



# Emergency



# Preparedness



# Guide

# ACKNOWLEDGEMENTS

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DISCLAIMER: Every reasonable effort has been made to ensure the accuracy of this workbook. The Fraser Valley Regional District assumes no responsibility and disclaims any liability for any injury or damage resulting from the use or effect of the information specified in this workbook. This workbook is intended to be a starting point for individuals to create their own personal emergency plans and is intended as a resource only.

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# INTRODUCTION

Have you thought about what you would do in the event of an emergency or disaster? Do you have a list of emergency contacts? What about an escape route? Do you have enough food and water for your family to survive three days without help. Just how prepared are you?

It can be overwhelming to think about putting an emergency plan together; to plan for the food and water you may need; and make arrangements for the safety of each of your family members.

The purpose of this workbook is to guide you through the necessary steps to prepare for, respond to, and recover from an emergency situation. This workbook has been broken into five sections. Each section deals with a specific component of emergency planning. By the time you reach the end you should have all the knowledge you need to follow our 26 Week Guide to Emergency.

**Section 1** covers Emergency Preparedness for You and Your Family (page 11). Learn how to prepare yourself and your family for an emergency/disaster situation. How much drinking water should you have on hand? Do you have an emergency contact list? What about an Emergency Kit?

**Section 2** guides you through Emergency Preparedness for Your Home (page 29). Learn how to prepare your home for a variety of emergencies, identify and reduce risks and make your home a safer place before an emergency/disaster.

**Section 3** provides information on Responding Safely During Emergencies (page 47). Know how to appropriately respond during emergencies/disasters and build survival skills.

**Section 4** is about Recovery and moving forward (page 77). Understand the recovery process to get back on track after emergencies/disasters.

**Section 5** contains forms and checklists to complete, and the all-important 26 Week Guide to Emergency Preparedness (page 89).

Each section contains a Top Five Recommendations list of the most important takeaways from that section. If you do nothing else to prepare, at least do these five things!

## How to Use this Workbook

1. Take the Emergency Preparedness Challenge and find out how prepared you are.
2. Read through this workbook with your family and find out what you need to know to prepare and respond to a disaster or emergency.
3. Put all this knowledge together and get prepared using the 26 Weeks to Emergency Preparedness Guide.
4. Fill out all the forms in Section 5 and make sure each family member has the appropriate information on them at all times.
5. Keep this workbook near your main phone for easy access in an emergency.

## Take the Emergency Preparedness Challenge!

Are you prepared for winter storms, blackouts, flooding, forest fires and earthquakes?

Yes	No	
		Does your family know how to keep safe in a disaster?
		Do you have an Emergency Grab-and-Go kit for each member of your family? (see page 12)
		Does your family have a reunion plan in case you are separated during a disaster? (see page 14)
		Do you know what plans your children's or grandchildren's schools have developed for protection during disasters?
		Do you have at least 7 days of drinking water per person safely stored for your family? (see page 18)
		Have you collected and stored emergency supplies to provide for your family for an extended period of time? (see page 19)
		Have you conducted a Home Hazard Hunt? (see page 31)
		Do you have the means to prepare meals if the power is out for an extended period of time? (see page 23)
		Does each member of your family know how to turn off home utilities such as water, gas and electricity? (see page 35)
		In a sudden power outage, could you quickly locate a flashlight or have you purchased home power failure lights?
		Do you have a basic First Aid Kit? (see page 22)
		Do you have a plan in place for your pets? (see page 25)
		Have you determined how you will signal for assistance, if a disaster strikes?
		Is your workplace prepared in the event of a major disaster?

### How Did You Do?

14 out of 14 yes answers

Congratulations!

10 – 13 yes answers

A little more work to do here.

7 – 9 yes answers

You are halfway there.

4 – 6 yes answers

This weekend would be a good time to continue preparing.

0 – 3 yes answers

Please get started now.

If you answered “no” to any of these questions, now is the time to act. Disasters happen, don’t wait until it is too late!



## Volunteering Within Your Community

Ever wondered how you could help your community? Volunteering is a wonderful way to start.

Type of Community Organization	Opportunities to Help
Emergency Social/Support Services	Helping those impacted by disaster
Volunteer Fire Departments	Fighting fires, saving lives
Search and Rescue	Finding lost and missing people
Salvation Army	Assist with relief efforts

## Government Coordination and Support

Local governments focus on coordinating the response and repairing/rebuilding infrastructure. We need you. When we all work together we create better, stronger and more resilient communities.

For more information, please email the FVRD Emergency Services office at [emergencyinfo@fvrd.ca](mailto:emergencyinfo@fvrd.ca).



# Section 1



## You and Your Family



### In this section you will:

- Learn strategies that are common to all disasters.
- Become more self-sufficient in the event of an emergency or disaster.
- Create a family emergency plan.
- Itemize the emergency supplies (water, food, medicine, etc.) you should have on hand.
- Practice and maintain your family emergency plan.

## Top 5 Recommendations

1. Practice Drop, Cover and Hold (see page 49).
2. Keep a sturdy pair of shoes in a bag under your bed for safe escape. Keep a flashlight tucked into one of them or ensure each bedroom has a power failure light.
3. Practice getting out of your home, school or work place safely.
4. Pack a small Grab-and-Go Emergency Kit for each family member to keep with them at all times (water, food bars, light stick, emergency blanket, whistle, etc. (see below).
5. Use ICE (In Case of Emergency) in your cell phone address book to designate who to notify if you are injured or carry emergency contact info at all time (see page 13).

Personal preparedness begins with you. The best way to recover from an emergency is to be prepared. Whether you build a kit, make a plan or stay informed, preparing now will mean peace of mind and an easier recovery when an emergency or disaster occurs. Plan for the worst and be ready for anything

## Personal Grab-and-Go Emergency Kits

During a major emergency/disaster you could spend an extended time away from home and you will want to have supplies to keep you as comfortable as possible. Take a look at our suggestions and create your own grab-and-go kit.

### Suggested Personal Grab-and-Go Emergency Kit

(Personalize this for your needs and keep with you at all times.)

- Bottled water
- Flashlight/radio
- Nutritious foods (dried fruits, granola bars, nuts or beef jerky)
- Whistle
- Personal medications
- Emergency blanket and garbage bags
- Personal toiletries
- Extra pair of eye glasses
- Dust masks and gloves
- Extra money, coins, phone cards
- Family photos (recent)
- Books and/or games



- Personal papers (copies of insurance, emergency contacts, prescriptions & identification)

## Personal Car Kit

Keep up car maintenance and fuel so you don't run out or break down.

- Bottled water
- First Aid kit and manual
- Nutritious foods (dried fruits, granola bars, nuts or beef jerky)
- Fire extinguisher
- Comfortable, sturdy walking shoes
- Flashlight (extra batteries)
- Warm blanket
- Flares, candles with matches and jar
- Heavy-duty work gloves
- Ziploc bags,
- Toilet tissue
- Dust masks and gloves
- Hard hat
- Change of clothing
- Large, sturdy backpack
- Road map and compass
- Deck of cards and book
- Shovel and sand, kitty litter or other traction aids
- Ice scraper and brush
- Duct tape and garbage bags
- Booster cables

## In Case of Emergency (ICE ) Contact List

Your cell phone can be a useful tool in times of crisis. At the touch of a button it can be used to call 9-1-1 or the police, as well as to reunite loved ones separated during a disaster.

At the scene of an accident, first responders or rescue services arrive and want to treat you quickly and also notify your family or friends. You can make their job easier by adding entries in your cell phone address book



under the label ICE. Simply put ICE before the names you want designated as key contacts. It only takes a few seconds to help responders know right away who to notify.

Congratulations! Now you are ready to look after your basic needs wherever you happen to be!



## Reunion Plan

There is a good chance that you may not be with your loved ones when an emergency/disaster occurs. To find your family members as quickly as possible after a major disaster, you need to identify at least two reunion sites and an emergency contact person to help you find each other and get back together. Remember – local telephone and cell phone services may not be available.

### Reunion Sites

Your family's first reunion site should be your home. Identify two other places to go if your home is not accessible. Plan for an alternate site in your neighbourhood and one outside your immediate area. Possible sites may include: neighbours, friends, nearby relatives' homes, or designated reception centres. If you need to leave your reunion site, make sure you leave a note telling others where you have gone. Fill in the reunion site information on the form on page 95.

### Emergency Contact Person

Choose a relative or friend who lives outside of the disaster area, preferably in another province or country that family members can contact if it becomes impossible to reach your home or reunion sites. Communication within a disaster area is harder to establish than calling to an area not affected by the disaster.

Fill in the emergency contact cards with this information for each family member to carry with them at all times (see cut out cards on page 93).

In the event family members cannot reach one of your reunion sites, remind them to contact this person as soon as they can after the emergency and report how and where they are and their plans for the next few days. Keep conversations short as the phone system will be overloaded with people trying to contact their loved ones.

Update family photos (including pets) so that searchers can help reunite families!

## Family Emergency Plan

Safety during emergencies requires advance planning and preparation. Taking the time to identify a nearby neighbour and acquainting them with your needs can provide peace of mind and vital help during a disaster.

### Before an Emergency

- Assess your own needs, capabilities, and limitations and write them down. Be sure to include your requirements for special equipment and medications.
- Sketch your home's floor plan. Mark the safest place for you to be, in each room, during an emergency. Include exits, hallways, and alternate escape routes. Note obstacles that might make a safe exit difficult and plan to remove them if possible.
- Create a network of neighbours, relatives, friends, and coworkers to assist you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment.

### Neighbourhood Preparedness

When disaster strikes, immediate help will come from those around you – your neighbours. From small events like power outages or windstorms to major events like forest fires and earthquakes, take time to check on



neighbours and provide assistance as needed. Connect and build relationships with your neighbours today to develop a plan and ensure a fast recovery. Prepared neighbourhoods are resilient neighbourhoods.

- Meet your neighbours.
- Map your street.
- Keep in touch.
- Create a neighbourhood plan and review it annually (have fun).

## Special Needs

If you or someone close to you has a disability or a special need, you may have to take additional steps to protect yourself and your family in an emergency.

Disability/Special Need	Additional Steps to Consider
Hearing impaired	May need to make special arrangements to receive warnings
Mobility impaired	May need to make special arrangements to get to a shelter
Working parent	May need to make alternate child care arrangements
Non-English speaking	May need assistance planning for and responding to emergencies
No vehicle	May need to make arrangements for transportation
Special dietary needs	Plan to have an adequate emergency food supply
Daily medication needs	Ensure you have an adequate supply

## Planning for Special Needs

- Find out about special assistance that may be available in your community.
- Discuss your needs with your employer.





- Have a stairway escape chair if you are mobility impaired and live or work in a multi-story building.
- Ask apartment building management to mark accessible exits clearly and to make arrangements to help you leave the building.
- Make provisions for medications that require refrigeration.
- Keep a list of the type and model numbers of the medical devices you require.
- Keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals, and any other items you might need.

## Emergency Water Supplies

Water is essential for survival. It is vital that all household members learn how to shut off the water at the main house valve. Storing an alternative supply of water is also essential.

Preparing to Shut Water Off (see page 37)

- Locate the shut-off valve for the water line that enters your home.
- Make sure this valve can be completely shut off. Your valve may be rusted open, or it may only partially close. Replace it if necessary.
- Label this valve with a tag for easy identification, and make sure all household members know where it is located.



**Caution:** Do not drink water from swimming pools or waterbeds. Their high concentration of salts and/or chlorine can cause serious health problems. Use this water for hygiene purposes only.



### Amount of Water to Store

Store four litres of water per person per day. Three days is the absolute minimum for which you should be prepared, however a two week supply is preferred. This water will be required for drinking, food preparation, washing dishes, brushing teeth and other hygiene needs. Remember to store extra water for your pets as well.

### Storing Emergency Water

- Store water in sturdy, opaque plastic food grade pails, jugs or bottles. Plastic soft drink containers work well for short-term storage, but use opaque jugs available from camping supply stores or water distributors for long-term storage. (Do not use milk containers as they become brittle over time).
- Clean and rinse the inside of the bottle thoroughly. Add a few drops of chlorine bleach or vinegar to the rinse water and shake well. Empty the bottle and fill with fresh water to the very top.
- Date the bottle and label it "Drinking Water."
- Store bottles in a cool, dark location. Storing some in freezers can provide additional water and help keep food frozen longer should the power be off for an extended period of time.
- Water supplies should be replaced every six months.
- Avoid storing water in areas where toxins are stored (i.e. gasoline and pesticides). These vapours can penetrate the plastic over time.

### Additional Sources of Water

- Hot water heaters.

- Existing water in plumbing (may need to be purified).
- Melted ice cubes made with uncontaminated water.
- Liquid from canned fruit and vegetables.

## Purifying Water for Immediate Needs

- Strain out any sediment or particles from the water by pouring it through several layers of paper towels, cheesecloth or coffee filters.
- Use one of the following purification methods:
  - a. Boil the water for ten minutes.
  - b. Add liquid household bleach (must contain 5.25% sodium hypochlorite and be less than one year old) in the following amounts:

Water Amount	Water is Clear	Water is Cloudy
1 litre (quart)	2 drops	4 drops
5 litres (~1 gallon)	5-8 drops	16 drops
25 litres (~5 gallons)	½ teaspoon	1 teaspoon

- c. Purification tablets may be used, but have a short shelf life so make sure you note the expiration date and replace them regularly.

**Quick Tips: Save water by using heavy-duty aluminium foil for cooking instead of a pan & paper plates and cups, plastic utensils and paper towels.**

## Emergency Food Supplies

An unexpected event can disrupt your ability to purchase food. It is wise to maintain an extra two weeks supply of food on hand. Check your supplies regularly to make sure you have enough and that they aren't stale dated.

### Choosing Emergency Food

- requires little or no cooking or refrigeration.
- requires little or no water for preparation.
- will not increase thirst (i.e. low in sodium).

- familiar to your family (comfort foods).
- will meet the needs of family members requiring special diets.
- is in a portion size that can be consumed by your family in one meal.

### Suggested Foods to Store

- Ready to eat canned meats, fish, beans, fruits and vegetables.
- Comfort foods, such as hard candy, sweetened cereals and cookies.
- Packaged juices, dried or canned milk and soup.
- Dried food.
- Peanut butter, jelly, crackers, granola bars and trail mix.
- Instant meals that don't require cooking or water.

### Food Prep Items to Store

- Manual can opener
- Utility knife
- Camping stove and fuel
- Waterproof matches
- Pots and pans
- Bottle opener
- Paper towels
- Charcoal grill and charcoal
- Heavy duty plastic bags
- Small tool kit
- Utensils
- Aluminium foil

### Storing Emergency Foods

- Keep food in covered containers and date them. When they get close to the expiration date, use them up and replace them.
- Store food in opaque containers in a cool, dry, dark place (i.e. a closet). High temperatures contribute to rapid deterioration of many food types.



- Protect food from rodents and insects by storing in metal containers or large sealable plastic garbage containers on wheels.

## Using Emergency Food

- Use perishable food in your refrigerator first (if not contaminated by flooding).
- Use frozen food in your freezer second.
- Use canned food and dry mixes last.

**Note:** Thawed food can usually be eaten if it is still “refrigerator cold”. It can be re-frozen if it still contains ice crystals. Remember: “When in doubt, throw it out”.

## Food Safety

- Discard cans that bulge at the end or are leaking.
- Do not eat or drink anything from open containers near shattered glass.
- Keep cooking and eating utensils clean.
- Keep your hands clean by washing them frequently with soap and water that has been boiled or disinfected.
- Remember to wash hands for at least 15 seconds each time (the length of time it takes to sing the “Happy Birthday” song).
- Keep garbage in closed containers and dispose outside, burying garbage in plastic bags if necessary so it can be dug up and disposed of properly later.



**Caution: Never burn charcoal or light barbeques indoors; it may cause carbon monoxide poisoning.**

### First Aid Supplies

Your first aid kit should contain those things necessary to meet the needs of your family. Use this kit for your everyday first aid needs and replace items as you use them to keep them fresh.



Assemble or purchase a first aid kit. Store these supplies in a case, a fishing tackle or toolbox, or even a small cardboard box with a handle to make it easy to carry. Tape a list of the contents to the inside of the lid. Check expiration dates periodically. Replace items that have expired.

Store prescription medications and copies of critical medical information in your Grab-and-Go Emergency Kit or in watertight bags in the refrigerator.

#### Suggested Bandages to Store

- Assorted Band-Aids
- Pressure bandages
- Butterfly bandages
- 3 – 6 triangular bandages
- Adhesive tape
- Sterile bandage rolls (2" and 4" widths)
- Rolled gauze (1", 2", 3" widths)

#### Additional Supplies

- First Aid manual
- Writing material (pen, paper, etc.)
- Scissors, tweezers & safety pins
- Needle & thread
- Thermometer
- Tissues

- Cotton-tipped swabs
- Skin lotion, sunscreen, insect repellent
- Plastic bags
- Pre-moistened towelettes
- Sanitary napkins
- Hot water bottle
- Instant cold packs
- Mylar space blankets
- Splinting materials
- Glasses, contact lenses & supplies
- Waterproof matches

### Suggested Medicines to Store

- Pain relievers
- Antibiotic ointment
- Individually wrapped alcohol swabs
- List of prescription medications (taken on regular basis)
- Diarrhea and laxative medications
- Prescription medications (2 week supply)
- Eye drops

## Home Emergency Supplies

It is important to plan in advance for alternative ways of caring for your needs if the normal community services have been disrupted. The information provided in these lists offers suggestions and safety tips to help you prepare for the unexpected.

### Lighting

Have two or three alternative sources of light:

- Home Power Failure Lights — an inexpensive way to provide immediate emergency lighting during



power failures.

- Flashlights — solar, wind-up, shake-up or battery operated (remember extra batteries).
- Light sticks — can provide light for 1–12 hours (great if there is a concern about gas leaks as these won't ignite the gas).
- Candles — put them inside candle holders or glass jars taller than the candle in case the candle is knocked over.

- Camping lantern — store extra fuel, wicks, mantles, and matches (only use outdoors).

### Cooking

Make sure you have at least one alternative way to cook your food.

- Camp stoves, sterno stoves, barbeques, or hibachis — store extra propane, charcoal, lighter fluid, and matches outside.
- Fireplaces — inspect chimney and flue for cracks before using.
- Fondue pots and chafing dishes — store extra fuel.



### Shelter

After an event there may be some concern and uncertainty about sleeping in your home. Make sure you have other shelter options available to help make you and your family as comfortable as possible.

- Tent or waterproof tarp.
- Sleeping bags.
- Blankets or Mylar blankets.
- Newspapers (for insulation).
- Air mattresses or cots.

### Sanitation

The lack of sanitation facilities after a major event can quickly create secondary problems unless basic guidelines are followed:

- If water lines are damaged or you think they're damaged, do not flush the toilet.
- If toilets can't be flushed, remove water from the bowl, stuff with a rag and line it with a heavy-duty plastic bag. After use, add a small amount of deodorant or disinfectant. When the bag is full, securely tie and dispose of it in a trash can with a tight fitting lid.



- Store a large supply of heavy-duty plastic bags, twist ties, disinfectant (powdered chlorinated lime — not quick lime), and toilet paper.
- A good disinfectant is a solution of 1 part liquid bleach to 10 parts water (dry bleach is caustic and not safe for this use).
- Portable camp toilets, small trash cans or sturdy buckets lined with heavy-duty plastic bags are other alternatives.
- Keep large zip lock plastic bags and toilet paper at work and in the car for use if you are away from home. Don't dig holes in the ground as untreated raw sewage can pollute fresh ground water supplies, attract flies and spread disease.

## Storing Emergency Supplies

Finding extra space to store your emergency supplies can be tricky. They will do you little good if you cannot get to them or if they are damaged during an event.

- If you have a camper or trailer, you may already have all the emergency supplies you need. Remember to restock so that your emergency home away from home is always ready.
- Perishable supplies will remain stable longer if they are stored in a cool, dark place.
- One method of storing emergency supplies is to place them in a large, covered garbage can, preferably plastic or rubber and on wheels. Put the contents inside a tightly closed plastic bag before placing them in the can.
- If stored in a shed or other outbuilding, make sure that all supplies are kept away from contaminants, such as gasoline and other chemicals.
- Other storage options include in a closet, behind a sofa, or under a bed preferably close to an exit.

## Looking After Your Pets

Do you have a plan for your family pet in case of emergencies or disasters? Having supplies and a plan before a disaster will give you peace of mind, save precious time and maybe even your pet's life. Don't expect rescue centres to have supplies for your pets – this is your responsibility. Designate someone to help you out if you are not home when a disaster strikes. Have a recent photo and description of your pet(s) ready to help rescue workers find them.



### Pet Emergency Kit Checklist

- Food/water (seven day supply)
- Identification tag and collar
- Sturdy crate and/or carrier
- Pet first-aid kit
- Leash and harness
- Non-spill bowls
- Litter box and litter for cats
- Manual can opener
- Recent photos of your pet
- Copy of your pet's current vaccination history
- Any special medications and instructions
- Emergency phone numbers and addresses (pet friendly hotels, emergency vet clinic, local animal shelter, boarding kennels, etc.)

### During a Disaster

Try your best to take your pet with you. If this is not possible when you evacuate, follow these guidelines to help ensure your pet's safety.

- Prepare a poster of your pets with pictures and descriptions (update as needed) and post in a window to let rescue workers know how many pets were left behind.
- Leave plenty of water in a large tip-proof container inside and outside your home.
- Leave dry food in timed feeders (check local pet stores) to prevent your pet from eating a week's worth of food in one day.



- Do not tether or cage pets as chances of survival are greater if they can escape easily.

### Finding Your Pet After a Disaster

- When it's safe, return to your neighbourhood to search for your pet and distribute "lost pet" posters.
- Ask neighbours, mail & newspaper carriers, joggers & others to look out for your pet.
- Check in with your local animal shelter (if there is one) to report your pet missing. They may have already rescued your pet.
- Don't give up; sometimes lost pets turn up months after they have gone missing.



# Emergency Planning for Farm Animals

## Make an Emergency Plan

- Make an emergency plan to protect your property, your facilities, and your animals. Create a contact list of emergency telephone numbers including neighbours, veterinarian, poison control, local animal shelter, animal care and control, transportation resources, and local volunteer organizations.
- Include an out of town contact person who is unlikely to be affected by the same emergency. Make sure all this information is written down and that everyone on your farm as well as your contact person has a copy.
- Review, test and update your emergency plan, supplies and information regularly.

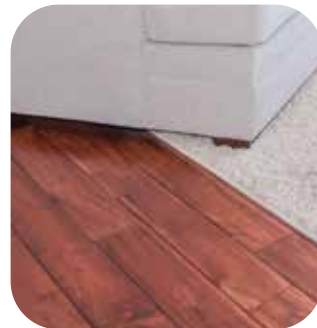
## Prepare a Farm Emergency Kit

Make an emergency kit so you have emergency supplies in one location and let everyone know where it is. Check and update contents regularly. Include the following items and personalize according to your needs:

- Current list of all animals, including their location and records of feeding, vaccinations, and tests. Make this information available at various locations on the farm.
- Supplies for temporary identification of your animals, such as plastic neckbands and permanent markers to label animals with your name, address and telephone number.
- Basic first aid kit.
- Handling equipment such as halters, cages, blankets, and appropriate tools for each kind of animal. Include bolt-cutters to quickly free animals in an emergency.
- Water, feed, and buckets. Tools and supplies needed for sanitation.
- Other safety and emergency items for your vehicles and trailers.



# Section 2



## Your Home

### In this section you will:

- Identify areas for improvement to make your home safer in the case of an earthquake through our Home Hazard Hunt.
- To make sure your home is structurally sound.
- Follow step-by-step guidelines for securing the contents of your home.
- Know how and when to shut off any utilities.
- Learn the basic steps of fire prevention.

### What if You Have to Evacuate

When evacuating animals, remember that they will be frightened. Given a chance they will try to get away and find a place where they feel safe. Keeping animals securely confined will minimize the chance of losing your animals. If animals are evacuated to a centralized location, such as fair grounds for shelter, where they will co-mingle with other animals of unknown health status try to:

- Minimize the contact among animals from different premises.
- Verify the health and vaccination status of animals which must be co-mingled.
- Handle any mortalities in a manner that minimizes the possible spread of contagious diseases.
- Monitor animals on a daily basis and seek appropriate veterinary advice and service on suspicion of an animal disease problem.

### Top 5 Recommendations

1. Install smoke and carbon monoxide alarms to save lives.
2. Practice fire and earthquake drills with your whole family.
3. Secure your hot water tank to the studs with steel strapping (see page 33).
4. Secure furniture and contents (see page 33). Use Velcro strips or putty to secure picture frames and mirrors (see page 34).
5. Shut off natural gas if you smell it — smells like rotten eggs (see page 35).

As much as one third of all reported earthquake loss is caused by non-structural damage to building contents that is relatively easy to prevent. Preparing your home is well worth the investment because of the huge costs these losses can incur.

YES

NO

FIXED




## Home Hazard Hunt (Risk Assessment)

Do you believe that your home is a safe place to be? Statistics show that most fires, accidents and injuries occur in the home.







An important step in family preparedness is to identify the hazards in your home. It doesn't take much time or effort to make your home a safer place to live.







Get started. Involve your whole family, especially your children in a home hazard hunt. Remember that anything that can move, break, fall or burn is a potential hazard. Foresight, imagination and common sense are the only tools you will need. After identifying what needs to be done, devise a plan to do it.










## Hazard Hunt Checklist

Is your cooking area clean and clear of combustibles?




Are your electrical outlets near water are Ground Fault Interrupt (GFI) equipped?







Have you checked smoke alarms and carbon monoxide detectors recently?




Is your hot water heater secured to the studs? (page 33)




Have you secured all tall furniture? (page 33)




Are heavy pictures and mirrors over beds and furniture secure? (page 34)




Have you checked cords and wiring for damage?

Are heavy objects stored down low or secured?

## SECTION 2

Have you secured hanging plants and pendent lights? (page 34)

Have your kitchen, bathroom and storage cabinet doors been secured? (page 34)

Are chemical hazards stored safely? (see page 46)

Is your home properly secured to its foundation? (page 32)

Have you strengthened all cripple walls?



Are your chimney, roof and attic spaces properly secured?

Do you know where your utilities and their shut off valves are located? (page 35)



## Making Your Home Structurally Safe

### Seismic Review and Retrofit

Earthquake provisions have been included in the building code since 1950. Over the years as our understanding of earthquakes and their effects on buildings has improved, the building code has been updated. If you have an older home and are concerned about its ability to withstand an earthquake, you can hire a qualified structural engineer to assess your home and recommend building upgrades.

### Windows

Windows are a major hazard in an earthquake. As the building moves, pressure builds up on the windows which may result in them shattering.

- Consider adding a safety film to the inside of all windows greater than 60 centimetres (two square feet) in size. This does not prevent the window from cracking but it does keep the glass from falling and injuring loved ones.
- Safety film can be used on mirrors as well to keep them from shattering during an earthquake.
- Do not go near windows or patio doors in the event of an earthquake.

### Securing the Hot Water Tank

A typical hot water tank weighs between 200 to 400 kilograms when full. A sudden jolt and/or the rolling motion that accompanies most earthquakes can cause them to topple over. This movement can also cause the natural gas and water line connectors to break.

- Secure both the top and the bottom, rather than just the top or just the middle, of the hot water tank.
- Use heavy-gauge metal strapping rather than plumber's tape. During an earthquake, many water heaters have broken through the plumber's tape meant to secure them.



- There should be very little space between the water heater and the wall. If there is more than one or two inches, attach a wooden block to the wall studs with long lag screws. This will prevent the tank from tipping backwards.
- Wrap the heavy-gauge metal strapping 1½ times around the tank. Start by placing the strapping at the back of the tank. Bring it to the front and then take it back to the wall.
- Secure this strapping to the wall studs or the wood block using several ¼" x 3" or longer lag screws.
- Replace all copper and metal piping with flexible natural gas and water line connectors.

### Securing Furniture

A major earthquake has the potential for causing substantial damage to your possessions. Approximately one-third of the cost of earthquake damage is due to non-structural losses like furniture, equipment, heirlooms, etc.

How you secure your furniture depends upon its value, location and your imagination. There are many ways to protect each piece.

- Secure all tall free-standing furniture, such as bookcases, china cabinets and shelving units to the wall studs using "L" brackets, corner brackets or anodized aluminum molding.
- Attach a wooden or metal guardrail to open shelves to keep them from sliding off. This is especially important wherever there are a lot of glass items.
- Place heavy and/or large items on lower shelves.

### Securing Items to Shelves or Countertops

Secure items such as televisions, stereos, computers, microwaves and breakable collectibles with Velcro, putty, dental wax or double-sided tape.

- Choose Velcro with adhesive on the back, cut into 1" squares.
- Leaving the two sides of the Velcro fastener together, remove the paper to expose the adhesive on one side and attach this to the legs or corners of the equipment or appliance.
- Leaving the two sides of the Velcro fastener together, remove the paper from the other side and let the item down on the shelf or countertop where you want it placed.
- Lay a rubber strip across the front of shelves to help keep books and files from sliding forward.
- Line shelves with rubbery shelf liner that keeps items from sliding off the shelves.

### Securing Wood Burning Appliances

A typical wood burning stove or heater weighs between 100 and 150 kilograms. It can easily topple over from the rolling action of an earthquake. This movement can cause a fire or let smoke and other gases leak into the house.

Have a professional secure your wood-burning appliance so it will not move or topple over. If you do the work yourself, have it inspected. Do not compromise your safety or the safety of your family.

## Securing Pictures, Mirrors, Hanging Objects and Cabinets

Earthquakes have a tendency to knock pictures and mirrors off the walls. You may be seriously injured if they happen to fall on you. Consider moving all framed pictures and mirrors away from beds, couches and chairs.

### Securing pictures and mirrors

- Place angle screws on their top and bottom or secure them with wire to an eyebolt. Screw these directly into wall studs if possible.
- Poster putty or Velcro may be used in diagonal corners to secure pictures, mirrors or clocks to the wall.

### Securing hanging objects

Carefully check the location of all hanging plants and other hanging objects. Determine if they are close enough to the windows to strike them in the motion of an earthquake. If they are, consider moving them.

Secure these objects by closing the opening of their hook. Make sure the hook is screwed directly into a ceiling stud.



### Securing kitchen cabinets

To prevent cabinet doors from flying open, install either a Push latch or a Pull latch.

## Shutting Off Natural Gas

Natural gas is one of the safest fuels. Do not shut off gas unless you smell it (i.e. rotten egg odour). A sulphur (rotten egg) odour is added for detection. If leaked outdoors, it tends to rise and simply dissipates into the atmosphere. If leaked in a confined space, such as inside your home, it mixes with air and can cause a fire if ignited. If you think you smell natural gas indoors:

- Open doors and windows.
- Do not smoke, light matches or operate electrical switches.
- Leave the premises.
- Turn off your gas meter. Keep a dedicated wrench (12 to 16 inches long) in an easily accessible and safe location known to all family members.
- Go to a nearby phone (outside of the gas leak area) and call Fortis BC at 1-800-663-9911 or call 911.

If there is a strong smell of gas, if you hear the flow of escaping gas, or if gas is leaking from a broken or disconnected gas pipe leave the premises, go to a nearby phone and call 911.

Do not turn gas back on as the system needs to be checked by a qualified technician. Call Fortis BC at 1-800-663-9911 (24 hours).

## Shutting off Electricity

If power is disrupted during a disaster, turn off the main circuit breaker. This will decrease the possibility of fire damage if no one is home when the power is restored.

- Locate the electricity circuit box.



- Turn the power off by flipping the individual circuits to the off position and flip the main breaker to the off position.
- When power is restored, turn circuits on as needed or as power comes back on.

## 7 Steps to Electrical Safety

Electricity is a part of our everyday lives and must be treated with respect. Everyone should know the 7 Steps to Electrical Safety. Learn them and pass them on. Remember, they don't call it power for nothing.

1. 10 Metres to Safety: Stay back at least 10 metres (33 feet) from a fallen power line or exposed underground cable.
2. Look up and live: Look up — check and keep equipment clear of overhead power lines.
3. Know your limits: When using equipment in the vicinity of power lines, always maintain the limits of approach: from 3 – 7 metres (10 – 20 feet) depending on the voltage.
4. Don't hang around operating equipment: Stay at least 10 metres (33 feet) from operating equipment, in case it contacts a live line.
5. Shuffle or Hop — Do Not Step: If your vehicle makes contact with a live line remain inside until help arrives. If you must get out due to fire, jump out with your feet together without touching the vehicle. Then shuffle away, keeping both feet close together.
6. Call or Click before you dig: Avoid contacting underground powerlines before you dig call 1-(800)-474-6886 or click at [www.bconecall.bc.ca](http://www.bconecall.bc.ca)
7. Don't become a victim: Always call 911 when someone is injured in an electrical accident.

## If Someone Receives an Electrical Shock

- Do not touch the person if she or he is still in contact with the source of electricity. (The electricity will travel from their body into yours!)



- If there is a downed power line, keep people at least 10 metres (33 feet) away.
- Ask someone to call an ambulance and BC Hydro while you stay with the victim.



- Once it is safe to do so, if the victim has no pulse, perform CPR.
- If the victim has been burned, avoid touching those areas or any burned clothing. You may gently apply cold water to burned areas until professional help arrives.

### Shutting Off Water

Water very quickly becomes a precious and rare commodity following major earthquakes. It is important that all family members learn how to shut off the water for three reasons:

1. The normal supply of water to your home will likely be disrupted or perhaps polluted because of broken or cracked lines. It is wise to shut the water supply off until you hear from the proper authorities that it is safe for drinking.
2. Shutting off water will trap the water that is in the hot water tank and toilet tank. Not shutting the water off may allow it to flow back into the main water lines and no longer be available for your use.
3. Shutting off the water supply will prevent water damage to your house if the pipes inside your home are broken during an earthquake or its many aftershocks.

Locate the shut off valve for the water main that enters the house. Make sure this valve can be completely shut off. Valves that have not been turned recently may be rusted open or they may only partially close. If this is the case, replace the valve.

Label this valve with a large tag and make sure that all family members know where it is located. Turning off the water at the meter or curb stop (usually located in a cement box near the front of your property) is not recommended because it is difficult to turn this valve.

## Fire Safety

### Home Fire Safety Checklist

Simple changes can save your life. Use our checklist to improve your safety.

- Install smoke alarms on every level of you home. Place them on the ceiling inside bedrooms, outside each sleeping area, in stairways, in living/family rooms and near (but not in) the kitchen.
- Test and vacuum smoke alarms once a month and replace batteries every six months when the clocks change. Replace smoke alarms once every ten years.
- Clean out storage areas. Do not let trash and recycling materials stack up.



- Plan and review escape routes with your family. Practice escaping from each room in the day time and in the dark (see page 41).
- Make sure windows can open and are not nailed or painted shut. Make sure security gratings on windows have a fire safety opening feature that can easily be opened from the inside.
- Consider escape ladders if your home has more than one level.
- Teach family members to stay low to the floor (where the air is safer in a fire) when escaping from a fire.
- Gather family at a safe meeting place and wait for the fire department.

### Flammable Liquids (Gas, diesel, oil, benzene, naphtha, etc.)

- Never use indoors.
- Never smoke near flammable liquids.



- Store in approved containers in well-ventilated storage areas.
- Safely discard all rags or materials that have been soaked in flammable liquids outdoors in a metal container.

### Heating

- Insulate chimneys and place spark arresters on top. The chimney should be at least 1 metre (over 3 feet) higher than the roof. Remove branches hanging near the chimney.
- Be sure to fill kerosene heaters outside, and be sure they have cooled before filling.
- Keep portable space heaters at least 1 metre (3 feet) away from anything that can burn. Never leave heaters on when you leave home or go to bed.
- Use only the proper fuel and follow manufacturer's instructions.
- Store ashes in a metal container outside and away from your residence.
- Keep a screen in front of the fireplace.
- Have heating units inspected and cleaned annually by a certified specialist.

### Electricity



- Have the electrical wiring in your residence checked by an electrician.
- Inspect extension cords for frayed or exposed wires or loose plugs.
- Make sure outlets have cover plates and no exposed wiring.
- Make sure wiring does not run under rugs, over nails, or across high traffic areas.
- Do not overload extension cords or outlets. If you need to plug in two or three appliances, get a UL-approved unit with built-in circuit breakers to prevent sparks and short circuits.
- Make sure insulation does not touch bare electrical wiring.
- Install A-B-C type fire extinguishers in your residence and teach family members how to use them.
- Consider installing an automatic fire sprinkler system in your residence.



- Ask your local fire department to inspect your residence for fire safety and prevention.

## Clothes Dryer Safety Tips

- Clean the lint screen/filter before or after drying each load of clothes.
- Clean the dryer vent and exhaust duct periodically.
- Have a certified service technician clean and inspect the dryer and venting system regularly.
- Replace plastic or vinyl exhaust hose with rigid or flexible metal venting, which provides maximum airflow.
- Keep the area around the dryer clean and free from clutter.



- Don't place clothing or fabric stained with flammable substance, such as alcohol, cooking oils, gasoline, spot removers or motor oil, in the dryer. Flammable substances give off vapours that could ignite or explode. Instead, dry materials outdoors.
- Don't forget to read the manufacturer warnings in the user manual and on the inside of the dryer.
- Don't dry any item containing foam, rubber or plastic, such as bathroom and non-slip rugs and athletic shoes.
- Don't dry any item that contains glass fiber materials, such as a blouse or sweater with glass buttons or decorations.
- Don't overload the dryer with wet clothes.

## Surviving a Fire

People can survive even a major fire in their home if they are alerted to the fire and get out quickly and stay out.

Boost your chances of survival by

- Installing smoke detectors and keep them in working order.
- Making an escape plan and practice it.

- Replacing your smoke detector if it is more than 10 years old.

### Plan Your Escape

Once a fire has started, there is no time to plan how to get out. Sit down with your family today and make a step-by-step escape plan.

- Draw a floor plan of your home, marking two ways out of every room – especially sleeping areas. Discuss the escape routes with every member of your household.
- Agree on a meeting place, where every member of the household will gather outside your home after escaping a fire to wait for the fire department. This allows you to count heads and inform the fire department if anyone is missing or trapped inside the burning building.
- Practice your escape plan at least twice a year. Have a fire drill in your home. Appoint a monitor, and have everyone participate. This is not a race. Get out quickly but carefully.

### Make Your Exit Drill Realistic

Pretend that some exits are blocked by fire and practice alternative escape routes. Pretend that the lights are out and that some escape routes are filling with smoke. Practice like it's real.

#### Be Prepared:

- Make sure everyone in the household can unlock all doors and windows quickly, even in the dark. Windows or doors with security bars need to be equipped with quick-release devices and everyone in the household should know how to use them.
- If you live in an apartment building, use stairways to escape. Never use an elevator during a fire. It may stop between floors or get stuck. Some high-rise buildings may have evacuation plans that require you to stay where you are and wait for the fire department.
- If you live in a multi-storey house and you must escape from an upper story window, be sure there is a safe way to reach the ground, such as a fire-resistant fire escape ladder. Make special arrangements for children, older adults and people with disabilities. People with mobility challenges should have a phone and if possible sleep on the ground floor.
- Test doors before opening them — while kneeling or crouching at the door, reach up as high as you can and with the back of your hand touch the door, the knob, and the crack between the door and its frame. If you feel any warmth at all, use another escape route. If the door feels cool, open it with caution. Put your shoulder against the door and open it slowly. Be prepared to slam it shut if there is smoke or flames on the other side. Close it behind you as you leave.

- If you are trapped, close all doors between you and the fire. Stuff the cracks around the doors to keep out smoke. Wait at a window and signal for help with a flashlight or by waving a light coloured cloth. If



there is a phone in the room, call the fire department and report exactly where you are.

### Get Out Fast...

In case of a fire, do not stop for anything. Do not try to rescue possessions or pets. Go directly to your meeting place and then call the fire department from a neighbour's phone or a cell phone. Every member of your household should know how to call the fire department.

Crawl low under smoke. Smoke contains deadly gases and heat rises. During a fire cleaner air will be near the floor. If you encounter smoke when using your primary exit, use an alternative escape route. If you must exit through smoke, crawl on your hands and knees, keeping your head 30 – 60 centimeters (12 – 24 inches) above the floor.

### ...And Stay Out

Once you are out of your home do not go back for any reason. If people are trapped the firefighters have the best chance of rescuing them. Firefighters have the training, experience, and protective equipment needed to enter burning buildings.

### Play It Safe

- **Install Smoke Detectors.** With smoke detectors your risk of dying in a home fire is cut nearly in half. Install smoke detectors inside each bedroom, outside every sleeping area and on every level of your home, including the basement. Follow installation instructions carefully and test smoke detectors monthly. Change all smoke detector batteries every six months when the clocks are changed. If your detector is more than 10 years old replace it with a new one.

- Automatic Fire-Sprinkler Systems. These systems attack a fire in its early stages by spraying water only on the area where the fire has begun. Consider including sprinkler systems in plans for new construction and installing them in existing homes.

Now, use what you've learned. Set up your plan, including two ways out and a meeting place. Then conduct a practice drill to determine if anything has been overlooked. Everyone in the household must practice for it to be successful. It may save your life.



### Protecting your Home from Forest Fires

- Mark your property entrance with address signs that are clearly visible from roads and back alleys.
- Keep lawns trimmed, leaves raked, and the roof and rain gutter free from debris such as dead limbs and leaves.
- Stack firewood at least 10 metres (33 feet) away from your residence.
- Store flammable materials, liquids, and solvents in metal containers outside your residence at least 10 metres (33 feet) away from structures and wooden fences.
- Create defensible space by thinning trees and brush within 10 metres (33 feet) around your residence. Beyond 10 metres (33 feet), remove dead wood, debris, and low tree branches.
- Landscape your property with fire resistant plants and vegetation to prevent fire from spreading quickly. For example, hardwood trees are more fire-resistant than pine, evergreen, eucalyptus or fir trees.
- Make sure water sources such as hydrants, ponds, swimming pools and wells are accessible to the fire department.
- Use fire resistant, protective roofing and material like stone, brick, and metal to protect your residence. Avoid using wood materials. They offer the least fire protection.

- Cover all exterior vents, attics, and eaves with metal mesh screens no larger than 6 millimeters or ¼ inch to prevent debris from collecting and to help keep sparks out.
- Install multi-pane windows, tempered safety glass, or fireproof shutters to protect large windows from radiant heat.
- Use fire-resistant draperies or added window protection.
- Remove branches hanging above and around the chimney.
- You can find more information on how to protect your home at [www.firesmartcanada.ca](http://www.firesmartcanada.ca)

Before burning debris in a wooded area, check with local authorities on whether burning is allowed. Obtain a burning permit if applicable, and follow these guidelines:

- Use an approved incinerator with a safety lid or covering with holes no larger than ¾ inch.
- Create at least a 3 metre (10 foot) clearing around the incinerator before burning debris.
- Have a fire extinguisher or garden hose on hand.

## Protecting Your Home from Flooding

If your home is located near a creek, river, or lake, check with the FVRD to determine if your property is located in a known floodplain. If that is the case, there are precautions you can take to minimize flood damage to your personal property and disruption of your day-to-day life.

- Close foundation cracks with mortar and masonry caulk or hydraulic cement, which expands and fills gaps completely and costs only a few dollars. Don't patch solely with mortar or cement, which may crack again. If water is a recurring problem, be sure to investigate other solutions.



- Invest in a battery-powered sump pump. Sump pumps let you pump water out of your home and can be an excellent defense against flooding — unless they're powered by electricity and the power is out.
- Move expensive items to a safer location. If you have a second floor or an attic, moving furniture, photographs, and artwork to a higher level will protect your possessions in all but the most severe floods. Elevate furnaces and water pumps when they're installed.
- Anchor your fuel tanks. Unanchored tanks can float, rupture, and release fuel. Once the power sources of system units like furnaces and water heaters are disabled and the units cooled, you can also wrap them in waterproof tarps to mitigate damage.
- Install sewer or septic line check valves. They allow water to flow only one way to ensure sewage can't back up into the standing water in your home.

### If a flood is forecast:

- Turn off basement furnaces and outside gas valve.
- Take special precautions to safeguard electrical, natural gas or propane heating equipment.
- Consult your electricity or fuel supplier for instructions on how to proceed, if you have enough time.
- Shut off the electricity only if flooding has not yet begun and the area around the fuse box is completely dry. Stand to the side of the breaker panel and look away from the panel when switching the power off and have a flashlight with you.

### If flooding is imminent

- Move furniture, electrical appliances and other belongings to floors above ground level.
- Remove toxic substances such as pesticides and insecticides from the flood area to prevent pollution.
- Remove toilet bowls and plug basement sewer drains and toilet connections with a wooden stopper or towels.
- Protect your home with sandbags or polyethylene barriers. Contact your local emergency officials for instructions.
- Do not attempt to shut off electricity if any water is present. Water and live electrical wires can be lethal.

### Sandbag Dykes

If you choose to construct a sandbag dyke to protect your property, you will need to follow specific steps to ensure that it is effective.

- Dig a trench one sack deep and two sacks wide as a foundation for the dyke structure.
- To effectively resist the forces of flood water, a dyke needs to be three times as wide at its base as it is high. For example, a 1 metre (over 3 feet) high dyke needs to be 3 metres (over 11 feet) wide at the base.
- Fill sandbags only half-full and lay them in alternating crisscross directions. The base level should be laid in the same direction as the water flow, the second level should be laid perpendicular to the

direction of the water flow, and continue laying the bags in alternate directions. Each layer needs to be set back one-half sandbag width on both sides from the previous layer so that the cross-section looks like a triangle.

- Individual bags need not be tied shut. Overlapping the bags will hold the sand in place.
- Tamp each bag firmly into place, to ensure that the finished dyke works properly.

If you require sandbags, please contact the FVRD head office (604-702-5000).

## Hazardous Materials Safety

Improperly stored chemicals can create a secondary disaster following a major earthquake. Care must be taken to store them properly now.

- Keep only those chemicals you need and use on hand. Dispose of old or unwanted chemicals at a designated collection depot.
- Place pesticides, gasoline, paint thinners, and other chemicals on the floor, on a low shelf or in a locked cabinet. It should also be away from children's play area.
- Chemicals should be stored well away from any water or food storage items.
- Make sure container lids are tightly closed.
- Store ammonia and bleach in different locations. If mixed, they create toxic fumes.

## Hazardous Materials Following an Earthquake

- Though not an immediate priority, you will want to check on the status of your stored chemicals as soon as possible.
- Clean up spilled chemicals with rags or paper towels that can be discarded. Do not use your water supply to rinse out rags.
- If multiple bottles have broken, try to clean up each chemical separately and then place rags in individual plastic garbage bags. Reaction may take place if you mix the chemicals.
- These individual plastic bags may be put in a larger trash bag.



## Hazardous Materials Spill

If there is a hazardous materials spill in your area, you may be instructed to either evacuate or shelter in place. (see page 51 of this workbook).

# Section 3





# Responding Safely



## In this section you will:

- Learn ways to prevent injury and stay safe.
- Know what to do for specific hazards.
- Understand where to seek shelter from all types of hazards.
- Learn what you should do after an emergency or disaster.

## Top 5 Recommendations

1. In an earthquake, drop safely to the ground, cover yourself with furniture, cushions, blankets or anything else around you, and hold your position until the shaking stops. Then count to 60 before moving.
2. Always take the time to check for hazards around you or where you are trying to move to before taking action.
3. To extinguish fire on your clothing; stop, drop and roll.
4. Close doors when exiting a building during an emergency.

5. Stay calm so you can think clearly.

### Earthquakes

Earthquakes create violent ground motion and loud noise. For many people, their instinct is to run. Most injuries occur as people run in or out of buildings. Instead of running: drop to the floor, take cover under anything sturdy or next to an inside wall, and hold on until the motion stops. Ground movement is seldom the actual cause of death or injury. Most casualties result from falling objects and debris, like toppling chimneys, ceiling plaster and light fixtures.

### Practice Being Safe

Conduct earthquake drills. Call out “Earthquake!” Give family members time to react. After the drill, discuss what each did to be safe, and what each could have done.

### Before an Earthquake

- Ensure each member of your family knows how to keep themselves safe.
- Search for potential hazards in your home using the Home Hazard Hunt on page 31.
- Know the safe spots in each room — inside walls, under sturdy tables or desks and in closets. One of the safest places in your home is an inside hallway which is usually free of windows, heavy furnishings, etc. and is only a few steps away from any room in the house.

### During an Earthquake

- Drop, cover and hold! Immediately move to your safe place if you can. Remember, don’t run. Protect your head and back of your neck as much as possible.
- If you are unable to get to your safe place, grab whatever you can to protect your head and face. Sofa cushions, pillows, blankets, coats, etc. are better than nothing.
- Count out loud for the duration of the earthquake and when the shaking stops, start counting from 1 to 60 slowly to give things time to settle before leaving.
- Stay away from anything that may fall or break and hurt you (glass, bookcases, etc.)
- If you are in a wheelchair, face an inside wall and lock the wheels. Cover your head and body with pillows or blankets to protect your head from falling objects.
- If outdoors, get into an open area away from trees, buildings, walls and power lines.
- In a high-rise building, stay away from windows and outside walls. Get under a table or next to an inside wall. Do not use the elevator.
- In a moving vehicle, stop as quickly as safety permits and stay in the vehicle until the movement stops. Avoid stopping near or under buildings, trees, overpasses and utility wires. Avoid stopping on bridges. Proceed cautiously once the earthquake has stopped, watching for road and bridge damage.

- In a crowded public place, do not rush for the doors. Move away from display shelves containing objects that may fall.
- If you get trapped under debris:
  - Do not light a match and do not move about or kick up dust.
  - Cover your mouth with a handkerchief, clothing or cloth.
  - Tap on a pipe or wall so rescuers can locate you. Use a whistle or flashlight if one is available. Shout only as a last resort to avoid inhaling dangerous amounts of dust.

## After the Earthquake

- Remain clam. Stay in your safe location and count at least 60 seconds to give things time to settle. Take a few moments to collect yourself and check for hazards.
- During aftershocks, drop, cover and hold but watch for debris before kneeling down.
- Before you move check your immediate area for hazards, including broken glass, spilled chemicals, or items that shifted and may easily fall in an aftershock.
- If you have home power failure lights they will light your way. If not, use a lightstick or flashlight. Do not use an open flame or electric light switch until you are sure there are no gas leaks.
- Check those around you for injuries. Apply first aid treatment where needed. Do not move the seriously injured unless absolutely necessary.
- Evacuate your family to an outside location free of potential hazards (trees, power lines, etc.) until you have ensured your home is safe to occupy.



- Check for fires. Extinguish small fires but do not try to put out ones that are too large — evacuate immediately.
- Carefully check for gas leaks. If you smell gas, shut off the valve, wait a few minutes and then shut off the water and electricity. Turn off your appliances. (see page 35)

- In the event of an emergency, residents are urged to visit [www.fvrd.ca](http://www.fvrd.ca) for the latest information, or tune in to radio stations CBC Radio One (690 AM/ 88.1 FM/96.7 FM/101.7 FM), STAR FM (98.3 FM/100.5 FM) or 89.5 The Drive (89.5 FM).

**Remember: Stay calm and lend a hand to others in need.**

## Evacuations

This section is for information purposes only. During an evacuation, emergency personnel will contact you and supply further instructions on what to do and where to go.

They may alert you by several methods including:

- Personal Contact (door-to-door)
- FVRD Website and Social Media
- Local TV, Radio, and News Media Broadcasts
- Telephone Systems (manual or automatic dialling)
- Outdoor Alerting Systems (siren, horn, etc.)

## Get Ready to Leave

- Stay calm.
- Gather your family. Take a neighbour or someone who needs help.
- Take your Grab-and- Go Emergency Kit and Emergency Plan.
- Take your cell phone.
- Take critical items (medicine, purse, wallet, personal identification, keys, etc.) if they are available. Take pets in a pet kennel or on a leash.
- Shut off water and electricity if officials tell you to.
- Leave natural gas service on, unless officials tell you to turn it off.
- Leave a note telling others when you left and where you are going.
- Lock your home.
- Do not use more than one vehicle if possible.
- If there are problems with air quality, keep windows and vents in the car closed.



You can get detailed information on burglar-proofing your house from your local police department (see contact information at the front of your local phone book). Start now, before the disaster, to make a list of important and irreplaceable items that you want to protect or take with you should you have to evacuate. Planning ahead saves valuable time and ensures you can take care of those things that really matter to you.

**Be prepared, informed and organized. Be safe.**

## Evacuation Information and Procedures

Evacuations can be chaotic, nerve wracking and a time of worry and strain. Make yourself aware and be prepared. Fire fighters and other emergency personnel cannot work on the fire or other problems until life and safety issues are under control. Resisting evacuation consumes the rescuers precious time. Once you receive the information of the Evacuation Order, evacuate immediately. Delay can result in roadways being blocked by smoke, by rescue equipment or other materials. Listen to emergency broadcasts and follow the directions of emergency personnel.

## Evacuation Stages

Whether you need to leave your home due to a quickly approaching fire, or because of rising flood waters, you should be aware of Evacuation Alerts and Orders, what they mean and how to prepare yourself and your family. Depending on the nature of the emergency, the FVRD may authorize evacuations.

Evacuations are an incremental process that can be implemented more efficiently if people are informed and keep tuned into local media for information releases.

In the event of an emergency, visit [www.fvrd.ca](http://www.fvrd.ca) for the latest information, or tune in to radio stations CBC Radio One (690 AM/ 88.1 FM/96.7 FM/101.7 FM), STAR FM (98.3 FM/100.5 FM) or 89.5 The Drive (89.5 FM).

If you hear that an evacuation is anticipated be sure to note whether it is an Alert or an Order. How you respond is different for each stage and important to remember. As information is received from the operational front lines, and examined for specific actions, the public will be kept notified of developments, level of evacuation awareness, location of reception centres and other important information.



Regardless of which legal authority orders an evacuation, warning and implementation should follow the provincial standard of three stages. Following these guidelines helps first responders to help you more quickly and safely.

### Stage 1 - Evacuation Alert

The population at risk is alerted of the impending danger. At this point, the movement of handicapped persons, transient population, including vacationers, and in some cases, school population, and any voluntary evacuees should become priority.

If an Evacuation Alert has been issued:

1. Get your Grab-and-Go Emergency Kit or, if you do not have one, gather essential items such as medications, eyeglasses, valuable papers, immediate care needs for dependants, and valuable keepsakes. Include a couple of blankets and pillows. Be practical about what to take with you. Make them available for immediate access for quick departure.
2. Keep track of the location of all family members and determine a planned meeting place should an evacuation be called while separated.
3. Immediately relocate large pets and livestock to an area outside of the evacuation alert.
4. Arrange accommodation for your family in the event of an evacuation. Emergency Social Services will be available to provide reception centres and emergency relief for periods of 72 hours.
5. If being evacuated for fire, water vegetation adjacent to your primary structures if water supplies and time permits.

### Stage 2 - Evacuation Order

Leave the area now! Everyone in the affected area will be told that for their own safety and considering the risk, they are now ordered to leave the area. There is no discretion allowed in the Order, which clearly indicates immediate evacuation and relocation. The RCMP will enforce this Evacuation Order.

If an Evacuation Order has been issued:



1. You must leave the area immediately. It is imperative that you report to the Reception Centre indicated. This will allow for the effective communications for the evacuation team, Emergency



Operations Centre and other responders. Reporting to the Reception Centre facilitates contact with concerned friends or relatives and assists in the connecting of separated family members.

2. If you need transportation to evacuate, advise the individual providing the notice of evacuation.
3. Close all doors and windows in your home. Leave gates unlocked and clear driveways for fire fighters' access.
4. Keep a flashlight and portable radio with you at all times.
5. Follow the directions of emergency personnel and obey traffic control. Travel will be one-way only out of your area to allow emergency vehicles access. Re-admission is not permitted until the Order is lifted.

### Stage 3 - Rescind

When the emergency is under control and the area is declared safe, the Evacuation Order will be retracted and information will be broadcast to advise evacuees that they may return home. Remember, if the emergency reoccurs, another evacuation may be necessary starting at Stage 1 or, if the danger is imminent, may go directly to Stage 2.

If you hear about evacuations in other areas where you have family and/or friends, invite them to come over and stay with you – having a place to go helps people facing evacuations.

## Shelter-in-Place

An accident may cause a hazardous material to enter the air. Unless the hazardous material is flammable, emergency response professionals may tell you to stay protected indoors until you receive instructions to leave. This should only last for a few hours so listen to your radio for updates.

During an emergency, if you get an official media release or message stating that people in your area are Ordered to Shelter-in-Place, you should:

- Go inside.
- Close all windows and doors.

## SECTION 3

- Turn off ventilation systems (heating and air-conditioning, and fireplace dampers).
- Go into a room with the fewest doors and windows and seal the room.
- Stay in the room until told by the authorities that it is safe to come out.

While inside, you should stay tuned to local television or radio for information updates and use telephones only to call 911 for emergencies. When the emergency has passed, ventilate the building thoroughly to bring in fresh, clean air.

Weather-stripping your building will slow the movement of air inside. Any hazardous material that does enter is weakened when it mixes with the indoor air. It is imperative that you stay indoors, especially if you see a cloud, vapour, or smoke from the hazardous material outdoors or you can smell it indoors. You will be safer inside. If the danger persists for more than 2-3 hours local officials will consider evacuation of the area.

If you are sheltering in place:

- Do not risk your safety for your pets. If they are not inside, shelter in place without them.
- Do not leave your building or home until you receive notification that the danger has passed.

You should always try to have enough emergency supplies on hand to last you and your family for a minimum of 7 days. Check out the emergency preparedness information in Section 1 of this workbook or visit [www.fvrd.ca](http://www.fvrd.ca) for further information.

## Fire

Fire almost always accompanies major earthquakes. Having a fire extinguisher handy and knowing how to use it may save your home, your possessions and even your life. This is especially true following a major earthquake when the fire department will be overwhelmed with phone calls and may not be able to get to you in time. However, be smart, because knowing when the fire is too big to handle is equally important. Do not endanger yourself or your family by trying to save your home.





## Possible Sources of Fires Following Earthquakes

- Natural gas fires: First, shut off the gas. Second, put the fire out by using an A:B:C extinguisher.
- Electrical fires: First, shut off the electricity. Second, put out the fire by using an A:B:C extinguisher.
- For small oil and grease fires, put any kind of lid on it to cut off the oxygen supply. Never use water on grease or oil fire.

## Escaping a Fire

- Stop, drop, and roll until the clothing fire is out. Running makes the fire burn faster.
- Keep your hands safe to climb down ladders and crawl out to safety.
- Check closed doors for heat before you open them. Use the back of your hand to feel the top of the door, the doorknob and the crack between the door and door frame before you open it.

Hot Door	Cool Door
Do not open. Escape through a window or other exit.	Open slowly and ensure fire and/or smoke is not blocking your escape route.
If you cannot escape, hang a light coloured sheet outside the window, alerting fire fighters to your presence.	If your escape route is blocked, shut the door and use another escape route.
	If your escape route is clear, crawl low under the smoke to exit.
Use a whistle to draw attention to your location.	Close doors behind you as you escape to delay the spread of the fire.
Stay out. Do not re-enter. Call 911.	Stay out. Do not re-enter. Call 911.

## Fire Extinguishers

- Keep your fire extinguishers where they are readily accessible. When used correctly, they can keep small fires from becoming big ones.
- It is better to have several smaller extinguishers located throughout the house than to have one large one that may be difficult to get quickly. This is especially important if your home has multiple floors.
- An A:B:C extinguisher is recommended for most types of fires.
- Regularly review the operating instructions as you won't have time to read them when a fire occurs.
- At least once a year turn your fire extinguisher upside-down, give the bottom a good smack and shake it to keep the chemical powder from caking. Some manufacturers recommend shaking your dry chemical extinguishers once a month to prevent the powder from settling/packing.

- Check your fire extinguishers gauge to ensure the pressure is at the recommended level. (i.e. in the green zone – not too high and not too low).

Fire extinguishers should be pressure tested (a process called hydrostatic testing) after a number of years to ensure that the cylinder is safe to use. Consult your owner's manual, extinguisher label or the manufacturer to see when yours may need such testing.



Only fight a fire if:

- The fire is small and contained.
- You are safe from toxic smoke.
- You have a means of escape.
- Your instincts tell you it's okay.

### Using a Fire Extinguisher

- Keep calm.
- Vital: Keep an escape route open between you and the small fire you are attempting to extinguish. If the fire is large or becomes too large, immediately get out of the house. Close the door on your way out to slow the spread of the flames.
- Follow the four-step PASS procedure outlined below:
  - Pull the pin: this will allow you to discharge the extinguisher.
  - Aim at the base of the fire. Hit the fuel. If you aim at the flames, the extinguishing agent will pass right through and do no good.
  - Squeeze the top handle. This depresses a button that releases the pressurized extinguishing agent.
  - Sweep from side-to-side until the fire is completely out. Start using the extinguisher from a safe distance away and then slowly move forward. Once the fire is out, keep an eye on the area in case it reignites.
- Keep an eye on the fire area. If the fire reignites, repeat the process.

Call 911 anytime there is a fire in your home, even if you've put the fire out yourself. The fire department will ensure there are no lingering embers or hot spots that might erupt later and let you know about any necessary further precautions.

**Important: Recharge all extinguishers immediately after use regardless of how much they were used.**

## After a Fire

- Cool and cover burns to reduce chance of further injury or infection.
- Stay out of a damaged building.
- If you are a tenant, contact the landlord.
- Do not try to open safe or strong boxes until they have cooled for several hours.
- If you must leave your home because a building inspector says the building is unsafe, ask for security to guard the property.



- Follow the instructions for recovering from a disaster (see page 78).

## Forest Fires

Forest fires do not just happen in remote areas. Urban and rural subdivisions, farms, acreage and cottages are all potentially threatened by forest fires. In British Columbia, fires threaten or destroy many homes every year. Taking some basic steps will help reduce the threat of forest fires to your home and family.

### Before a Fire Approaches Your Home

- Evacuate your pets and all family members who are not essential to preparing your home. Anyone with medical or physical limitations and the young and elderly should be evacuated immediately.
- Remove combustibles. Clear items that will burn from around the house, including wood piles, lawn furniture, barbecue grills, tarp coverings, etc.
- Close or protect all openings. Close outside attic, eaves, fireplace and basement vents, windows, doors, pet doors, etc. Remove flammable drapes and curtains. Close all shutters, blinds or heavy non-combustible window coverings to reduce radiant heat.
- Close all interior doors and windows to prevent drafts.
- Shut off gas at the meter. Only a qualified professional may turn the gas back on.
- Turn off propane tanks and move them at least 10 metres (33 feet) from your home if possible.
- Connect garden hose to outside taps. Place lawn sprinklers on the roof and near above-ground fuel tanks. Wet the roof.
- Fill any pools, hot tubs, garbage cans, tubs or large containers with water.
- Wet or remove shrubs from within 5 metres (15 feet) of your residence.
- Gather fire tools such as a rake, axe, handsaw, bucket and shovel.
- Face car in the direction of escape. Shut doors and roll up windows. Leave key in ignition and doors unlocked. Close garage windows and doors, but leave them unlocked.
- Disconnect automatic garage door openers so doors can be opened manually.



- Open fireplace damper. Close fireplace screens.
- Move flammable furniture into the centre of the residence away from windows and sliding glass doors.
- Place important valuables, papers, mementos and anything “you can’t live without” inside your car, ready for departure.

- Turn outside and inside lights on to make house more visible in heavy smoke.

If advised to evacuate, do so immediately. Follow the instructions provided on page 52 and use the route determined in the evacuation notice. Watch for changes in the speed and direction of the fire and smoke.

## After a Forest Fire

Follow the instructions provided by local government and see page 72 for information regarding recovering from a disaster.

## Floods

It is important to be aware of your property's susceptibility and flood height forecasts for your area in order to



be ready and prepared should a flood occur.

## Before the Flood

- Make an inventory of your possessions, valuables, papers and property.
- Store valuable items on upper floors and keep all chemicals out of the basement.
- Learn safest route from your home or business to high, safe ground.
- Install check valves in sewer traps so flood water cannot backup in sewer drains.
- Be aware that high waters can cut off your return route.

## If You Must Leave Your Home

- Lock all doors and windows and double check to ensure gas and other heating fuel sources are turned off and that electricity and the water are shut off at the main valve or breaker leading to the house.
- Remove insecticides and toxic chemicals from the house to prevent contamination.
- Ensure that each member of your family has a blanket, warm clothing and waterproof outerwear. Take waterproof footwear for each family member.

- Ensure each family member has identification, especially the young children. Name tags on clothing, wallet cards or wrist bands are useful.
- Seal all personal documents and family papers in plastic.
- Take a supply of essential medications for each family member. You should always maintain a minimum two week supply of prescription drugs.
- Carry all items necessary for the care and feeding of any infants in the family, including diapers, feeding bottles and food.
- Bring hand towels and toiletry items for each person.
- Take an AM/FM radio and flashlight (preferably one that uses solar or windup so you don't have to depend on batteries).



- Determine a location to move to before leaving and make sure each family member knows where it is. Provide younger children with a note sealed in plastic stating the family's destination. This will help the family reunite if separated for any reason.

**Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.**

### Flood Safety

- Avoid floodwater as it may be contaminated by oil, gasoline, or raw sewage. Water may also be electrically charged from underground or downed power lines.
- Do not walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.
- Stay out of any building surrounded by floodwater. Use extreme caution when entering buildings; there may be hidden damage, particularly in foundations.

- Do not visit a disaster area. Crowds hamper rescue and other emergency operations.
- Do not drive into flooded areas. If floodwaters rise around your car, leave it and move to higher ground if you can do so safely. You and the vehicle can quickly be swept away.

## Driving in Flood Conditions

- Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.
- Take extra care when driving. Familiar roads will appear drastically different when covered by flood waters.
- Be on the lookout for damaged bridges, slides and washouts and be particularly alert for downed power lines. Report these to the power company.
- Be alert for emergency personnel and signs providing evacuation route directions.
- Obey officials who are directing traffic or involved in rescue or flood control operations. They are there to assist you and to make sure the situation is handled safely and effectively.

**A foot of water will float many vehicles. Two feet of rushing water can carry away most vehicles including sport utility vehicles (SUV's) and pick-up trucks**

## Returning Home

Do not return home until the local government announces the emergency situation is over and that it is safe to return to the affected area. You should not live in your house until:



- The regular water supply has been inspected and officially declared safe for use.
- Every flood-contaminated room is thoroughly cleaned, disinfected and surface-dried.
- All contaminated dishes and utensils have been thoroughly washed and disinfected, (either by using boiling water, or by using a sterilizing solution of 1 part chlorine bleach to 4 parts water) then rinsed thoroughly.
- Adequate toilet facilities are available.

For detailed information concerning the potential contamination of food stuffs contact your local health unit. Do not eat *any* food that came into contact with floodwater. Health officials recommend the following:

- Do not eat food packed in plastic, paper, cardboard, cloth and other similar containers that are water damaged.
- Discard food and beverages with screw-caps, snap lids, crimped caps (soda bottles), twist caps, flip tops, and all home canned foods if they came into contact with floodwater.
- Canned goods that have been damaged or show signs of leakage.
- Undamaged commercially-prepared foods in all-metal cans or retort pouches can be saved if they've been in contact with floodwater, **if** you remove the labels, thoroughly wash, rinse then disinfect the container with a solution of 1 cup (8oz) of unscented bleach per 5 gallons of water. Air dry the cans, relabel with the contents and expiration date.



### After the Flood

- Have the house inspected for structural damage to ensure there is no danger of collapse.
- Use extreme caution when entering building; there may be hidden damage, particularly in foundations. Wear rubber boots and gloves to avoid electrical shock and contamination.
- If you notice a strong gas odour, do not enter. Call your local gas company immediately.
- Let the building air out before entering to remove foul odours or escaped gas, and do not heat above 4 degrees Celsius to reduce mould and bacteria growth.
- If water occupies the home, pump out a third of the flooded water each day. Further damage to the structure can occur by pumping water out too quickly.



- Add 2 litres of bleach to the remaining flood waters every three days to keep down the growth of bacteria and mould.
- Natural gas line, equipment and appliances must be checked, and all leaks repaired and pressure tested by a licensed gas fitter.
- Do not handle live electrical equipment in wet areas. Do not use electrical equipment exposed to floodwaters until it has been professionally checked and serviced.
- Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible. Damaged sewage systems are serious health hazards.



- Clean and disinfect everything that got wet. Mud left from floodwater can contain sewage and chemicals.

## Hazardous Materials

Many industries use and transport hazardous chemicals. Hazardous spills can occur anywhere creating a secondary disaster following an event such as an earthquake or flood.

### Before A Hazardous Materials Spill

- Make plans now for ways to reunite with family members (see page 14).
- Locate utility shut-off valves and show everyone how to turn them off.
- Identify all in-take and exhaust fans for air conditioning and heating systems.
- Be prepared to evacuate the building if necessary.

### During A Hazardous Materials Spill

- Listen to the radio for instruction and information about a possible evacuation.
- For hazardous materials accidents, call 911, the local emergency notification number or the fire department.
- Stay away from the incident site to minimize the risk of contamination.
- If outside during an incident, try to stay upstream, uphill and upwind. Hazardous materials can quickly be transported by water and wind.
- Never move through a gas cloud. Travel cross-wind to avoid fumes.
- If in a vehicle, close windows and shut off ventilation. This will reduce the risk of contamination.
- If evacuation is necessary, follow the directions of emergency workers. Take your emergency kit, medications and valuables, and leave a note stating your destination.
- Follow the recommended evacuation route.
- If leaving animals at home, make sure all the doors and windows are closed and they have plenty of food and water (refer to page 25 for additional information).
- If told to stay inside, close all doors and windows, sealing leaks with tape or wet towels. Turn off ventilation.

### After A Hazardous Materials Spill

- If evacuation is necessary, do not return home until local authorities say it is safe.
- Upon returning home, open windows and vents and turn on fans to provide ventilation.
- If you have been exposed to a hazardous material, follow decontamination instructions from local authorities. You may be advised to take a thorough shower or follow another procedure.
- Place exposed clothing and shoes in tightly sealed containers. Call local authorities to find out about proper disposal.
- Seek treatment for unusual health symptoms as soon as possible.
- Find out from local authorities how to clean up your land and property.

## Landslides

Landslides are activated by storms, earthquakes, volcanic eruptions, fires, and human modification. They can occur in many places and involve masses of rock, earth, or debris move down a slope.



Debris and mudflows are rivers of rock, earth, and other debris saturated with water. They occur when water rapidly accumulates in the ground, during heavy rain or rapid snowmelts. These flows can develop rapidly, striking with little or no warning at avalanche speeds and can travel several miles from their source, growing in size as they pick up trees, boulders, cars, and other materials.

### Before a Landslide or Debris Flow

- Do not build near steep slopes, close to mountain edges, near drainage ways, or natural erosion valleys.
- Consult an appropriate professional expert for advice on corrective measures.
- Minimize home hazards by having flexible pipe fittings installed to avoid gas or water leaks, as flexible fittings are more resistant to breakage (only professionals should install gas fittings).
- Get a ground assessment of your property if you detect several changes such as:
  - Changes in your landscape such as patterns of storm-water drainage on slopes (especially the places where runoff water converges), land movement, small slides, flows or progressively leaning trees.
  - New cracks appear in plaster, tile, brick or foundations.
  - Outside walls, walks, or stairs begin pulling away from the building or cracks on the ground or on paved areas such as streets or driveways develop over time.
  - Fences, retaining walls, utility poles, or trees tilt or move.

### During a Landslide or Debris Flow

- Move away from the path of a landslide or debris flow as quickly as possible.



- Curl into a tight ball and protect your head if escape is not possible.

### After a Landslide or Debris Flow

- Stay away from the slide area. There may be danger of additional slides.
- Watch for associated dangers such as broken electrical, water, gas, and sewage lines and damaged roadways and railways.

- Replant damaged ground as soon as possible since erosion caused by loss of ground cover can lead to flash flooding and additional landslides in the near future.
- Seek advice from a geotechnical expert for evaluating landslide hazards or designing corrective techniques to reduce landslide risk.

### Pandemics (Disease Outbreaks)

Disease outbreaks happen when a new kind of virus is able to spread easily from person to person and spreads quickly around the world. Since people have no protection against the new virus, it will likely cause more illnesses and a larger number of deaths than seasonal flu.

In contrast to the regular seasonal epidemics of influenza, these pandemics occur irregularly. There have been nine influenza pandemics during the last 300 years. The most recent was in 2009-2010, being the H1N1 flu pandemic. The most severe was the Spanish Flu in 1918 with a pandemic severity index of 5. No one can predict exactly when a pandemic will happen.

Flu spreads easily from person to person by:

- Breathing in tiny droplets that are in the air after an infected person coughs or sneezes.
- Touching tiny droplets of nose or eye secretions from an infected person and then touching your eyes, nose or mouth.



- Touching objects like dirty tissues or surfaces that have been handled by an infected person and then touching your eyes, nose or mouth. The virus can stay on hard surfaces like doorknobs for up to twelve hours, and on softer/porous surfaces, like hands and tissues for several minutes.

The flu can be spread by an infected person from about one day before symptoms start to appear to as many as five days after symptoms appear, and may be longer in children and some adults.

## Stay Healthy

- Have good routine health practices like eating well, getting enough sleep and exercising regularly.
- Wash your hands often and for at least 20 seconds with soap and warm water, and always after you cough or sneeze. An alcohol-based hand cleaner also works if your hands do not look dirty. This is one of the best ways to protect yourself from the flu.
- Practice good cough manners. Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your upper sleeve if you don't have a tissue. Throw used tissue into the garbage right away and wash your hands.
- Stay home if you are sick to make sure that you get the rest you need and so that you don't spread your germs to others.
- Stay away from people who are sick. You should especially try to stay at least 1 metre (over 3 feet) away from people sick with the flu.
- Try not to touch your eyes, nose or mouth; this is a common way to spread or come in contact with germs.
- Avoid public gatherings and crowds.

It is recommended that you get a flu shot each year. The flu vaccine, when available, will be the primary public health intervention during a flu pandemic. The provincial government is working with the federal government and other provinces and territories to ensure that there will be enough vaccine for all Canadians. Since vaccines may not be available early in a pandemic, it is important to learn and use other ways to protect yourself and your family.

## Caring for yourself during a disease outbreak?

During a disease outbreak, many people will be sick and it may be difficult to get medical care. For this reason, it is very important to be prepared to take care of yourself and others at home as much as possible.

Because you may need to be home for a time during the pandemic, it is a good idea to stock up on some basic supplies, such as food and water, for several days. Make sure you have two weeks supply of your regular medications on hand, and have a list of phone numbers for family, friends, neighbours and your doctors.

Home treatment and self-care can relieve most symptoms and reduce the risk for further problems. If you get the flu, ways to monitor and improve your health at home include:

- Stay home if you are sick to ensure that you get the rest you need and don't spread the virus to others.
- Drink lots of fluids including water, juice, milk and herbal teas. It is best to have drinks without caffeine because caffeine actually makes you lose fluid from your body.

- Use a hot water bottle or heating pad for short periods of time to help reduce muscle pain. Watch for



burns and blisters.

- Get lots of rest.
- Take a warm bath with Epsom salts.
- Gargle with warm water and/or suck on sugarless hard candy or lozenges to ease your sore throat.
- Avoid alcohol and tobacco. Smoking especially irritates damaged airways.
- Avoid sharing anything that may carry germs such as towels, lipstick, cigarettes, drinks or toys.
- Wash your hands often. Use soap and warm water for at least 20 seconds each time, or alcohol-based hand cleaners if your hands do not look dirty; this will help you avoid spreading the flu to others.
- Ask your pharmacist for advice if you buy over-the-counter medicine such as pain relievers or cold/flu medicines. Let the pharmacist know if you have any chronic medical problems.
- Call someone to help you until you are feeling better. This is especially important if you are alone, or a single parent or are responsible for the care of someone who is frail or disabled.

### During a Disease Outbreak

Always call your doctor and let him/her know about your symptoms before visiting so that you don't infect other people at the office. If special clinics for people with the flu or flu-like symptoms have been set up, your doctor's office might ask you to go there instead.

In children, seek medical care right away if you notice any of the following:

- Fast or troubled breathing.
- Bluish or dark coloured lips or skin colour.
- Drowsiness to the point that you cannot wake your child up.
- Severe crankiness, not wanting to be held.
- Not drinking enough fluids and/or not going to the bathroom (peeing) regularly (about every 6 hours when awake).
- Symptoms improve and suddenly become worse.

In adults, seek medical care right away if you have any of the following:

- Difficulty breathing or shortness of breath.
- Pain or pressure in the chest or stomach.
- Confusion or disorientation.
- Coughing up bloody sputum.
- Severe vomiting or vomiting that does not go away.
- Symptoms improve and then suddenly become worse.

#### Hand-washing Instructions

1. Wet your hands.
2. Soap.
3. Lather and scrub – 20 sec.
4. Rinse – 10 sec.
5. Turn off tap.
6. Dry your hands.

**Don't forget to wash between your fingers, under your nails and the tops of your hands.**

### Power Outages

When your power goes out, if your neighbours have power, check your fuse box or circuit breaker panel. Make sure large appliances are turned off before replacing fuses or throwing breakers. This will help prevent possible damage to your electrical system.

#### Before the Power Outage

- People relying on life-sustaining equipment should contact their local health provider and consider purchasing or renting a small generator on a priority basis.
- Home power failure lights are an inexpensive way to provide immediate emergency lighting during power failures.
- Consider alternate heating sources for your home so that you can stay warm during winter storms.
- Keep fuel for barbeques and camp stoves stored safely and use only outside.
- If you rely on power to pump water, make sure you have lots of extra water stored for use during power outages.
- Keep manual tools such as can openers around or choose cans with peel back lids. Keep dry goods and recipes for alternative cooking methods available for use when needed.
- If you have an electric garage door opener, learn how to open it without the electric power. Make sure to read the instructions supplied by the manufacturer.





## During a Power Outage



- Switch off appliances and tools with electronic controls (microchips) such as a stereo, television, VCR, microwave oven, stove, refrigerator, computer and light control system. This will avoid possible damage when the power comes back on.
- If you leave your home during the outage, double check to make sure all heat-producing appliances, such as your range and iron, are unplugged to minimize the risk of fire.
- Visually scan the neighbourhood to look for trouble indicators such as flashes of light and downed wires but make sure you keep away from these dangerous areas.
- Report the outage using a cell phone or regular landline phone (portable house phones won't work) to call the BC Hydro 24 hour emergency number 1-800-BCHYDRO (1-800-224-9376) or \*HYDRO (\*49376) on your mobile. Give the operator as much information as you can. Please call only once, to keep phone lines open to other customers.
- Conserve water.
- Keep doors, windows and drapes closed to retain heat.
- Do not open freezers or refrigerators unless necessary.
- Be very careful of fire hazards caused by candles or other open flame light sources. Use a shiny aluminium pan behind the candle to reflect more light.
- If you have a fireplace, use it for both warmth and cooking but keep a window slightly open in the room in order to provide combustion air and ventilation.
- Use all barbeques, camp stoves and hibachis outside only.
- Keep a windup, solar or battery-operated radio on hand (remember extra batteries).
- Keep clear of wires or anything in contact with them and warn others of the danger. Always assume that wires are live and capable of killing people.

If an extended outage occurs during cold weather, drain water systems and have an alternative heating system available that is not dependent on electricity. For example, use a wood-burning fireplace, a gas fireplace or a portable kerosene heater. Do not use a kerosene heater in an unattended room. Open a window slightly to provide combustion air and ventilation.

**Warning: Do not use the burners or the oven in a gas stove to heat the kitchen. This is dangerous. A draft could blow out the oven pilot light on a gas stove, and maintaining too high an oven temperature for long periods of time could cause a fire.**

Home generators, which must stay outside, are handy for backup electricity in case of a service interruption or where no electrical service is available. To safely operate a generator follow these steps:

1. Follow the generator manufacturer's instructions.



2. Connect lights, tools or appliances directly to the generator with standard CSA-approved extension cords. Never connect portable generators to the house wiring. This can cause dangerous feedback into the utility system.

### After a Power Outage

- When the power comes back on, give the electrical system a chance to stabilize. Turn on only the most essential appliances and wait 10 to 15 minutes before reconnecting others.
- If the outage lasts more than four hours in cold weather, it is helpful to reconnect the heating system and appliances gradually. For example, reconnect appliances over a 45 minute period after a 6 hour outage, reconnect over 2 hours after a 12 hour outage, and reconnect over 4 hours following a 24 hour outage.
- Check to make sure the refrigerator and freezer units are back on. Check whether food can be refrozen.
- Plug in appliances. Remember to reset clocks. Be sure to check automatic timers, alarms and smoke detectors.

**Restock emergency supplies immediately.**

## Water Supply Interruptions

Water supply interruptions can arise without warning due to a variety of natural and manmade events. Many of us are used to annual water conservation measures that restrict water use during the summer months. Local governments are increasingly instituting more water conservation measures to conserve this valuable and necessary resource.

### Before the Water Supply Interruption

- Know how to shut-off the waterline that enters your home.
- Store 20 – 35 litres of water per person to have enough to last you for at least seven days. Store water in sturdy, opaque plastic food grade pails, jugs or bottles (see page 18 for more information).
- Keep canned goods and meals stocked that require little or no water to prepare.

### During the Water Supply Interruption

- Follow the instructions of local officials regarding water usage and purify water if necessary (see page 19 for general instructions).
- If a Boil Water Advisory is issued, just boil the water for the number of minutes stated in the advisory, then let it stand and settle before using. You can then use it as regular tap water or filter it further through a coffee filter or paper towel if you prefer.
- Conserve water
- Keep a jug of water in the refrigerator for drinking.
- When using big containers for small jobs like washing hands or brushing teeth, pour some water into a cup or glass and only use that amount rather than letting it pour straight from the big container.



- Wash essential clothing by hand only and wait to do laundry until the water supply is back in service.
- Turn off all garden sprinkler systems and selectively hand water only food plants as necessary. Use mulch and compost to reduce evaporation, promote plant growth and control weeds.
- Capture rainwater off the roof for use in your garden and for hygiene purposes.

### After the Water Interruption

- Restock your water and food supplies.
- Have a brainstorming session to share things learned and get better prepared for the next time.
- Develop the habit of conserving water whenever you can.

## Winter Storms

Winter storms can create beautiful pristine landscapes and fun times for families to enjoy the outdoors but they also cause all kinds of challenges for travel with blocked driveways or roads and lengthy power outages.

### Before a Winter Storm

- Stock up on rock salt to melt ice on walkways.
- Keep sand or non-clumping kitty litter in your car trunk and at home to improve traction.
- Have snow shovels and other snow removal equipment on hand.
- Prepare for possible isolation in your home by having sufficient heating fuel. Prepare alternate sources of heat such as your fireplace or wood-burning stove.
- Winterize your home to extend the life of your fuel supply by insulating walls and attics, caulking and weather-stripping doors and windows, and installing storm windows or covering windows with plastic.
- Winterize your car before the season begins.
- Trim branches and dead trees to reduce the threat of trees falling onto your home, vehicle or power lines.
- Check the drainage around your house to reduce the flooding risk after a heavy rain.

## During a Winter Storm

- Check on your neighbours, especially the elderly and vulnerable. You may be their only resource.
- Wear several layers of loose fitting, light weight, warm clothing rather than one layer heavy clothing. The outer garments should tightly woven and water repellent.
- Wear a hat and mittens which are warmer than gloves.
- Cover your mouth with a scarf to protect your lungs.
- Listen to local weather reports and stay tuned for emergency information.
- Eat regularly and drink ample fluids. Avoid caffeine and alcohol at these dehydrate you.
- Avoid overexertion when shoveling snow. Stretch before going outside and again afterwards to keep from getting stiff and sore.
- Watch for signs of hypothermia — uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. Move the person to a warm location, remove wet clothing, and warm the centre of the body first. Give warm, non-alcoholic, non-caffeine beverages if conscious. Get medical help as soon as possible.
- Watch for signs of frostbite — loss of feeling and white or pale skin in extremities such as fingers, toes, earlobes, and the tip of the nose. Get medical help immediately.
- Conserve fuel, if necessary, by keeping your residence cooler than normal or closing off heat to some rooms temporarily.
- Keep a window open slightly when using kerosene heaters to avoid build-up of toxic fumes. Refuel kerosene heaters outside and keep them at least 1 metre (3 feet) from flammable objects.



### Vehicle Safety during Winter Storms

- Drive only if it is absolutely necessary.
- Travel during the day.
- Travel together with someone and keep others informed of your schedule.
- Stay on the main roads and avoid back road shortcuts.

If a blizzard traps you in the car:

- Pull to the side of the road. Turn on hazard lights and hang a distress flag from the radio antenna or window.
- Remain in your vehicle where rescuers are most likely to find you. Do not set out on foot unless you



can see a building close by where you know you can take shelter. Be careful: distances are distorted by blowing snow. A building may seem close but be too far to walk in deep snow.

- Run the engine and heater about 10 minutes every half hour to keep warm. Periodically clear snow from the exhaust pipe to prevent carbon monoxide poisoning. Remember, you can't smell carbon monoxide fumes.
- Keep a window open slightly on the side away from the wind to allow fresh air into your car.
- Exercise to maintain body heat, but avoid overexertion. In extreme cold, use foil emergency blankets, road maps, seat covers, and floor mats for insulation. Huddle with passengers and use your coat for a blanket. A burning candle can provide much needed heat to keep you from freezing but contain it properly to prevent fires.
- Take turns sleeping. One person should be awake at all times to look for rescuers.
- Drink fluids to avoid dehydration.
- Use lights, heat, and radio sparingly to conserve battery power.

- Turn on the inside light at night so work crews or rescuers can see you.
- If stranded in a remote area, stomp large block letters in an open area spelling HELP or SOS and line with rocks or tree limbs to attract the attention of rescue personnel who may be surveying the area by airplane.

### After a Winter Storm

- Check your home for storm damage.
- Make any necessary repairs.
- Restock all supplies so you are ready for the next time.

# Section 4



# Recovery

In this section of the workbook you will:

- Learn how to get back on track after an emergency/disaster.
- Know what Health and Safety Guidelines to follow when you return home.



- Discover which emotional responses you may experience after an emergency/disaster.
- Know where to begin looking for financial resources.

## Top 5 Recommendations

1. Unfamiliar emotional responses are normal reactions to our emergency/disaster experiences.



2. Be kind to yourself and others as you work your way through the recovery process, which can take a long time (even years).
3. Help your children and pets learn to cope with their fears.
4. Follow Health and Safety Guidelines throughout the recovery process.
5. Attend community meetings of information sessions to find out what resources are available and how we can help each other.

## Getting Back on Track

Emergencies and disasters have a definite start and end. Coordinated response is required by individuals, agencies, local governments and communities to deal with the emergency or disaster. Every response has a definite start and end. Recovery starts at the same times as the response but will probably continue on for some time depending on the severity of the emergency/disaster. Follow these suggestions to help you and your family on the road to recovery.

### Take Care of Yourself and Your Family First

- Attend debriefing sessions in your community that provide opportunities to ask questions and share experiences.
- Promote physical health by eating healthy meals and getting exercise and fresh air.
- Promote emotional health by talking about your experiences with understanding family and friends or with a professional if you are struggling in any way.

### Take Care of Safety and Security Issues

- Contact your insurance company to start a claim and request security if your home is not able to be locked up.
- Stay with family and friends if possible as their support can be invaluable.
- Determine where you will live during the recovery.

### Assess the Losses

- Start making a list of items and property that you have lost (identification, furniture, keepsakes, etc.)
- Find out if special precautions need to be taken before entering your home.
- Look for items that can be salvaged.
- Take time to appreciate what you still have.



### Determine What Needs to be Done.

- Remove items you want to try and salvage.
- Have your home inspected to determine whether it can be repaired or if it needs to be removed and rebuilt.
- Find out when it will be safe to begin rebuilding or repairing.

### Determine Recovery Resources

- If a Recovery Centre has been established this is a good place to find the agencies you need to work with.
- Take care of yourself and your family first.
- Begin the process of rebuilding your lives and your residence.

## Health and Safety Guidelines

Recovering from a disaster is a gradual process. Safety is a primary issue, as is mental and physical well-being. If assistance is available, knowing how to access it makes the process faster and less stressful. This section offers some general advice on steps to take after disaster strikes to get your home, your community, and your life back to normal.

Your first concern after a disaster is your family's health and safety. You need to consider possible safety issues and monitor family health and well-being.

### Aiding the Injured

Check the injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If you must move an unconscious person, first stabilize the neck and back, then call for help immediately.

- If the victim is unresponsive, call 911.
- Care for life-threatening problems (ABCs – Air, Breathing, Circulation) using CPR etc. as needed.

- Maintain body temperature with blankets. Be sure the victim does not become overheated.
- Never try to feed liquids to any unconscious person.

## Health

- Be aware of exhaustion. Don't try to do too much at once. Set priorities and pace yourself. Get rest.
- Drink plenty of clean water.
- Eat well.
- Wear sturdy work boots and gloves.
- Wash your hands thoroughly with soap and clean water often when working with debris.

## Safety Issues

- Be aware of new safety issues created by the disaster. Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring, and slippery surfaces.
- Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed out roads, smoldering insulation, and dead animals.

## Returning Home

- Returning home can be both physically and mentally challenging. Above all, use caution.
- Keep a wind-up or battery-powered radio with you so you can listen for emergency updates and news reports.
- Use a wind-up or battery-powered flashlight to inspect a damaged home.
- Watch out for animals.
- Use the phone only to report life-threatening emergencies.
- Stay off the street. If you must go out, watch for fallen objects, downed electrical wires, and weakened walls, bridges, roads and sidewalks.

## Before You Enter Your Home

Walk carefully around the outside and check for loose power lines, gas leaks, and structural damage. If you have any doubts about safety, have your residence inspected by a qualified building inspector or structural engineer before entering.

Do not enter if:

- You smell gas.
- Floodwaters remain around the building.
- Your home was damaged by fire and the authorities have not declared it safe.

**NOTE:** Turn the flashlight on outside before entering. The battery may produce a spark that



could ignite leaking gas if present.

## Entering Your Home

Enter carefully checking for damage. Watch for loose boards and slippery floors. Check for the following:

- **Natural Gas** — If you smell gas or hear a hissing or blowing sound, open a window and leave immediately. Turn off the main gas valve from the outside, if you can. Call the gas company from another location to have the system inspected and repaired. Do not smoke or use oil lanterns, gas lanterns, candles, or torches for lighting inside a damaged home until you are sure there is no leaking gas or other flammable materials present.
- **Sparks, Broken or Frayed Wires** — Check the electrical system unless you are wet, standing in water, or unsure of your safety. If possible, turn off the electricity at the main fuse box or circuit breaker. If the situation is unsafe, leave the building and call for help. Do not turn lights on until you are sure they are safe to use. You may want to have an electrician inspect your wiring.
- **Roof, Foundation, and Chimney Cracks** — If it looks like the building may collapse, leave immediately.
- **Appliances** — If appliances are wet, turn off the electricity at the main fuse box or circuit breaker. Then unplug appliances and let them dry out. Have appliances checked by a professional before using them again. Also, have the electrical system checked by an electrician before turning the power back on.

- **Water and Sewage Systems** — If pipes are damaged, turn off the main water valve. Check with local authorities before using any water as it could be contaminated. Pump out wells and have the water tested by authorities before drinking. Do not flush toilets until you know that sewage lines are intact.
- **Food and Other Supplies** — Throw out all food and other supplies that you suspect may have become contaminated or may have come into contact with floodwaters (see page 62).
- **Your Basement** — If your basement has flooded, pump it out gradually (about one third of the water per day) to avoid damage. The walls may collapse and the floor may buckle if the basement is pumped out while the surrounding ground is still waterlogged.
- **Cabinets** — Open cabinets carefully and be alert for objects that may fall.
- **Clean Up Household Chemical Spills** - Disinfect items that may have been contaminated by raw sewage, bacteria, or chemicals. Also, clean salvageable items.
- **Call Your Insurance Agent** — Take pictures of damages. Keep good records of repair and cleaning costs including the hours you and your family and friends spend cleaning, etc.
- **Wildlife** — Disaster and life threatening situations will exacerbate the unpredictable nature of wild animals. To protect yourself and your family, learn how to deal with wildlife.
  - Do not approach or attempt to help an injured or stranded animal. Call your local animal control office or wildlife resource office.
  - Do not corner wild animals or try to rescue them. Wild animals will feel threatened and may endanger themselves by dashing off into floodwater or fire.
  - Do not approach wild animals that have taken refuge in your home. Wild animals such as raccoons often seek refuge from floodwaters on upper levels of homes and have been known to remain after the water recedes. If you encounter animals in this situation, open a window or provide another escape route and the animal will likely leave on its own. Do not attempt to capture or handle the animal. Should the animal stay, call your local animal control office or wildlife resource office.



- Do not attempt to move a dead animal. Carcasses can present serious health risks. Contact your local government or health department for help and instruction. If bitten by an animal, seek immediate medical attention.

## Emotional Responses in Emergencies

### Typical First Reactions

- Disbelief and shock.
- Fear.
- Problems with concentration or memory.
- Need for help and information.
- Disorientation & numbness.
- Reluctance to abandon property.
- Difficulty in making decisions.
- Helpfulness to others.

### Some Later Responses

- Frustration and anxiety.
- Moodiness and irritability.
- Unexplained crying.
- Change in appetite.
- Difficulty sleeping or sleeping too much.
- Feelings of powerlessness.
- Guilt for surviving or not preventing disaster.
- Anger and suspicion.
- Apathy and depression.
- Fatigue, low energy.
- Digestive problems.
- Headaches, body pain.
- Feeling overwhelmed.
- Isolation from family and friends.

### Healing Emotionally

- Discuss what happened.
- Recognize the losses you have suffered.
- Give yourself and your family permission to grieve and time to heal.
- You may want to limit exposure to media covering the event.



## Helping Children Cope with Their Fears

### Special Effects on Children:

- Return to earlier behaviours such as thumb sucking or bed wetting.
- Reluctance to go to bed.
- Fantasies that the disaster never happened.
- Inability to concentrate.
- Clinging to parents, crying or screaming.
- Nightmares.
- Refusal to attend school.
- Withdrawal, immobility.

### Before the Emergency

- Talk about your own experiences and/or read aloud about emergencies. Local libraries have some good books. Be sensitive to your children's needs as you do this. The point is not to frighten but to increase their awareness of some of the things that may happen.
- Walk through your house with them and have them practice quickly getting in each room's safe place. Hold frequent earthquake and fire drills to reinforce this practice.
- Walk with your children around their favourite outside places to play. Identify the safe places to be in these locations.
- Ask your children's school about their emergency response plan. The school's plans may include holding the child until parents arrive. Make sure to explain this to your children and the reason why.
- Provide your children with the name of a relative or friend who will care for them if you should get stuck at work, etc. Preferably this will be a person that the children know and are comfortable with.



### After the Emergency

- Give lots of hugs to your children and tell them everything will be okay. This provides physical and verbal reassurance to them.
- Encourage your children to express their feelings, especially through play and physical activities. Listen to them carefully when they share these things with you.
- Be careful not to ignore the emotional needs of your children once you have determined that everyone is physically okay. Fear is a normal reaction to any dangerous situation.
- Include children in clean-up activities. It is comforting to the child to watch the household begin to resume its normal functions. It also gives them a job to do.
- Children may revert to immature behaviour for a few days. Do not focus on this behaviour; rather praise them for their help in cleaning up.
- Maintain routines but reduce performance expectations. If fear of sleep or unusual behaviours gets worse for more than two weeks, take the time to seek professional help.

### Helping Pets Cope with their Fears

#### Special Effects on Pets:

- Unusually nervous or fearful.
- Excessive protectiveness.
- Sensitive to noise or storms.
- Increased aggression.

### Before the Emergency

- Teach your pet to go into a carrier readily and experience it as a safe place (not just when they have to go to the vet or experience other scary things).
- If your pet can be transported in your vehicle, help them to get used to traveling early on (and not just to the vet or the kennel) so that they look forward to rides.

### During the Emergency

- Speak to them in soft, reassuring voices.
- Whenever possible take your pets with you and pre-arrange places for them to stay.

### After the Emergency

Pets may not respond normally after an emergency/disaster. They may show fear, be in physical pain or display other “unfriendly” behaviours. Take the time to explain to your children that pets get hurt or afraid too and that because they can’t talk to us and tell us what is going on, they sometime act differently and we need to take our time with them and not rush in to pat or hold them.



- Approach pets slowly and cautiously, watch for injuries or “unfriendly” behaviours.
- Avoid direct eye contact as you approach pets slowly and calmly.
- Speak to them in soft, reassuring voices. Don’t forget they are survivors, too.
- Familiar routines feel comforting. Provide food and fresh water on a regular schedule for caged or fostered animals.
- Time and patience are often the best medicines, but some pets will require the professional care of a board-certified veterinary behaviourist.
- Remember, intense fear and anxiety should be considered forms of pain that deserve immediate treatment.



## Livestock

Livestock are an even greater challenge during emergencies so you need to do emergency planning for them well before the event. Work with your veterinarian and local farming groups to plan for mass evacuations of livestock (see page 27)

## Recovery Resources

### Recovery Begins With You

There are actions you can take to minimize your risks in an emergency and speed up your recovery after you’ve been in one. Here are some things to consider:

- What risks can you mitigate before a disaster happens? See the sections on Emergency Preparedness at the beginning of this workbook.
- Do you know how to take care of yourself and your family during a disaster? See the section on Responding Safely during Emergencies in the middle of this workbook.
- Do you know what to do to start your recovery? Use this section and the information you get from the community during and after the disaster to help you to get started on your recovery.

## 26 Weeks to Emergency Preparedness

### Week 1: Portable Container

Get a portable container with a lid to use as an emergency kit. A plastic storage bin or garbage can with wheels works well. Choose an accessible location for it near an exit. Label it and make sure all family members know where it is.

### Week 2: Three Day Supply of Water

Stock your emergency kit with a three day supply of water. You will need four litres of water/person (two for drinking and 2 for food prep and hygiene). Don't forget to include water for your pets

### Week 3: Out-of-Area Phone Contact

Arrange for a person to be an out-of-area phone contact. Keep this and other emergency phone numbers near each phone and teach family members these numbers.

### Week 4: Canned Meat & Dried Fruit

Stock your emergency kit with a variety of canned meats and fruit. Include a manual can opener.

### Week 5: Portable Radio

Get a portable radio and extra batteries or get a wind-up radio and store in an easy to locate area close to your emergency kit.

### Week 6: Hazards

Identify potential hazards in your community and home. Secure appliances and heavy furniture. Move beds away from heavy mirrors and windows.

### Week 7: Safety Tasks

Assign specific tasks to each family member, e.g. designate one person to turn off electricity, one to collect the emergency kit, one to take charge of pets, etc.

Add peanuts and granola bars to the emergency kit.

### Week 8: Safe Places

Identify safe places in your home and on your property. Plan and practice evacuation drills using two different escape routes from each room.

Add containers of juice to your kit.

### Week 9: Plastic Garbage Bags

Stock your emergency kit with both large and medium sized plastic garbage bags. Orange or yellow also made good visible signals. Large bags can be used as ponchos, ground covers or blankets.

Add plastic or paper dishes to your kit.

### Week 10: Family Meeting Place

Identify a meeting place away from home but close to your regular spots (between work and home or school).

Add books, toys and cards to your kit.

### Week 11: Emergency Lighting

Get flashlights and extra batteries or a wind-up flashlight. Stock up on candles and waterproof matches.

### Week 12: Food Supplies

Add dried soups, crackers and peanut butter to your emergency kit.

### Week 13: Insurance

Check your insurance policies and make a record of your possessions. Store in a safe place.

### Week 14: First-Aid Kit

Prepare a First-Aid kit that includes extra prescription medications, extra eyeglasses, bandages, sterile gauze pads, tape, scissors, tweezers, antibiotic ointment, hydrogen peroxide and over-the-counter pain pills.

### Week 15: Clothing

Add a change of clothing for each family member to your kit. Be sure to include warm clothing, heavy work gloves and sturdy shoes.

### Week 16: Canned Food

Add canned food such as stews, baked beans and vegetables to your kit.

### Week 17: First-Aid Course

Enrol a family member in a First-Aid course.

### Week 18: Personal Toiletry Items

Add personal toiletry items like toilet paper, handy wipes, soap, detergent toothbrushes, toothpaste, comb, sanitary supplies, etc. to your emergency kit.

### Week 19: Milk Supply

Add evaporated, canned or powdered milk to your emergency kit.

### Week 20: Infant Supplies

If applicable, add infant supplies to your kit such as disposable diapers, disposable bottles, formula, etc.

### Week 21: Neighbours

Meet with your neighbours to discuss the possibility of sharing emergency items such as generators.

### Week 22: Large Bucket and Emergency Tools

Get a large bucket with a tight fitting lid to use as a toilet, and put it with your emergency kits. Use the bucket to store other emergency tools such as an axe, a folding shovel or rope.

### Week 23: Small Tools

Add a pocket knife (Swiss Army Style), cutlery, a whistle and spare set of house and car keys to your emergency kit.

### Week 24: Pet Supplies

Keep a leash or pet carrier near your kit. Add a three day supply of pet food and water for your pet.

### Week 25: Sleep Supplies & Water Purification

add sleeping bags or blankets to your kit along with water purification tablets.

### Week 26: Documents & Photos

Assemble important documents such as wills, insurance papers, medical records, inventory of possessions, identification etc., in a fire and waterproof container.

Add a family photo album to your emergency kit.

Now you and your family are personally prepared for most emergencies. Remember to rotate supplies to keep them fresh. You may wish to donate goods to the local food bank before they reach their expiration date!

### Top 5 Recommendations

1. Collect all the information you will need to fill out the forms.
2. Develop your rough draft separately and then write the final copy in the pages of this workbook as a handy reference tool.
3. Photocopy these pages and ensure each family member has a copy.
4. Update the information as needed.
5. Keep this workbook easily accessible (by the main phone, on the coffee table, etc.).

### Sources of Information in an Emergency

- Subscribe to Alertable emergency notifications
  - [fvr.d.ca/alerts](http://fvr.d.ca/alerts)
  - Sign up for notifications through app, email, landline, text and smart speaker
- Listen to local radio stations such as:
  - 88.5 CBC Radio One - Abbotsford
  - 91.7 CBC Radio One - Chilliwack
  - 101.7 CBC Radio One - Hope
- Watch local TV shows such as:
  - Shaw TV Chilliwack Channel 4
  - CTV or Global News
- Check the FVRD website at [fvr.d.ca](http://fvr.d.ca)
- Check the FVRD social media pages:
  - Facebook @FraserValleyRD
  - Twitter @FraserValleyRD
  - Instagram FraserValleyRD

## Emergency Contact Cards

### Emergency Contact Person

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

### Emergency Contact Person

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

### Emergency Contact Person

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

### Emergency Contact Person

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

### Emergency Contact Person

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

### Emergency Contact Person

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

## Important Contacts

**After Hours Emergencies:** Threats to life or safety: floods, hazardous spills, gas leaks **911**  
**Dangerous goods spill 1-800-663-3456**

### Environmental Violations

Fishery Violations (except Salmon):	1-877-952-RAPP (7277) #7277 on mobile
Illegal Dumping:	1-877-952-RAPP (7277) #7277 on mobile
Poachers/Polluters:	1-877-952-RAPP (7277) #7277 on mobile
Salmon Violations:	1-800-465-4336
Wildfire: Report forest fires	1-800-663-5555 *5555 on mobile
Wildlife - Human Conflict	1-877-952-RAPP (7277) #7277 on mobile

### FVRD Municipalities

Abbotsford:	604-853-2281
Chilliwack:	604-792-9311
Harrison:	604-796-2171
Hope:	604-869-5671
Kent:	604-796-2235
Mission:	604-820-3700

### Property & Land Issues

BC Housing (Housing Assistance)	1-800-257-2218
Burn Permit Information	1-888-797-1717
Forest Service Roads/Forestry/Natural resource activities on crown land (Front Counter BC)	604-702-5700
Property Tax Information	1-888-355-2700
Roads (Emil Anderson)	1-800-667-5122 <a href="https://emilanderson.ca/maintenance/fraser-valley/">https://emilanderson.ca/maintenance/fraser-valley/</a>
Septic/Sewer (Fraser Health)	1-877-935-5669

### RCMP Non-Emergency Numbers

Agassiz	604-796-2211
Boston Bar	604-867-9333
Chilliwack	604-792-4611
Hope	604-869-7750
Mission	604-826-7161

### Safety Information

Avalanche Canada	<a href="https://www.avalanche.ca/en/map">https://www.avalanche.ca/en/map</a>
BC River Forecast Centre	<a href="http://bcrcfc.env.gov.bc.ca/warnings/index.htm">http://bcrcfc.env.gov.bc.ca/warnings/index.htm</a>
Commercial Vehicle Safety Violations	1-888-775-8785
Landslide Reporting	1-800-663-3456 (24 hours)
Prepared BC	<a href="https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc">https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc</a>
Road Conditions	<a href="https://www.drivebc.ca/">https://www.drivebc.ca/</a>

## Important Individual & Family Information

Complete this form, photocopy and ensure each family member carries it at all times. Update it regularly.

Home Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

1. Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Work/School \_\_\_\_\_ Phone \_\_\_\_\_  
 Medical Number \_\_\_\_\_ Allergies/Meds \_\_\_\_\_

2. Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Work/School \_\_\_\_\_ Phone \_\_\_\_\_  
 Medical Number \_\_\_\_\_ Allergies/Meds \_\_\_\_\_

3. Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Work/School \_\_\_\_\_ Phone \_\_\_\_\_  
 Medical Number \_\_\_\_\_ Allergies/Meds \_\_\_\_\_

4. Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Work/School \_\_\_\_\_ Phone \_\_\_\_\_  
 Medical Number \_\_\_\_\_ Allergies/Meds \_\_\_\_\_

5. Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Work/School \_\_\_\_\_ Phone \_\_\_\_\_  
 Medical Number \_\_\_\_\_ Allergies/Meds \_\_\_\_\_

Evacuation Route \_\_\_\_\_

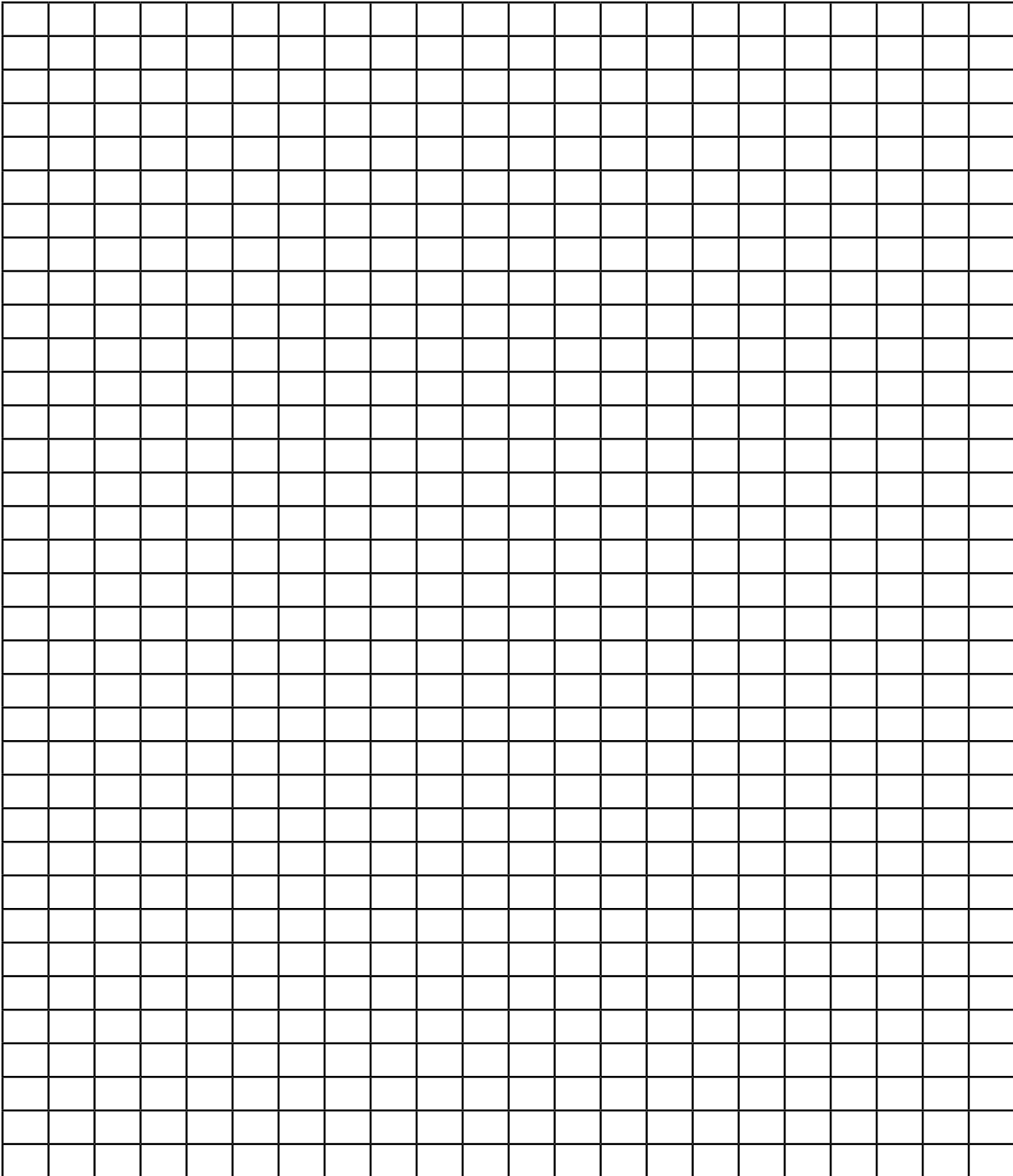
Evacuation Meeting Place \_\_\_\_\_

If our family members are in separate places when an emergency happens and are not able to get home, we agree to leave messages with and contact each other through our Emergency Contact Person:

Name \_\_\_\_\_ Phone \_\_\_\_\_

# Escape Plan

Use this grid to draw your home and how you can escape from each room safely.





## Pets and Farm Animals - Important Phone Numbers

- |                               |                               |
|-------------------------------|-------------------------------|
| 1. Primary Veterinarian _____ | 7. Micro Chip Registry _____  |
| 2. Alt. Veterinarian _____    | 8. Missing Pet Registry _____ |
| 3. Animal Control _____       | 9. Out-of-Town Contact _____  |
| 4. Boarding Kennel _____      | 10. Pet Sitter _____          |
| 5. Emergency Clinic _____     | 11. Alt. Pet Sitter _____     |
| 6. Humane Society _____       | 12. Poison Control _____      |

### Primary Veterinarian

Name \_\_\_\_\_

Address \_\_\_\_\_

Directions \_\_\_\_\_

\_\_\_\_\_

Hours \_\_\_\_\_

### Alternate Veterinarian

Name \_\_\_\_\_

Address \_\_\_\_\_

Directions \_\_\_\_\_

\_\_\_\_\_

Hours \_\_\_\_\_







**Fraser Valley  
Regional District**

1-45950 Cheam Avenue  
Chilliwack, BC V2P 1N6

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