

# Get an Emergency Kit Start today!



IS YOUR FAMILY  
PREPARED?

If an emergency happens in Elgin County, it may take emergency workers some time to reach you. You should be prepared to take care of yourself and your family for a minimum of 72 hours.

It is quick and easy to become prepared to face a range of emergencies- anytime, anywhere. These basic steps will help you take care of yourself and your loved ones during an emergency.

1. Make an Basic Emergency Plan and include the following:
  - △ Emergency Exits – Draw up a floor plan of your home that shows all possible exits from each room.
  - △ Identify Safe places- Location to meet outside of your home in an emergency a) near home b) outside immediate neighborhood
  - △ List of Emergency Contacts
  - △ Plan for Pets
  - △ Plan for Special Health needs
  
2. Make a Emergency Kit and include the following:
  - △ Water- at least two litres of water per person per day
  - △ Food that won't spoil, such as canned food, energy bars and dried food (include can opener)
  - △ Wind-up battery-powered flashlight (and extra batteries)
  - △ Wind-up or battery-powered radio (and extra batteries)
  - △ First aid kit
  - △ Extra keys to your car and house
  - △ Some cash in smaller bills
  - △ A copy of your emergency plan
  - △ If applicable, other items such as prescription medication, infant formula, and food for your pets

For more information visit [www.GetPrepared.ca](http://www.GetPrepared.ca)