



Health
Canada

Santé
Canada

are you
prepared
in case of
DISASTER?



Canada



In the event of a major emergency—flood, fire, earthquake, hurricane, gas leak — individuals, families or other groups may be asked to evacuate their residence or take shelter. You can help to ensure your own safety and that of your family by being prepared.

An emergency pack consisting of such essential items as *water, food, clothing* and *first aid supplies* for 3 to 5 days should be

are you prepared in case of **DISASTER?**

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WATER

Water is essential for survival. Here are a few tips regarding drinking water.

SOURCES OF SAFE WATER

Use water from a **safe source*

- covered wells
- protected springs
- hot water tanks

Other sources

- family stockpile of canned or bottled water
- canned fruit juices
- soft drinks

COMMENTS

- Adults need a minimum of one litre (2.2 pints) of water per day for drinking.
- Add an extra 2 litres (4.4 pints) for cooking.

METHODS FOR PURIFYING WATER

***If you suspect that water is contaminated, either boil it or chlorinate it. The following amounts of chlorine bleach, tincture of iodine or water purification tablets should be used.**

***Always follow instructions from your Public Health Department in regard to filtering and emergency chlorination.**

AMOUNT OF WATER

AMOUNT OF PURIFICATION COMPOUNDS

If the water is <i>clear</i>		Chlorine Bleach	or	Tincture of Iodine	or	Water Purification Tablets
Litres	Gallons					
4.5 L	1 gal.	4 drops		20 drops		Follow directions as indicated on bottle
If the water is <i>cloudy</i>						
4.5 L	1 gal.	10 drops		40 drops		

Remember, purification compounds *must be in contact with the water for at least 30 minutes* to kill the bacteria. The water must be well mixed. The treated water should have a slight chlorine or iodine taste.

FOOD

In time of disaster a key element to survival is food. Here is a suggested list of food items that you may want to choose to prepare an emergency food pack. It is suggested that you select food that:

- will keep without refrigeration
- requires little or no preparation
- will meet individual needs (e.g. special diets)
- is familiar to users
- is according to size of family

Aim for a balanced diet by planning your menus ahead of time. Remember some items will require water or milk.

Remember:
Packaging is as important as the food itself. It should be sealed in such a way that it is protected against rodents, insects, bacteria, humidity and variations in temperature. Your emergency food pack should be small in volume and light to carry.

FOOD ITEMS	CHOICES OF ALTERNATES	COMMENTS
A) BEVERAGES	Juices: apple, orange, grapefruit Milk: Evaporated canned milk *Tetra milk (U.H.T.) Coffee, tea, hot chocolate	*Keeps 6 months without refrigeration Add sugar, whitener
B) FOOD ITEMS	Canned food: ready to eat meals (stews, baked beans, spaghetti) Canned meat: fish, poultry or meat spreads Foil pouch products Freeze-dried products Instant soup mixes, cereals, oatmeal cookies, melba toast, crackers Candies or jellies	<ul style="list-style-type: none"> ■ Heat pouch according to directions on the package ■ Available at your grocery store or sports shops
C) INFANT REQUIREMENTS	Baby food for 3 to 5 days Breast milk or Infant formulas*	Add 3 to 4 cans of evaporated milk *Commercially prepared
D) OTHER SUPPLIES	<ul style="list-style-type: none"> ■ knives, forks, spoons ■ bottle & can openers ■ salt, small cooking pots ■ waterproof matches, aluminum foil ■ extra containers ■ safe and adequate supply of fuel ■ paper plates and cups ■ pocket knife ■ plastic bags (garbage) 	

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CLOTHING

In addition to food and drinking water, clothing is another essential item which should be included in your emergency pack. Remember, it may be hours before you reach your destination and warm accommodation. You may have to sleep in your car or spend some time in the open. Be ready for all eventualities by planning now what clothing you would take with you and how to gather it quickly.

Remember:

The secret of protection from extreme cold lies in wearing multiple layers of clothing which prevent the loss of body heat. Most of the body's heat is lost through the head and neck. Remember during summer months to provide protection against sun and heat.

CLOTHING ITEMS	COMMENTS
Blankets, sleeping bags, waterproof sheet.	Sleeping bag or two warm blankets per person.
Head and neck covering	A woolen tuque and scarf provide good head and neck protection
Hand covering	Inner wool mittens with nylon over-mitts offer good protection
Footwear	Warm, strong, waterproof boots that will withstand water, snow and slush. Wear heavy wool socks.
Rainwear	Rubber-coated nylon or rubberized canvas garments provide good protection from rain or wet snow
Outerwear	Under moderate conditions, a light nylon outershell; in cold weather, a waterproof parka with a hood.
Other desirable items	Extra sweaters, change of clothing, wool socks.

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FIRST AID KIT

Here is a list of suggested first aid items which you may require in your emergency pack. These items are for a family of four.

REMEMBER TO BRING YOUR PRESCRIPTIONS OR ESSENTIAL MEDICINES

It is recommended that at least one person per family should take a standard first aid course.

*Your pharmacist will advise you.

GENERAL ITEMS	SIZE	AMOUNT
Adhesive Plaster	(7.5 cm x 4.6 m) 3" x 5 yards	1 roll
Antiseptic Swabs		10
Band Aids		1 box
Bandage Gauze (cling type)	assorted sizes (7.5 cm) 3"	2
Clinical Thermometer (Oral or Rectal Type) with case		1
Elastic Bandage	(7.5 cm x 4.6 m) 3" x 5 yards	2 rolls
Eye Ointment		1 tube
Large Burn Pads or Abdominal Pads		2
Pressure Pads		4
Triangular Bandage (Packages of 2)		3 pkgs.
<i>Instruments</i>		
Bandage Scissors with Blunt and Sharp Points	(1.73 cm) 5½"	1 pair
Tweezers with Long Points	(10 cm) 4"	1 pair
<i>Simple Medications</i>		
Calamine Lotion	(120 mL) 4 oz	1 bottle
*Tablets for pain		50 tablets
*Tablets for nausea		25 tablets
Zinc Oxide Ointment	(60 g) 2 oz	1 tube
<i>Other Items</i>		
Pocket Flashlight (Batteries)		1
Hot and Cold Compress (Instant)		1
Plastic Bags	(15 cm x 25 cm) 6" x 10"	6
Safety Pins	Assorted Sizes	1 pkg.
Space Blankets (Foil Blanket)		2
Candles		2
Cleansing Tissues in Sealed Packets		

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HELPFUL HINTS FOR EMERGENCY PLANNING

If a major disaster strikes your community, you may be separated from members of your family who are at home, at work, or at school.

If your family should become separated in a disaster, here are some suggested measures that you can take to help reunite them:

- Identify ahead of time a family meeting place
- Decide on a system of communication

- All members of your family should have a means of identification on them at all times: e.g., clothing label, wallet card or metal tag with name and address.

Involve all family members in planning for an emergency. Chances of survival are improved if you exercise your plan.

OTHER DESIRABLE ITEMS

- Hand towel, soap, detergent
- Personal items—toothbrush, toothpaste, comb, razor, sanitary supplies, facial tissues
- Rope, nails, whistle, axe, shovel, fish hooks, pocket knife
- Survival book, reading material, games
- Radio, extra batteries, magnifying glass
- Garbage bags for toilet, toilet tissue
- Non-electric type cooking unit, and a safe and adequate supply of fuel

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