

# Emergency Preparedness Guide



# Be Prepared

Have you ever been searching for a flashlight or batteries when the power went out?

We've all experienced power outages. While most don't last long, every household should have an emergency plan, just in case.

It only takes a few actions to be prepared for a weather emergency. Severe weather events are continuing to impact Saint John. We need to change the way we prepare for severe weather to keep ourselves, our families and our community safe.

**You have the power to increase your preparedness and safety!**

Preparing:

1. Learn more: what natural disasters could happen in your area—high winds, snow, ice, flooding, etc.
2. Create a plan: discuss an alternative meeting place in the event you and your family are not together
3. Emergency contact list: ensure that all members of your family have a copy of the up-to-date list
4. 72 hour safety kit: create your emergency kit, ensure everyone knows where the kit is kept?

**Having a family emergency plan will save time and make real situations less stressful.**

*Severe weather is on its way....*

1. *Refill prescriptions*
2. *Ensure you have cash*
3. *Secure windows, doors and outdoor furniture / equipment*
4. *Fill your vehicles gas tank and park in a sheltered area, if possible*



# Create an Emergency Family Plan

An emergency family plan will help you know what to do in case of an emergency. Your family may not be together during a severe weather event. Plan how you will meet or contact one another. Keep this document with your emergency kit, and a copy at work/school and in your car.

## ***Family meeting place*** (outside the home)

Location: \_\_\_\_\_

## ***Emergency contact list:***

### **Local emergency contact:**

Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Home Address: \_\_\_\_\_

Work Address: \_\_\_\_\_

### **Out-of-area contact:**

Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Home Address: \_\_\_\_\_

Work Address: \_\_\_\_\_

### **Family Doctor:**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### **School (s) and Day Care**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Plan: \_\_\_\_\_

**Support Network** - someone who can help with special health needs if required:

Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_



# Emergency Kit Check List

In an emergency you may need to get by without lights, heat, hot water or even running water. Pack your kit to last at least 3 days.

## ***Basic Emergency Kit:***

- Water - at least 2 litres of water per person (and pet) per day
- Food that won't spoil; canned food, energy bars, dried foods
- Manual can opener
- Flash light with extra batteries or crank style
- Radio with extra batteries or crank style
- First aid kit
- Cash
- Copy of emergency plan and contact information
- Special Items; prescription medications, infant formula, diapers, or equipment for people with disabilities
- Corded telephone

***Reminder:*** update your kit and restock after an outage to prepare for next time. Make sure food and medications are not expired and any needed new items are added.

For More information on creating your emergency kit:

[www.redcross.ca](http://www.redcross.ca)

[www.saintjohn.ca](http://www.saintjohn.ca)



# During an Outage

If an outage has occurred throughout your neighbourhood here are a few general tips to follow to conserve energy and ensure you and your family are safe.

1. Report the outage—call Saint John Energy at 658-5252. You can also visit the website [www.sjenergy.com](http://www.sjenergy.com) to check what areas are having outages.
2. Keep the refrigerator and freezer door closed; food will keep up to 24 hours if the doors are kept closed.
3. Turn down the heat and turn off major appliances such as stove, washer and dryer. It is easier to restore power when the system is not overloaded.
4. BBQ, propane or kerosene heaters or portable generators are not to be used indoors.
5. Stay at least 10 meters away from downed lines and report them immediately.

## Emergency Resources

[Saint John Emergency Management Organization](#)

[Environment Canada Weather](#)

[Canadian Red Cross](#)

[Saint John Fire Department](#)

[Saint John Police](#)

