



Household Emergency Plan

HOW TO USE THIS BOOK

This book helps you and everyone in your house know what to do in an emergency.

Here is how to fill it out:

1



First, read through the book and fill in what you know.

2



Find a time when everyone (or most) of the people in your house are together. Maybe at lunch or after a favourite TV show!

3



When everyone is together, fill in information about each person. Then discuss how you will leave your house in an emergency, where you will meet, and many other steps. Fill in the blanks as you make your plan!

4



Keep the book on your fridge so you can find it in an emergency.

5



When you have time, practise evacuating your house.

6



Two weeks after, ask others in your house about the plan. Do they remember? Two months later, remind everyone about the plan!

It is important that you and everyone in your home knows what to do in an emergency. Having a plan can help keep you all safe!

EMERGENCY PLAN



HOUSEHOLD MEMBERS' INFORMATION

NAME	
Provincial health card number	
Passport number / permanent resident card / status card / other important document numbers	
Driver's licence number	
Cell phone number	

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IMPORTANT CONTACTS

(E.G. SOMEONE WHO CAN CHECK ON OR HELP YOU, BRING YOU SUPPLIES, ETC.)

	NAME	RELATIONSHIP	PHONE	ADDRESS
Member of support network				
Member of support network				
Member of support network				
Out-of-town contact				
Other				

Note: Consider if one or more of these contacts could also be an option for a place to stay in case you need to leave your home in an emergency.

PLACES TO STAY IN AN EMERGENCY

NAME

Phone

Address

NAME

Phone

Address

NAME

Phone

Address

NAME

Phone

Address

NAME

Phone

Address

Note: If you have pets, you may want to include information for a pet-friendly hotel or a place your pets can go.

HOUSEHOLD MEETING PLACE

Close by

Out of area

Note: Consider printing a map of each location and attaching them to this plan or saving a map on your cell phone for easy access. As a household, please practice reaching your meeting place to help ensure all members will know where to go and how to get there in case of an emergency.

SCHOOL EMERGENCY PLAN

SCHOOL AND CHILD / CHILDREN

CONTACT INFORMATION

EMERGENCY PLAN DETAILS

Note: Consider keeping a list of the emergency contacts you have provided to the school as well, in case you need to contact them for assistance in picking your children up from school.

MEDICAL CONTACTS

	NAME	PHONE	OUT OF HOURS CONTACT	ADDRESS
Doctor				
Nearest emergency department				
Pharmacy				
Optometrist				
Dentist				
Poison control				
Other				

MEDICAL INFORMATION

For each household member, you are encouraged to:

- Attach copies of health cards to this plan.
- Attach copies of third-party, private or other supplementary health insurance cards to this plan (such as insurance through your employer).
- Attach copies of prescriptions to this plan.
- Include a three-day supply of all medications in your kit, or at least have such supplies in a safe location within your home that you are prepared to grab and leave your home with as needed.

Note: Consider all medical conditions of all household members, and any additional needs they may have (e.g. wheelchair, crutches, oxygen, etc.). Have a plan for how you will manage during and after an emergency.

MEDICAL INFORMATION

Medications and dosages	
Condition	
Allergies	
Blood Type	
Medical aids (e.g. wheelchair, crutches) Include: brand, model and serial numbers	
Plan to manage in case of emergency (including additional sources of power, extra batteries, etc.)	
Additional Details	

Note: Please print additional copies of this page as needed to include all members of your household.

IMPORTANT SERVICE PROVIDER INFORMATION

	COMPANY	ACCOUNT NUMBER	CONTACT DETAILS
Electricity/oil/ propane			
Gas			
Water			
Roadside assistance			
Internet			
Phone			
Septic service provider			
Other			

UTILITY INFORMATION (PLEASE REVIEW YOUR MANUFACTURER OR SUPPLIER INSTRUCTIONS FOR DETAILS AND FOLLOW THESE IN THE PREPARATION OF YOUR PLAN)

UTILITY	LOCATION OF SHUT OFF / OVERRIDE	HOW TO SHUT OFF / OVERRIDE
Main water valve		
Electrical Panel		

UTILITY INFORMATION

Garage door manual override		
Gas		
Other utilities		
Location of any necessary tools to do the above (e.g. wrench)		
Other		

INSURANCE INFORMATION

	INSURER	CONTACT DETAILS	POLICY NUMBER
Home			
Third-party / private health insurance coverage /supplementary insurance			
Car			
Life			
Travel			

Note: Visit redcross.ca/ready for links to additional insurance information to help you before, during and after an emergency. Make sure you understand what your insurance coverage includes.

PETS

PET (NAME)

Breed

Microchip/licence number

Vet/kennel contact details

Emergency safe place

Equipment required

Plan to care for in case of emergency

Additional notes

PET (NAME)

Breed

Microchip/licence number

Vet/kennel contact details

Emergency safe place

Equipment required

Plan to care for in case of emergency

Additional notes

Note: Please print additional copies of this page as needed to include all pets in your household.

HOME EVACUATION ROUTES

Consider using the grid below to draw your home layout and evacuation plan. Note where the utilities are, where the smoke and CO2 alarms are, and where emergency kits are.

EVACUATION PLAN FOR FLOOR 1

A large grid consisting of 20 columns and 20 rows of squares, intended for drawing a home layout and evacuation plan.

IMPORTANT REMINDER

- Review, update and practice your emergency plan as a household frequently (at least yearly).
- Test your smoke alarms and CO2 detectors every six months.

FIRST AID TRAINING

- Consider becoming trained in first aid and CPR.
- See www.redcross.ca/firstaid, and download the Canadian Red Cross First Aid app on your smartphone or tablet to keep lifesaving help in your hands.

EMERGENCY CONTACT INFORMATION

OUT-OF-AREA CONTACT

Name

Telephone Number

Close meeting place

Out-of-area meeting place

OUT-OF-AREA CONTACT

Name

Telephone Number

Close meeting place

Out-of-area meeting place

OUT-OF-AREA CONTACT

Name

Telephone Number

Close meeting place

Out-of-area meeting place

OUT-OF-AREA CONTACT

Name

Telephone Number

Close meeting place

Out-of-area meeting place

DO YOU HAVE AN EMERGENCY KIT?

To help make sure you are ready for emergencies, you should have an emergency preparedness kit in your home with enough supplies to meet the needs of your entire household for at least 3 days. Some disasters, such as floods, wildfires and major power outages, can create unsafe conditions. If your safety is at risk, community officials may ask you to either take shelter at home or evacuate to a safer place. If asked to evacuate, you may have only minutes to get what you need and leave. Having an emergency kit that you can either use at home or grab and take along will help you be prepared and get to the evacuation point quickly, if needed.

Building a kit might seem expensive, but it doesn't need to be, and it is worth the effort!

See [redcross.ca/ready](https://www.redcross.ca/ready)

for a guide to help you build or buy your emergency kit, beyond the following list:

EMERGENCY KIT CHECKLIST

- Drinking water: 1L per person per day for at least 3 days, (2L if including pets)
- Water for cleaning and hygiene: 2L per person/per day

- Food (non-perishable, doesn't require preparation), including cans, energy bars, etc.

- Manual can opener (if you included canned food items) and utensils

- Items you cannot be without, such as medications (with copies of your prescriptions), extra eye glasses or contacts, baby supplies (diapers, formula, food, toys), hearing aids, dentures, diabetic supplies, walkers, pet foods and medications, etc., to last at least 3 days.

- Copies of important documents (e.g. birth and marriage certificates, passports, permanent resident cards, status cards or any such important documents, health cards, licences, wills, land deeds, insurance)*

- Crank or battery-operated flashlight, with extra batteries
- Crank or battery-operated radio, with extra batteries
- Extra keys for your house and car
- First aid kit
- Extra cash in small bills and coins
- Personal hygiene items
- Extra cell phone charger or battery pack
- Supplies for your pet (e.g. food, medication, vaccination records)
- Paper and pens
- Whistle
- Copy of this emergency plan (see redcross.ca/ready for more information and to download a template)

Tip

* In addition to having paper copies of important documents in a safe location (consider a safe location other than your home), you may also want to consider saving electronic copies or photos of important documents in a safe location (such as an encrypted USB, or other secure device) or leaving with a trusted contact

ADDITIONAL ITEMS TO CONSIDER

- Traditional medicines and/or ceremonial items that you use or want to have with you
- Traditional foods that may be difficult to find in stores
- Change of clothing and footwear for each person in your household
- Plastic sheeting
- Scissors and a pocket knife (not if evacuating by air or into a centre/shelter)
- Hand sanitizer
- Garbage bags and twist ties
- Toilet paper
- Multitool or basic tools (i.e. hammer, wrench, screwdriver, etc.)
- Duct tape
- Sleeping bag or warm blanket for each member of your household
- Toys, games, books, deck of cards
- Paper map

Other important notes:

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