

## Emergency Preparedness Week – May 5-11, 2013

By Blanche Lavergne

Emergency Preparedness Week is an annual event taking place each year the first full week in May. EP Week is a national awareness campaign which encourages Canadians to increase our individual preparedness by taking 3 simple steps to become better prepared to face possible emergencies in our areas. The 3 steps are: Know the risks, Make a plan and Get an emergency kit. It is our individual responsibility to prepare ourselves for the first 72 hours of an emergency or disaster.

- 1) Be aware of the risks – weather related or manmade disasters.
- 2) Make a family preparedness plan. As part of being prepared, your family should discuss and practice emergency plans for all possible emergencies.
- 3) Assemble or purchase a shelter in place (72 hour) kit. Your basic emergency kit should include: 2 litres of water per person per day, Canned or dried foods that do not require preparation, manual can opener, crank or battery operated flashlight and radios, extra batteries, first aid kit, extra keys to your car and house, cash in smaller bills, a copy of your emergency plan and contact information, and if applicable other items such as medications, infant formula, equipment for people with disabilities or food, water and medication for your pets or service animal. Personalize your kit according to your family's needs.

We at the RM of Reynolds Local Emergency Response Control Group, encourage you to visit [www.getprepared.ca](http://www.getprepared.ca) to learn more.