

Plan Ahead!

Prepare your own SURVIVAL KIT for:

Your Car

- Shovel
- First-aid kit
- Ice scraper
- Sand or kitty litter
- Food (energy bars)
- Water
- Waterproof matches
- Compass
- Blankets
- Road maps
- Flashlight/batteries
- Road flares
- Extra clothing
- Axe or hatchet

Your Home

- Blankets
- First aid kit
- Food (canned goods/ foods that won't spoil)
- Water
- Cash
- Battery powered radio
- Toiletries
- A whistle
- Candles/flashlight
- Batteries
- Medication
- Garbage bags
- Spare house/car keys

For more information, please contact your local health unit or visit our website:

www.interiorhealth.ca

or

www.bchealthguide.org/



Interior Health



BRITISH COLUMBIA

The Best Place on Earth

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Are You Prepared?



Interior Health

Before

What to Prepare for...

Disasters are unplanned, unpredictable and can escalate quickly. Planning ahead can make a huge impact on the safety and comfort of you and your family. You should be prepared to be self-sufficient for at least 72 hours.

Evaluate your region and determine what disasters you may be at risk for. In general, British Columbia is faced with potential hazards that include:

- Earthquakes
- Wildfires
- Floods
- Power outages
- Landslides
- Chemical spills
- Extreme weather
- Disease outbreaks

Having a survival kit for your home and vehicle allows you to organize items you may need in an emergency. Keep your kit in a duffel bag or backpack. Store in an area that is easily accessible.

During

Power Outages

Loss of power during an emergency can compromise the safety of your food. Maintain the cold chain:

- A full chest freezer will keep food frozen for <48 hours
- A half-full chest freezer will keep food frozen for <24 hours
- A fridge will keep food cold for <4 hours
- Keep fridge and freezer doors closed as much as possible
- Using blocks of ice in the fridge will help keep food colder
- Refrigerated foods should be under 4°C and freezer temperature should be -18°C
- If you are unsure of the temperature of your food, use a probe thermometer
- Foods in the freezer can be refrozen if there are still visible ice crystals or the temperature of the food is under 0°C
- Do not refreeze foods that are fully thawed

After

Clean up

Debris and floodwaters that have entered your home during a disaster can wreak havoc on your belongings, including food. Many items will need to be properly cleaned or discarded.

- Foods that come in contact with floodwaters are not safe to eat.
- Throw away anything that is not in a waterproof container. This includes most juice bottles, alcohol, pop cans, juice boxes and home canned goods.
- Canned goods may be kept, but need to be cleaned and sanitized. Remove labels, rinse cans with potable water and submerge in bleach solution (1 tbsp. bleach to 1 gallon of water). Allow cans to air dry.
- Discard any cans that are bulging, dented or punctured.

To help you get prepared...

Public Safety Canada
www.getprepared.ca

Safe Canada
www.safecanada.ca

Provincial Emergency Program
www.pep.bc.ca

Public Safety and Emergency Preparedness Canada
To order "Your emergency guide" call 1-800-O-CANADA

