



BE PREPARED!

# MY EMERGENCY PLAN

## MY INFORMATION

Please print. If viewing as a PDF, click on the highlighted areas to type within the form.

Name:

Address:

Day Phone:

Evening Phone:

Cell Phone:

Email:



There are three basic steps to being prepared for any emergency:

**MAKE A PLAN**

**GATHER SUPPLIES**

**GET INFORMED**

Think about how emergencies may affect you. Emergencies can range from house fires, hurricanes, flooding, to power outages. Use this guide now to list what you might need during an emergency. You don't want to go through an emergency alone. Ask at least two people to be in your network – family members, friends, neighbours, caregivers, coworkers, or members of community groups. Remember, you will help each other in emergencies.

## Your emergency support network should:

- Stay in contact during an emergency.
- Keep spare sets of your keys.
- Know where to find your emergency supplies.
- Know how to operate your equipment or help move you in an emergency.

## Support network contacts:

Name/Relationship:	<input type="text"/>
Phone (home/work/cell):	<input type="text"/>
Email:	<input type="text"/>
Name/Relationship:	<input type="text"/>
Phone (home/work/cell):	<input type="text"/>
Email:	<input type="text"/>

Pick an out-of-province friend or relative who family or friends can call during a disaster. If local phone lines are busy, long-distance calls may be easier to make. To help you with questions about how your telephone might work during a disaster, call your service provider.

## Out-of-province contact:

Name/Relationship:	<input type="text"/>
Phone (home/work/cell):	<input type="text"/>
Email:	<input type="text"/>

## 2 DEVELOP A PLAN

### Important health and life-saving information

Allergies:

Special medical conditions:

Medications/daily doses:

Eyeglass prescription:

Blood type:

Communications devices/equipment:

Health insurance plan:

Doctor/Specialist:

Doctor/Specialist Phone:

Pharmacy:

Pharmacy address:

Pharmacy Phone:

## 2 DEVELOP A PLAN (continued)

### Transportation

Be prepared to make other transportation plans if your vehicle is not operable.

I will call (friend):

Phone (home/work/cell):

Taxi service:

Taxi service phone:

Make a habit of learning exits whenever you are in a new location (e.g., shopping mall, restaurant, movie theater).

### Include Communication in Your Plan

Take time NOW to plan how you will talk to friends or emergency workers in an emergency. During an emergency, your normal way of communicating may be effected by changes in environment, noise, or confusion. Know how and what you will need to communicate during an emergency.

- If you are deaf or hard of hearing, practise communicating your needs through gestures, note cards, text messages, or other means.
- If you are blind or have low vision, be prepared to explain to others how best to guide you.

## 2 DEVELOP A PLAN (continued)

Prepare something now that describes your needs in short, meaningful phrases. You may not have much time to get your message across. Prewritten cards or text messages can help you share information during a stressful or uncomfortable situation. Phrases can include:

- I may have difficulty understanding what you are telling me. Please speak slowly and use simple language.
- I use a device to communicate.
- I am deaf and use sign language.
- Please write down directions.
- I speak:

Your cards should apply to emergencies inside and outside your home. Be sure to keep them with you at all times. If you have difficulty creating cards, ask family, friends or caregivers to help.

**Below is a space to write your own phrases:**

### 3 KNOW HOW TO EVACUATE

- Evacuate immediately if your life is in danger.
- Evacuate immediately if you smell gas, or see smoke or fire.
- Call 911 if you are stranded and need emergency assistance to evacuate your home.
- Remember to tune in to local radio and TV stations; (Radio: Q 93.1 FM, Ocean 100.3 FM, CYCY 95.1 FM), (TV: CBC- Charlottetown).

#### Meeting Place

Know where you will meet family, friends, or caregivers after an emergency. Pick two places to meet: one right outside your home and another outside your neighbourhood, such as a library, community center, or place of worship.

Meeting place close to home:

Address:

Meeting place outside neighbourhood:



Pick friends or family with whom you can stay in case you cannot stay at home.

**I can stay with:**

Name/Relationship:

Address:

Phone (home/work/cell):

Email:

Name/Relationship:

Address:

Phone (home/work/cell):

Email:

Practice evacuating regularly and consider different situations you may face, such as blocked paths or exits. Include service animals in your drills so they become familiar with the exit routes.

**Sheltering**

For people who have no other place to stay, emergency shelters may be set up in schools, City buildings, and places of worship. They provide basic food and water. Shelters DO NOT have special equipment (e.g. oxygen, mobility aids, batteries). Be prepared to bring your own.

Shelters are subject to change depending on the emergency. Ask family members or someone in your emergency support network to go with you to the shelter.

## 4 PACK A GO BAG

Everyone in your household should have a Go Bag – a collection of things you would want if you have to leave in a hurry. Your Go Bag should be sturdy and easy to carry, like a backpack or a small suitcase on wheels.

### **Check off items you have and add those you will need:**

- Copies of your important documents in a waterproof container (e.g., insurance documents, health care documents, photo ID's, proof of address, marriage and birth certificates, copies of credit and ATM cards).
- Flashlight, battery-operated AM/FM radio, and extra batteries.
- List of the medications you take, why you take them, and their dosages.
- Contact information for your household and members of your support network.
- Cash, in small bills.
- Notepad and pen.
- Aerosol tire repair kit and/or tire inflator to repair flat wheelchair or scooter tires.
- Supplies for your service animal or pet (e.g., food, extra water, bowl, leash, cleaning items, vaccination records, and medication)
- Back-up medical equipment (e.g., glasses, batteries)
- Other personal items:

## 5 PUT TOGETHER AN EMERGENCY SUPPLY KIT

In some emergencies, like coastal storms and hurricanes you may have to stay at home. An emergency supply kit should have enough supplies for at least three days.

### **Check off items you have and add those you will need:**

- 4 liters of drinking water, per person, per day.
- Non-perishables, ready-to-eat canned foods, and a manual can opener.
- Flashlight, battery-operated AM/FM radio, and extra batteries, or wind-up radios that do not require batteries.
- Whistle or bell.
- Back-up medical equipment (e.g., oxygen, medication, hearing aids, mobility aids, glasses, facemasks, gloves, scooter battery).
- Style and serial numbers of medical devices (such as pacemakers) and usage instructions.
- Other items:

## Special Considerations

- If you rely on electric medical equipment, contact your medical supply company for information about back-up power.
- Ask your electrical company if you qualify as a life-sustaining equipment customer, and see if you can sign-up for priority power restoration.
- If you rely on oxygen, talk to your oxygen supplier about emergency replacements.
- If you receive treatments such as dialysis or chemotherapy, know your provider's emergency plan.

**ONCE YOU HAVE FILLED OUT THIS GUIDE, YOU ARE NOW PREPARED!**

**CONGRATULATIONS!**

## 6 GET INFORMED

### **Public Safety Canada**

<http://www.publicsafety.gc.ca/cnt/mrgnc-mngmnt/mrgnc-prprdncs/index-eng.aspx>

### **Environment Canada**

[http://weather.gc.ca/city/pages/pe-5\\_metric\\_e.html](http://weather.gc.ca/city/pages/pe-5_metric_e.html)

### **Canadian Hurricane Center**

<http://www.ec.gc.ca/ouragans-hurricanes/>

### **PEI Office of Public Safety**

<http://www.gov.pe.ca/jps/index.php3?number=1004340&lang=E>

### **Maritime Electric**

[http://www.maritimeelectric.com/power\\_outages/current\\_poweroutages.aspx](http://www.maritimeelectric.com/power_outages/current_poweroutages.aspx)

### **City of Charlottetown**

<http://www.charlottetown.ca/>

### **Ocean 100.3 FM**

<http://www.ocean100.com/WeatherCancellations.asp>

### **CFCY 95.1 FM**

<http://cfcy.fm/>

### **Q93.1 FM**

<http://tunein.com/radio/Q93-931-s12372/>

### **CBC Charlottetown**

<http://www.cbc.ca/news/canada/prince-edward-island>