



GET EMERGENCY READY

Written by the City of Toronto and formatted for you by the PCA's Neighbourhood Support Committee

Your Personal Preparedness Guide

YOUR 72 HOUR EMERGENCY KIT

Whether you're just starting to prepare or are a preparedness pro, gathering your **emergency supplies** isn't hard. A good rule of thumb is to have supplies for at least 3 days or 72 hours. You'll probably be surprised at how much you already have.

Consider **preparing a kit** for each member of your family in backpacks, and a larger kit containing common items such as food, water and other equipment.

Check and freshen your kit twice each year.

An **"In Case of Emergency"** information sheet about your special needs or disability including contact information for your healthcare provider(s), caregiver(s), or personal attendant(s), or your service animal's veterinarian, and a detailed list of all prescriptions and medications.

YOUR **EMERGENCY KIT** CONTAINS:

- Enough drinking water for three days (4 litres per person per day)
- A battery powered or crank radio and flashlight
- Batteries for flashlights and radios
- Three days supply of non-perishable food that meets your dietary needs, including food for infants, children, seniors, and pets if required
- Manual can opener
- A first aid kit
- Prescription drugs, medical supplies and special equipment



"A good rule of thumb is to have supplies for at least 3 days or 72 hours."

Read the whole guide here or by Googling Get Emergency Ready Toronto or email info@thepocket.ca to ask for your own printed copy

GO BAG

In addition to the 72 hour preparedness kit, every member of your household should pack a **Go Bag** – a collection of items you may need in the event of an evacuation. A Go Bag should be packed in a sturdy, easy-to-carry container such as a backpack or suitcase on wheels. A Go Bag should be easily accessible if you have to leave your home in a hurry. Make sure it is ready to go at all times of the year.

YOUR **GO BAG** CAN INCLUDE:

- Special equipment
- Information about your special needs or disability
- Foods that meet your dietary needs
- A detailed list of all prescriptions and medications

"Everyone's **Go Bag** will be different and based on individual needs."



ALSO ENSURE TO:

- Keep cell phone batteries charged; have an alternate battery, car charger or portable battery pack
- Keep flashlights where you can find them in the dark
- Replenish food and water supplies on an on-going basis
- Use surge protecting power bars to protect sensitive electronic equipment
- If you store extra medication in your Go Bag, be sure to refill it before it expires



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OTHER NEEDS

PEOPLE WITH DISABILITIES AND SPECIAL NEEDS

If you have special needs, require personal attendant care or use life-sustaining equipment:

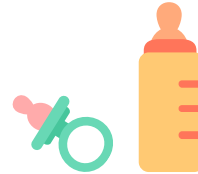
- Arrange in advance for someone to check on you in the event of an emergency
- Wear a MedicAlert bracelet or carry an identification card
- Carry a personal alarm that emits a loud noise to draw attention to you
- Label your equipment and attach instructions on how to use and transport it
- Connect with your health care service provider if you have one
- Your kit should also include information about your special needs or disability and a detailed list of all prescriptions and medications

"Make sure (your **Go Bag**) is ready to go at all times of the year."



FOR CHILDREN AND INFANTS

- Formula
- Bottles
- Diapers
- Medications
- Favourite toy



"Consider preparing a kit for each member of your family."

FOR PETS

- Food, water and bowls
- Leash/harness and muzzle
- ID tags and licenses
- Medications, and vaccination/medical records
- Blanket and favourite toy(s)
- Local animal shelter



YOUR VEHICLE EMERGENCY KIT



- Shovel, scraper and snow brush
- Sand, salt and/or cat litter for traction, antifreeze
- Matches in a waterproof container
- Spare clothing, shoes and blankets
- Tow rope, jumper cables and windshield-washer fluid
- Warning light or road flares, shovel and fire extinguisher
- First aid kit with seatbelt cutter
- Water and food (such as energy bars)
- Roadmaps, whistle and flashlight

"Keep cell phone batteries charged; have an alternate battery, car charger or portable battery pack."



***TIP**

Keep your gas tank at least half full, especially in the winter