭解您所在社區及旅行地最有可能發生的災難事件。通常影響加拿大居民的災難事件包括洪澇、電力中斷、住宅火災、野火、龍捲風、颶風等等。您應瞭解應對措施和尋求協助的機構，提升應急能力。如需瞭解您所居住地區的災難風險：

- 致電地方當局，詢問所居住地區的災難風險及社區應對方案。
- 知曉如何獲取當地天氣資訊，以及在緊急情況發生之前、期間和之後的應對措施。
- 與家人、家庭成員和鄰居分享您所瞭解的資訊，並鼓勵他們瞭解情況並做好準備。
- 訪問 [redcross.ca/ready](http://redcross.ca/ready) 和 [getprepared.gc.ca](http://getprepared.gc.ca)，瞭解更多詳情。
- 時刻注意周邊環境和狀況。**萬全準備。**

## 第2步：制定方案

在發生災害或撤離時，務必保證全家人都做好準備，並隨時關注資訊更新。發生此類災害時，家人可能無法始終在一起，因此應制定計畫，確保家人之間能夠保持聯絡和會合。

- 發生諸如住宅火災之類的緊急情況時，確定從家中撤離的最佳方式。
- 確保家人所有成員均知曉應急包和供水的存放地點。
- 確定一個安全的地點，供家人在自家和鄰居家之外會合。
- 確定寵物疏散方案。
- 經常演習疏散方案。
- 若您無法從家中撤離，請在家中備足3天的物資供應（若遇突發衛生緊急狀況或冬季暴風雪等嚴重事件，需備足7-10天的物資）。
- 若家中成員有特別需求，需要額外援助，應在準備應急方案和應急包時考慮這些細節。

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- 與鄰居一起，確定在緊急情況下哪些人可能需要額外說明，或您可以向誰求助。
- 明確您所在社區的應急方案和撤離路線。

# 萬全準備

## 第3步：常備應急包

紅十字會建議您在家裡常備應急包，儲備充足的物資用品，滿足家人至少3天的需求。以下為應急包中應包含的推薦物品。請務必每年檢查一次，並在每次使用後加以補充。

### 根據家人需求準備應急包。

#### 每年檢查兩次並保持更新。主要物品：

水	個人衛生用品
食物（不易腐爛）	重要文檔（即出生證/結婚證、護照、駕照、遺囑、契約、保險等檔副本。小技巧：文檔拍照並發送到個人郵箱。）
手動開罐器	應急方案副本
曲柄式/乾電池手電和備用電池	備用手机充電器
房子和車輛備用鑰匙	曲柄/電池收音機
急救包	
小額面值現金和硬幣	
特殊需求物品（即藥物、嬰兒配方奶粉、眼鏡和助聽器）	

#### 其它待考慮的物品：

每位家庭成員的備用衣物/鞋子	垃圾袋和束帶
塑膠布	廁紙
剪刀和小型刀具	多功能/基本工具（例如錘子、扳手、螺絲刀等）
哨子	膠帶
洗手液	每位家庭成員的睡袋/毛毯
寵物食品和藥品	

## REDCROSS.CA

請注意：加拿大紅十字會的應急準備物資清單免費向公眾提供，且僅供參考。

詳情請查看 [www.redcross.ca/ready](http://www.redcross.ca/ready)

# BE READY

[www.redcross.ca/ready](http://www.redcross.ca/ready)

## HOW YOU CAN HELP

**Volunteer with the Canadian Red Cross:** To find out more visit us at [redcross.ca/volunteer](http://redcross.ca/volunteer)

**Help your neighbours:** Be ready to assist others once you are safe.

**Donate:** Cash is the most flexible support. Visit us at [redcross.ca/donate](http://redcross.ca/donate)