

# Prepare at Home

## IT'S EASY: GET PREPARED FOR AN EMERGENCY!

Living with risks is a natural part of everyday life.

Due to its location and environment, Maple Ridge is particularly susceptible to natural hazards. We can't prevent disasters, but we can prepare ourselves for them.

## If a disaster happened now, would you be ready?

There are simple things you can do to protect yourself and your loved ones.

This Recipe for Preparedness will help you become prepared at home to take care of your family during an emergency.

The Maple Ridge Emergency Preparedness Program recommends that you are prepared for at least 72 hours and preferably a whole week.

**Hints:** Get to know your neighbours. It has been widely recognized around the world that the most immediate help available following a disaster is provided by people near you.



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## RECIPE FOR DISASTER PREPAREDNESS

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A simple recipe to take care of your family for at least 72 hours. To stretch this recipe for more than 3 days, add more food and water.

**Preparation Time:** 8 hours **Serves:** 4

**Tip:** Organize materials and purchases over 2 to 3 months

**Hint:** Prepare in advance

### For Thirst and Hunger

- Enough water for 3 or more days (that's 36L of bottled water for a family of four)
- Non-perishable food (canned or dried). Store enough food for 3 or more days. Use any stored food before its expiry date and replace.
- 1-2 manual can openers.
- 4 camping bowls/plates and cutlery
- Camp stove and fuel, or barbecue and propane. (Note: only use these outside, if safe to do so.)
- Waterproof matches or butane lighters

### Combine all ingredients

Place in a portable bag, in an easy-to-reach place, such as your front hall closet. Make sure your kit is easy to carry and everyone in the household knows where it is. Check food and store bought bottled water for expiry dates and rotate water that you bottle yourself every 3-6 months.

### For Comfort and Safety

- Basic first aid kit and training
- Telephone list of important numbers
- Small amount of cash in low denominations (coins and \$5 & \$10 bills)
- Wind up battery operated AM/FM radio extra batteries
- 4 flashlights with extra batteries
- 4 blankets and towels
- 4 large tarps and rope or tent for four
- 4 whistles, notepads and pens or pencils
- 1 sharp pair of scissors and camping knife
- Package of oversized garbage bags

### Personal Extras

- Essential medication and copies of any prescriptions
- Hand sanitizer, toilet paper and personal hygiene products
- Extra pair of eye glasses or contact solution and case
- Diapers, jarred baby food, formula, bottle and toys
- Birth and marriage certificates (copies)
- Drivers licence and passport (copies)
- Insurance policies (copies)
- Family photos (copies)

