

Be Ready

Disasters can happen any time, anywhere. You and your family can be ready by following these three simple steps: know the risks, make a plan, and get a kit. You should be prepared to take care of yourself and your family for at least 72 hours following a disaster.

Step 1: Know the risks

Find out what types of disasters are most likely to happen in your community. Disasters that commonly affect Canadians include floods, power outages, forest fires, tornadoes, hurricanes, and many more. To find out more about the risks where you live:

- Call your local municipality and ask what types of risks are common in your area
- Visit the 'Know the risks' section at redcross.ca/ready

Step 2: Make a plan

Your emergency plan will help you and your family know what to do in the event of a disaster or emergency, and it only takes 20 minutes. Here are some things to think about when making your plan:

- The best ways to evacuate from inside your home in case of an emergency, like a house fire
- The location of your emergency kit and water supply
- A safe place for your family to meet if you are not together when the emergency happens
- An out of-town contact person for each family member to call or e-mail in case of an emergency
- A plan for any family members with special needs
- A plan for evacuating your pets
- Visit the 'Make a plan' section at redcross.ca/ready

In addition you should practice your evacuation plan frequently and find out your community's evacuation plan.

Step 3: Get a kit

Your disaster preparedness kit should be able to sustain you and your family for 72 hours following a disaster or an emergency.

You can make your own kit, or you can **buy** a disaster preparedness kit through the Canadian Red Cross. Please visit shop.redcross.ca for more details.

To **make** your own kit, you need:

- A sturdy and easy-to-carry bag, like a backpack
- **Water:** Store two litres of drinking water and two litres of water for washing per person, per day. Don't forget about your pets!
- **Food:** Store at least a 72 hour supply of non-perishable food for each person. Include food for your pets
- Manual can opener
- Crank or battery-operated flashlight, with extra batteries
- Crank or battery-operated radio, with extra batteries
- Extra keys, for house and car
- First aid kit
- Cash in small bills
- Special needs items (medications, infant formula)
- Personal hygiene items
- Important family documents (copies of birth and marriage certificates, passports, licences, wills, insurance)
- Copy of your emergency plan

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Volunteer with the Canadian Red Cross

Do you want to help people in need? Do you want to become part of the largest humanitarian organization in the world? We will train you to become a disaster management, detention monitoring or a Restoring Family Links volunteer so that you can contribute to improving the lives of people in your community. Whether you want to volunteer in an office setting, work in the community to help reconnect families separated by humanitarian crises, be on the ground following a disaster, help with community outreach, or assist with visits to detainees, there are many ways to get involved with the Canadian Red Cross in your community.

Contact your local Canadian Red Cross for more information.

To find an office near you, go to redcross.ca/community
REDCROSS.CA

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