



York Region Emergency Management Fact Sheet

PREPARING YOUR EMERGENCY SUPPLIES KIT

Emergencies or disasters can sometimes make it unsafe for people to leave their homes for extended periods. Severe weather or long-term power outages may make it necessary for each household to take care of its own needs until the disaster abates, or until local officials and/or relief workers are able to help. Is your family ready to cope with an emergency until help arrives? Prepare for a disaster before it strikes!

Assemble an **Emergency Supplies Kit** to keep in your home to survive on your own for at least three days without utilities and outside sources of food and water. As each family has different needs, review the suggested checklist below and determine which tools and supplies your family would need. Assemble your Emergency Supplies Kit and store it in an easily-accessible area on the main living floor of your home. Keep the items that you would most likely need during an evacuation in your individual **Go-Bags**, in easy-to-carry containers (e.g. backpacks). Suggested Go-Bag items are marked with an asterisk (*).

HOME emergency supplies kit

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|-----------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> Portable/wind-up radio* | <input type="checkbox"/> Bottled water (4 L per person) | <input type="checkbox"/> Clothing/footwear* |
| <input type="checkbox"/> Loud whistle | <input type="checkbox"/> Water purification tablets | <input type="checkbox"/> Rain gear* |
| <input type="checkbox"/> Signal flare | <input type="checkbox"/> Prescription drugs (check dates)* | <input type="checkbox"/> Sewing kit |
| <input type="checkbox"/> Fire extinguisher (ABC type) | <input type="checkbox"/> Chlorine bleach, unscented | <input type="checkbox"/> Corded telephone |
| <input type="checkbox"/> Wrench for gas/water shut-off | <input type="checkbox"/> Medicine dropper | <input type="checkbox"/> Deck of cards/games/small toys* |
| <input type="checkbox"/> Rope | <input type="checkbox"/> Non-perishable healthy food | <input type="checkbox"/> Map of the community* |
| <input type="checkbox"/> Shovel | <input type="checkbox"/> Cook stove/fuel | <input type="checkbox"/> Paper/marker/tape |
| <input type="checkbox"/> Tool kit/utility knife | <input type="checkbox"/> Plates/utensils | <input type="checkbox"/> Spare car/house keys* |
| <input type="checkbox"/> Duct tape/plastic sheeting | <input type="checkbox"/> Manual can opener | <input type="checkbox"/> Cash (small bills and quarters)* |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Hand sanitizer | <input type="checkbox"/> Compass |
| <input type="checkbox"/> Spare batteries of various sizes | <input type="checkbox"/> Toilet paper/personal care items* | |
| <input type="checkbox"/> Candles, matches | <input type="checkbox"/> Baby supplies/diapers* | |
| <input type="checkbox"/> Lantern and fuel | <input type="checkbox"/> Pet food and supplies | |
| <input type="checkbox"/> First aid kit (see over)* | | |
| <input type="checkbox"/> ID/photos of family (see over)* | | |
| <input type="checkbox"/> Spare eye glasses/contacts* | <input type="checkbox"/> Blankets/sleeping bags* | |



CAR emergency kit – Every driver should carry a survival kit in their vehicle.

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| <input type="checkbox"/> Booster cables (4- or 6-gauge) | <input type="checkbox"/> Vehicle fluids | <input type="checkbox"/> Hot packs |
| <input type="checkbox"/> Sand/salt/kitty litter | <input type="checkbox"/> Ice scraper and brush | <input type="checkbox"/> Hand sanitizer |
| <input type="checkbox"/> Fuses (7.5, 10, 15, 20, 25 and 30 amp) | <input type="checkbox"/> First aid kit | <input type="checkbox"/> Emergency food/water |
| <input type="checkbox"/> Fire extinguisher (ABC type) | <input type="checkbox"/> Flashlight with spare batteries | <input type="checkbox"/> Can opener/forks/spoons, etc. |
| <input type="checkbox"/> Tire pump/inflator and tire gauge | <input type="checkbox"/> Candles and matches | <input type="checkbox"/> Loud whistle |
| <input type="checkbox"/> Emergency flares and/or triangles | <input type="checkbox"/> Survival blankets | <input type="checkbox"/> Emergency phone numbers |
| <input type="checkbox"/> Shovel and axe/hatchet | <input type="checkbox"/> Warm clothing | <input type="checkbox"/> Cellular phone/charger/change |
| <input type="checkbox"/> Multi pliers/multi tool/utility knife | <input type="checkbox"/> Sturdy shoes/boots | <input type="checkbox"/> Road maps/compass |
| <input type="checkbox"/> Gas container (holds up to 4 litres) | <input type="checkbox"/> Rain gear | <input type="checkbox"/> Emergency/help sign |

First aid kit*

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| <input type="checkbox"/> First aid manual | <input type="checkbox"/> Antiseptic solution | <input type="checkbox"/> Tweezers |
| <input type="checkbox"/> Mouthpiece for administering CPR | <input type="checkbox"/> Hydrocortisone cream | <input type="checkbox"/> Safety pins |
| <input type="checkbox"/> Adhesive bandages in assorted sizes | <input type="checkbox"/> Calamine lotion | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> Sterile gauze pads – 2" (4-6) | <input type="checkbox"/> Rubbing alcohol | <input type="checkbox"/> Rubber gloves |
| <input type="checkbox"/> Sterile gauze pads -- 4" (4-6) | <input type="checkbox"/> Antiseptic wipes | <input type="checkbox"/> Flashlight and extra batteries |
| <input type="checkbox"/> Triangular bandages (3) | <input type="checkbox"/> Alcohol wipes | <input type="checkbox"/> Foil emergency blankets |
| <input type="checkbox"/> Elastic bandage | <input type="checkbox"/> Acetaminophen or ibuprofen | <input type="checkbox"/> Disposable instant cold/hot packs |
| <input type="checkbox"/> Sterile roller bandages – 2" (3) | <input type="checkbox"/> Antihistamines | <input type="checkbox"/> Emergency phone numbers |
| <input type="checkbox"/> Sterile roller bandages – 3" (3) | <input type="checkbox"/> Anti-diarrhoea medication | |
| <input type="checkbox"/> Hypoallergenic adhesive tape | | |

Important family documents – Keep originals of these records in a waterproof, portable container or a bank safety deposit box; keep copies in your Go-Bag

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| <input type="checkbox"/> Contact information for utilities | <input type="checkbox"/> Health card | <input type="checkbox"/> Social insurance numbers |
| <input type="checkbox"/> Emergency contact list | <input type="checkbox"/> Insurance policies | <input type="checkbox"/> Birth certificates |
| <input type="checkbox"/> Doctor's contact information | <input type="checkbox"/> Wills/power of attorney | <input type="checkbox"/> Marriage certificates |
| <input type="checkbox"/> Cheques and money | <input type="checkbox"/> Passports | <input type="checkbox"/> Bank account numbers |
| <input type="checkbox"/> Credit cards | <input type="checkbox"/> Driver's licence | <input type="checkbox"/> Mortgage/loan information |

Resources

Emergency Management Ontario

http://www.mcscs.jus.gov.on.ca/english/pub_security/emo/esk.html

Centre for Emergency Preparedness and Response

<http://www.phac-aspc.gc.ca/cepr-cmiu/>

Public Safety Canada

http://www.getprepared.ca/index_e.asp

Public Health Agency of Canada Office

Emergency Preparedness, Planning and Training

<http://www.phac-aspc.gc.ca/cepr-cmiu/oeppt-dmupf/index.html>

Centres for Disease Control and Prevention

www.cdc.gov

World Health Organization

www.who.int

Want to know more?

To view an online version of York Region's *Emergency Preparedness Guide*, visit www.york.ca.