Preparing Your Family for Emergencies:

Youth Emergency Preparedness



Presenter introduces themself, topic and students attending the presentation.
- Go around the room to give everyone a chance to say their name and a fun fact about themselves.

What is an emergency?



What is a disaster?

This is a chance for the presenter to have conversation with the group to gain an understanding of how much information the group already has about EDS.

What is an emergency: a time when something serious happens and immediate help is needed.
- Give examples of emergencies: car accident, someone falls down the stairs, bit by an animal, etc.

What is a disaster: an emergency that causes great harm to people or an area.
- tornado, flooding, tsunami, system failure (cell phone towers not working).

Explain the difference between Emergency and Disaster (emergency is personal, disaster is widespread).

Does your family have an emergency kit at home?

- Having an emergency kit in your home will help your family reduce the impact of a disaster if or when one happens.



Discussion:

1. How many of you think having an emergency kit is important?

Being prepared could mean that you don't have to evacuate your home, but if you do, your stay at a shelter will be much more bearable with your own emergency supplies.

2. How many of you have an emergency kit in your home?

If online, use a poll here.
Add sense of urgency to those who haven't created one yet, or don't know where their kit is.

2. How long do you think your kit needs to last for? Answer 72 hours:

- Why 72 hours? International standard for how long governments require to mobilize in large-scale disaster.

How would you:

Look after your family for 72 hours?

Cope without power or tap water?

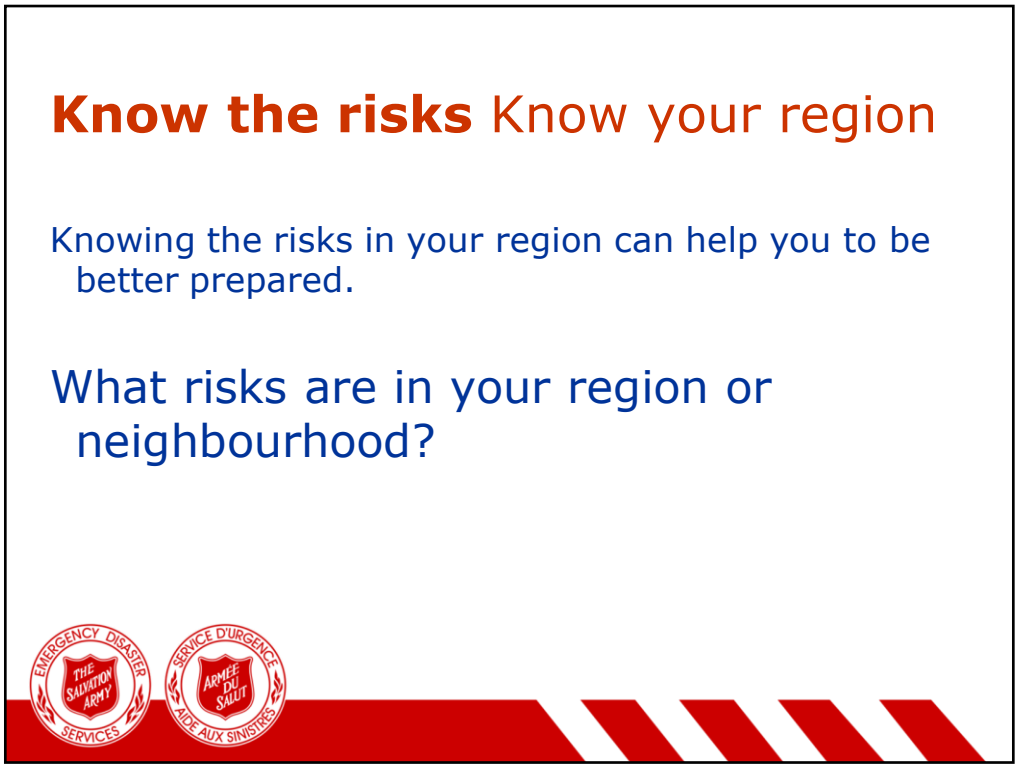
Contact your family that may not live with you, or that may not be at home?



Page 6 EP:

Today we will be going over three simple steps to getting a bit more prepared in case of an emergency:

- **Step one: Know the risks**
- **Step two: Make a plan**
- **Step three: Get a kit**



Turn to your EP Guide page 6

- **Step one** in preparedness is to **Know the risks and Know your region**.
- **Word Cloud: what risks are in your region?**
- **Risks can include: (you may want to list those most relevant to your region)**

1. Blizzards
2. Droughts
3. Earthquakes
4. Extreme cold or heat waves
5. Floods
6. Hurricanes
7. Landslides or avalanches
8. Power outages
9. Winter storms
10. Tornadoes
11. Tsunamis or storm surges
12. Wildfires
13. Other: _____

For more information on the risks specific to your region, visit **GetPrepared.ca**,
Or the Canadian Disaster Database at
http://publicsafety.gc.ca/res/em/cdd/index-en.asp.

Why your family might not already have an emergency kit…

- Most emergencies don't last very long!
- We never have emergencies where I live!
- There are too many emergencies to worry about!
- Preparing takes too much money!
- Someone will help us!



1. Most forms of emergencies are short lived

•Events such as Hurricanes (like in Nova Scotia), floods in Alberta and winter storms in British Columbia are hazards that occurred with little notice and had lasting consequences. For example, some severe storms that occur over several consecutive months can lead to boil water advisories.

2. I won't ever have to deal with an emergency where I live

•One in three Canadians live in regions that are susceptible to earthquakes and most reside in areas subject to flooding, transportation accidents, hazardous spills and severe storms

•**Tip to presenter:** If possible, give examples of incidents in your local area. Check out the Canadian Disaster Database at

•**http://publicsafety.gc.ca/res/em/cdd/index-en.asp**

3. There are a lot of emergencies I just can't prepare for

•There are common consequences that can happen in any emergency such as loss of power, water and telephone service or access to food and medical supplies

4. Preparing takes too much time and money

•Buying or assembling a kit is easy, and can be even easier when assembled over a period of time

**http://www.pep.bc.ca/hazard_preparedness/Historical_Severe_Weather_Nov06.html*

5. If it is a large- scale emergency, help may not arrive for up to 72 hours

Disaster Map



For more information on the risks specific to your region, visit **GetPrepared.ca**,
Or the Canadian Disaster Database at **http://publicsafety.gc.ca/res/em/cdd/index-en.asp**.

Use this to show kids the historical data for Canada and their specific region.

Make a Plan

You aren't prepared — until you make a plan.

- Use your *Emergency Preparedness Guide* as an outline to create a plan with your parents
- Photocopy your plan
- Keep copies of your plan in safe and memorable places



Parents could use page 7 of the EP Guide. CREATE ONE PAGE WITH INFO FOR LINK OR QR TO BE PRINTED AND HANDED OUT FOR KIDS TO TAKE HOME.

Why is it important to make a plan?

Its important to recognize that preparedness plans are specific to the individuals of the households. We each have unique needs and circumstances that must be considered when devising our plans. In the following slides, we'll discuss who should be considered and some of the different needs they present.

By making yourselves more resilient and resistant to the disaster impacts, it ensures that you aren't solely reliant on aid organizations and response agencies to assist you.

You aren't prepared until you make a plan for yourself, and your family. The plan must be understood by all involved household members and be updated when needed. (Relatives / Renters / Tenants)

What can effective plans include?
What provisions we need in an emergency event?
Where we go, how we go, and when we go?

As discussed, knowing the risks in your region creates Situational Awareness. This enables us to become aware of the potential hazard threats and risk to which you are vulnerable to in your area and prepare accordingly. If for example you live near a body of water or industrial park/chemical plant, your plans should reflect the appropriate counter-measures.

Although it may seem like a daunting task, EP plans only take about 20 mins to prepare and should be prioritized like any other life-saving measures i.e., Fire,

earthquake drills.



<u>Page 9</u> of EP Guide.

What emergency programs does your school do?

Ask your parents/guardians to keep the school aware of any new contact information for you.

Know who your designated contact people are if they are not your parents or guardians.

Questions for the teacher, what would the school do if there was a disaster or emergency event nearby?

- What emergency programs does your school do? Ask students to call out drills or programs that their school already has in place (e.g. fire drill).
    - •Find out your school's emergency policies, including emergency procedures and how they will communicate with your parents during an emergency
    - •Discuss school bus safety if relevant.
    - •Make sure your parents give updated contact information each year to your school, including who your designated contact is should your parents be unavailable

Safety Tip: Teach children who their contact people are and how to get in touch with them (Safe phrase?)

•Safer Phrase example: Does your dog bite? Only in the morning

Your Family:

- Where are the emergency exits in your home?
- Where can your family meet outside of your home?
- How many routes lead away from your neighbourhood?
- Ensure there is help for people with disabilities living in your home.



Plan for high-rise residents

- Evacuation plan
- Know your exits
- Extra water in case of power outage
- Elevators



Bottom of <u>page 8</u> in EP Guide.

Consider the following:

•Locate all emergency exits from each room in their home
•Plan escape routes and means of egress from the neighbourhood (explain Egress if necessary).
•Designate a family meeting area. Ideally, this meeting spot should be off your property, for example, The basketball court across the street. Be sure to share this information with all household members.

Does anybody know why that would be?

- If the threat is in your home, you should ensure you are far enough away from the hazard area to be safe.

•Once you have a family plan, feel free to share your plan with neighbours to discuss and encourage them to create their own plans.

It's good practice to get to know your neighbours, it is an important part of situational awareness to share resources, exchange information and ideas.

Meeting with community members can ensure that neighbours that may have physical or cognitive impairments are identified and plans can be made accordingly. It can also prompt others to consider their own emergency plans.

Only evacuate when told to. Stay connected so you can hear directives.

•SAFE TIP: Get first aid training — Basic first aid is a critical component of any EP and it can help save a life! Basic first aid provides you with the tools to prevent the situation from becoming worse. In some situations if a patient doesn't receive basic first aid care immediately their situation will deteriorate – often rapidly. By being able to provide basic care you can stabilize a patient until emergency medical services arrives (SJA / CRC / Alert 1st Aid). *Check local age requirements for basic first aid, if not available to this age, encourage them to have their parents update theirs.

Ask if there is anyone in the audience who lives in a high-rise or a building with an elevator?– <u>if not, continue to next slide</u>

If you live in a high-rise building please note the following:

•You should familiarize yourself with the building evacuation plans and the proper response for various alarm sounds.
•You should identify the location of stairwell exits and keep all exits free of obstructions
•People with disabilities should advise their building manager/superintendent of their special needs before an emergency event.

Consider People with Disabilities in your Home:

- *What to include in their plan?*
- *What might they need?*
- *How can we include them in Emergency Planning?*
- *Who are the people in their personal support network?*



Turn to pages 9/10 of EP Guide.

Those with special needs, such as elderly persons/limited mobility, will need a specialized emergency plan. Focus on HOW to help rather than the issues that people with disabilities may bring.

What to include in their plan?

- A health information card, with her medication and allergy list, insurance information and vaccination history – make sure that it is in a place where everyone can see it.

Ask the class what else these people may need?
Answer: Walkers / Caines / Oxygen tanks

A grab-and-go bag kept in a safe place with at least 72 hours of medications and other supplies (we will discuss 72 hour kit contents later)

How to include them in Emergency Planning:

Ask them how we can support them. Include them in the planning so they are aware of how to proceed in an emergency event.

People in their Personal Support Network:

And you should also establish a personal support network – We talked about getting to know your neighbours – this helps build your social capacity so you can connect with and support your community in the event of a disaster.

- You can visit the **GOC -GetPrepared.ca** for additional information.



Turn to <u>page 9</u> of your EP Guide.

Your pets also need special emergency planning.

Pet friendly shelters / hotels

•Call around in advance and find a "pet-friendly" facility or hotel in as not every shelter/facility accepts animals. KNOW BEFORE YA GO!

Pet emergency provisions?

•Prepare a similar emergency kit for your pet as you would for your family – include extra pet food/water, ID tags, medical requirements/ medical history, harness, leash and pet litter box, toy. This goes for any pets you may have (Fur, Feather, Fin)

Transport?
Plan how you will gather your pets and how you will transport them in an emergency, Pet carries

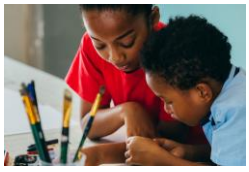
Special consideration:
In our home, we have a decal on our front window that tells FD that we have pets on the home. Pets can get scared and hide under beds, closets.
These can be purchased at any department store (Canadian Tire / London Drugs)

Other helpful hints:

- *Practice and review your plan!*



- *Share you plans with others*



- *Stay informed*



You can continue on with your plan by filling in the information on <u>pages 8–14</u> in the EP Guide.

It is important to Practice and review the plan at LEAST once a year to update and refresh your memory. Becoming familiar and comfortable with your plan could ease some of the stress and instill confidence in an emergency situation. And it could save your life!

Sharing you plan with others can motivate them to create their own plans or review and enhance existing ones.
Speaking with others about emergency plans can help us all better prepare for emergency situations. Sharing plans also provides perspective and awareness about the potential threats around us.

Staying updated and informed on the latest news will keep us safe before, during, and after an emergency event. Because emergencies can occur without warning, and can evolve rapidly, it is best to inform ourselves through media (Social, T.V, Radio). It is a good idea to have alternate sources of power if there are power outages (Back-up generator, solar power, ask your parents)



NOTE: Before clicking items on screen, get audience to call out things they'd put in their kit.

•Water – at least 2 litres of water per person, per day – include small bottles that can be carried easily in case of an evacuation order
•Food that won't spoil, such as canned food, energy bars and dried foods (remember to replace the food and water once a year)
•Manual can opener
•First aid kit
•Battery-powered radio or wind-up radio and extra batteries – use your radio to stay informed of messages from authorities
•Wind-up Flashlight (and batteries, if necessary)

You may now disassemble the pre-packaged emergency kit in front of audience, should you have one. Be sure to indicate other kit items (pages 16–17 of Guide):

•Special needs items, like baby formula and prescription medications
•Extra keys for your car and house
•Cash in smaller bills, such as $5–$10 bills and change, as cash registers, etc. may not work
•A copy of your emergency plan and contact information
•Copies of Important documents such as copies of birth certificates, passports, wills and insurance in your kit will make it easier to stay organized during an emergency



Turn to* page 16 *of your EP Guide.

Step 3 to emergency preparedness is to **Get a kit.**

•In an emergency, you will need some basic supplies – be prepared to be self-sufficient, before help arrives, for at least 72 hours. In addition to basic supplies like water and food, what would you put in your emergency kit?

•Word Cloud: What would you put in your kit?



This is a part of the handout.

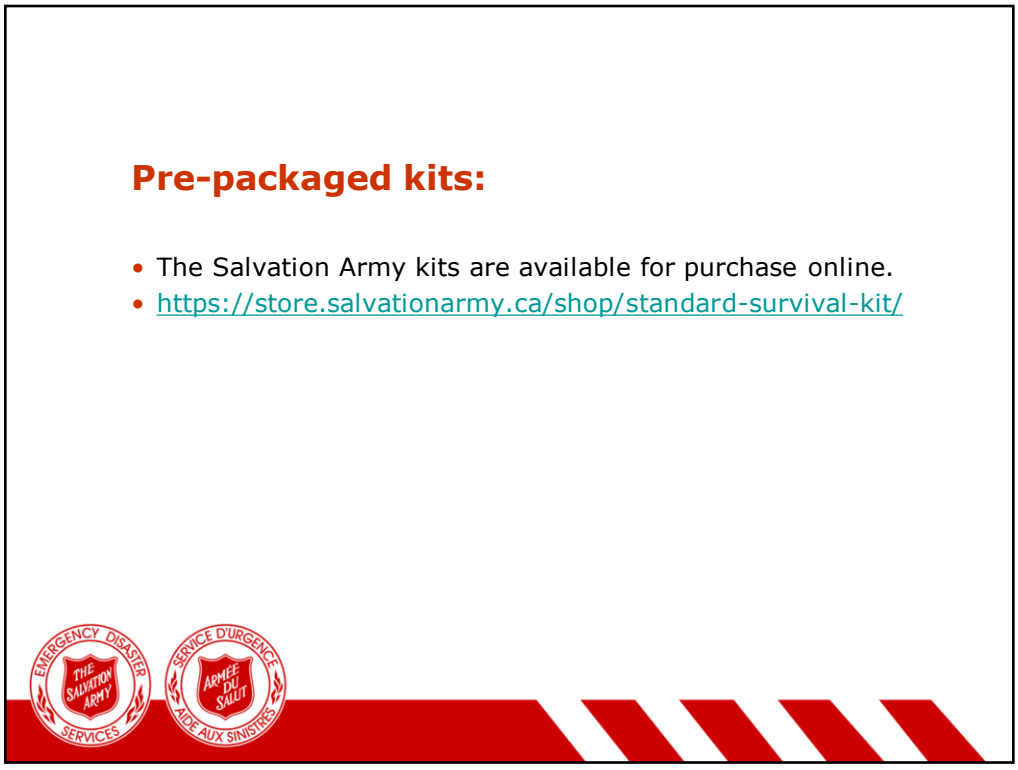


Video on creating a thrift store emergency kit.

Mention:

Making a kit is FUN and Easy
Cost is around $25 - $30

Visit any Salvation Army Thrift Shop location



Turn to* page 18 *of the EP Guide.
•Make sure Kit is personalized if you purchase
•They also make really good house warming gifts!
•If you are making your own emergency kit, use the **lists on pages 16–17** of your EP Guide for tips on what to include
•There is also a list of items for a small car kit to keep in your vehicle
•TIP: You may want to ensure you have other items in your home, such as a corded phone, as most cordless phones will not work during a power outage

Make sure your kit is easy to carry. Keep it in a backpack, duffel bag or suitcase with wheels, in an easy-to-reach, accessible place, such as your front hall closet. Make sure everyone in the household knows the emergency kit's location.



The steps we reviewed today will help you get yourself and your family prepared for an emergency. By:

a. Knowing the risks
b. Making a plan and
c. Getting a kit

...you are taking responsibility for preparing your family. We all hope that emergencies don't occur – but that's no reason to delay…

Confirmation of knowledge, recap of information learned today such as difference between emergency and disaster, risk in community, making a plan, and getting a kit.

Prepare now!
GetPrepared.ca
1 800 O-Canada

- Environment and Climate Change Canada: www.canada.ca/en/environment-climate-change.html
- The Salvation Army: www.salvationarmy.ca

•This presentation and your ***Emergency Preparedness Guide*** are just a few of the many resources available to assist in your preparedness.

***(All resources listed on* page 35 *of your EP Guide*)**

Questions?

