

## Family Emergency Plan

When emergencies happen, including pandemic, they can be prolonged, widespread and could temporarily affect schools, daycare, transportation and other public services. It is important families have a plan in place to decrease distress and help you be prepared at the time of such an event.

Healthcare workers especially can be affected and will be expected to help manage such events as an influenza pandemic on top of their duties to their own families and dependants.

Here is a guide to help you prepare at home for an emergency event like a pandemic.

### Develop a plan

- Evaluate your family's needs
- Create a list of your family's health information
- Make sure everyone knows what to do
- Keep emergency numbers handy
- What will you do if schools/daycare closes – enquire about their plan
- What kind of assistance do you need for the senior or disabled members of your family
- What kind of assistance do you need for your pet care
- How will you get to work if public transport is not operating
- What if the power goes out for an extended period
- Do you have enough food on hand in the event stores run out due to supply delays resulting from illness

Use the following websites to assist

- [www.getprepared.gc.ca](http://www.getprepared.gc.ca)
- [www.72hours.org](http://www.72hours.org)



## **WEST PARK HEALTHCARE CENTRE**

REHABILITATION, COMPLEX CONTINUING AND LONG-TERM CARE

# Make a Kit

When preparing for a possible emergency situation, it's best to think first about the basics of survival: fresh water, food, clean air and warmth.

Recommended Items to Include in a Basic Emergency Supply Kit:

**Water** - one gallon (3 litres) of water per person per day for at least three days

**Food** (be aware of expiry dates) - at least a three-day supply of non-perishable food

- canned or packaged food
- cereal and energy bars
- dried fruit, nuts and snack food
- meat
- vegetables
- honey, sugar
- peanut butter
- instant coffee, tea
- baby formula
- Pet food and extra water for your pet

**Flashlight and extra batteries**

**First aid kit**

- Aspirin, Anti-inflammatories
- Anti diarrhea, Antacid, Laxative
- Prescription medication
- Band-Aids, antiseptic
- Moist towelettes, soap
- Garbage bags and plastic ties for personal sanitation

**Can opener** for food (if kit contains canned food)

**Diapers**

**Household chlorine bleach and medicine dropper** – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

**Toothpaste**

**Fire Extinguisher**

**Matches in a waterproof container**

**Feminine supplies and personal hygiene items**

**Mess kits, paper cups, plates and plastic utensils, paper towels**

**Extra blankets**

**Paper and pencil**

**Books, games, puzzles or other activities for children**

**Battery operated or hand crank radio**