

## BE PREPARED FOR THE UNEXPECTED

Emergencies and disasters can happen at any time. Utilities can be out, roads closed, and crucial supplies unavailable. While local, provincial and federal officials prepare for emergencies, individuals can plan to be prepared at home and at work.

With increased levels of fear and anxiety throughout Canada and the world, it makes sense to prepare for the unexpected. Everyone should be prepared to take care of themselves and their families for up to three days in the event of an emergency or disaster. For example, it could take that long to clear roads due to a severe winter storm.

The following are recommended guidelines to assist you in gathering items you should have on hand. Everyone in your family should know where these items are stored.

Finally, if you are ever in an emergency situation, **Don't Panic**. People have survived three days without water and three weeks without food. Your home can take three hours or more to cool off completely in the winter.

# 72 hour Evacuation Survival Kit

## Survival Equipment Kit

- **flashlight and batteries** (in case the lights go out)
- **radio and batteries** or crank radio (so you can listen to news bulletins)
- **spare batteries** (for radio and flashlight)
- **first-aid kit**
- **candles and matches/lighter**
- **extra car keys and cash** (including coins/cards for telephone)
- **important papers** (identification for everyone, personal documents such as insurance papers)
- **food and bottled water** (See "Emergency food and water kit")
- **clothing and footwear** (one change of clothes per person)
- **blankets or sleeping bags** (one blanket or sleeping bag per person)
- **toilet paper and other personal supplies** such as shampoo, hairbrush, tooth brush and toothpaste, soap and a towel and face cloth (one for each person)
- **medication**
- **backpack/duffel bag** (or something else to carry the emergency survival kit in, in case you have to evacuate)
- **whistle** (in case you need to attract someone's attention)
- **playing cards, games**

**For more information contact the Lakeshore Fire Department at 519-728-0550 OR VISIT [http://www.mpss.jus.gov.on.ca/english/pub\\_security/EMO/about\\_emo.html](http://www.mpss.jus.gov.on.ca/english/pub_security/EMO/about_emo.html)**