

RED DEER GUIDE

EMERGENCY

Preparedness

PREPARE NOW
& SAVE PRECIOUS TIME
WHEN IT COUNTS



Know the Risks



Make a Plan



Get a Kit

ARE YOU PREPARED

TO TAKE CARE OF YOU
AND YOUR FAMILY FOR



If an emergency happens in our community, it may take emergency workers some time to reach you. You should be prepared to take care of you and your family for a minimum of 72 hours. With just a little planning, you can be prepared for any emergency.

Keep this booklet in a common space where you'll remember to grab it during an emergency.

FIRE, POLICE, AMBULANCE

9-1-1

Emergency CONTACTS

Add contact information below
and in all family cell phones.

FAMILY MEMBER NAME

CELL PHONE / HOME PHONE

WORK PHONE

ADDRESS

EMAIL

FAMILY MEMBER NAME

CELL PHONE / HOME PHONE

WORK PHONE

ADDRESS

EMAIL

FRIEND OR NEIGHBOUR NAME

CELL PHONE / HOME PHONE

WORK PHONE

ADDRESS

EMAIL

FAMILY MEMBER NAME

CELL PHONE / HOME PHONE

WORK PHONE

ADDRESS

EMAIL

OUT OF TOWN CONTACT NAME

CELL PHONE / HOME PHONE

WORK PHONE

ADDRESS

EMAIL



Know the Risks

Red Deer's major risks include blizzards, tornadoes, floods, hazardous materials and power outages. During an emergency, it's important to follow official instructions through local media and The City of Red Deer information channels.

BLIZZARDS

If your vehicle gets stuck in a storm, stay in your vehicle, crack a window, and run the engine every 10 minutes per half hour. Check your exhaust pipe to ensure it doesn't get blocked. Move your body to keep warm. If you shovel around your vehicle, don't overexert yourself. Overexertion in extreme cold can cause death as a result of sweating or a heart attack. Wait for searchers or other vehicles.

TORNADOES

IN YOUR HOUSE: Go to the basement or take shelter in a small interior ground floor room such as a bathroom, closet or hallway.

AT THE OFFICE: Take shelter in an inner hallway or room, ideally in the basement or on the ground floor. Do not use the elevator.

Avoid mobile homes, vehicles, and buildings with large-span roofs such as churches, arenas or gymnasiums. Find the nearest shelter with a strong foundation or lie in a ditch and cover your head.

FAMILY DOCTOR(S) NAME

PHONE NUMBER(S)

INSURANCE COMPANY NAME

PHONE NUMBER

HOME SECURITY SYSTEM NAME

PHONE NUMBER



Know the Risks

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Make a Plan

FLOODS

Put weather protection sealant around basement windows and the base of ground-level doors.

Ensure downspouts are a sufficient distance from your home. Install a sump pump and zero reverse flow valves in basement floor drains. Do not store your important documents in the basement. During a flood, don't cross flooded streets or underpasses on foot or in your vehicle. If your car stalls, leave it and take care of you and your passengers.

HAZARDOUS MATERIALS

In some situations, you should Shelter in Place. Other times, you may be instructed to go to higher elevations or evacuate the area. If ordered to Shelter in Place: 1) Go inside or stay inside. 2) Close and seal all windows and doors. 3) Turn off air conditioning or furnace to stop air intake. 4) Monitor info channels for direction. In all cases, you'll want to have your emergency kit close at hand.

POWER OUTAGES

If the power is out for you and your neighbours, report it during regular business hours to 403-342-8274 and after hours to 403-348-5700. Keep your fridge and freezer doors closed. A fridge will keep contents cold for about 4 hours, while a freezer will keep contents cold 24-36 hours. Don't use barbecues, generators or camping grills inside as the carbon monoxide they produce can be lethal. Unplug items and turn off all lights but one inside and one outside. Turn down thermostat to minimum.

Making an emergency plan will help you and your family know what to do in case of an emergency. It should take only 20 minutes. Your family may not be together when an emergency happens. Plan and discuss how to meet or contact one another. Each member should know how to reach the out-of-town contact.

Store the plan with this guide and your emergency kit in an easy-to-remember place. Photocopy the plan and put it in your vehicle(s) and/or workplace.





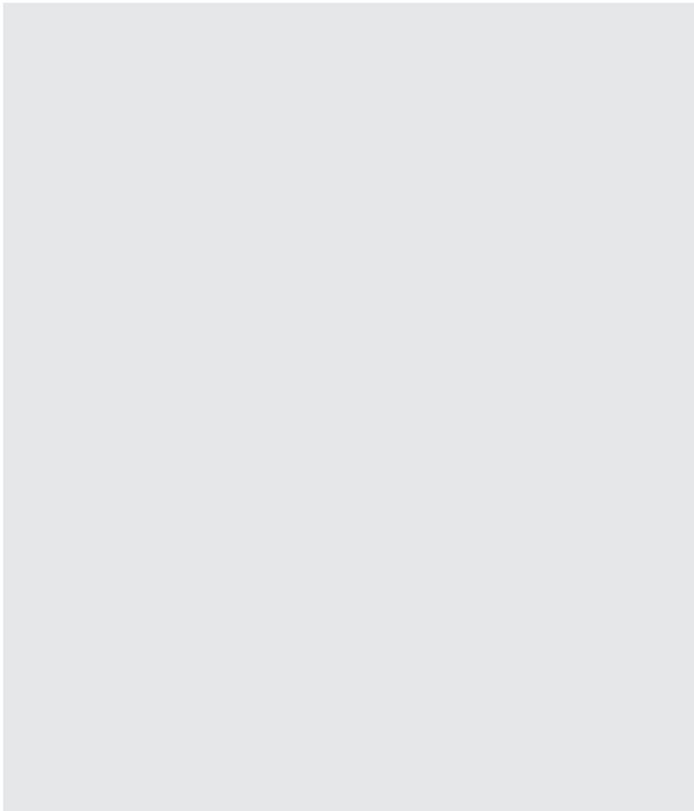
Make a Plan

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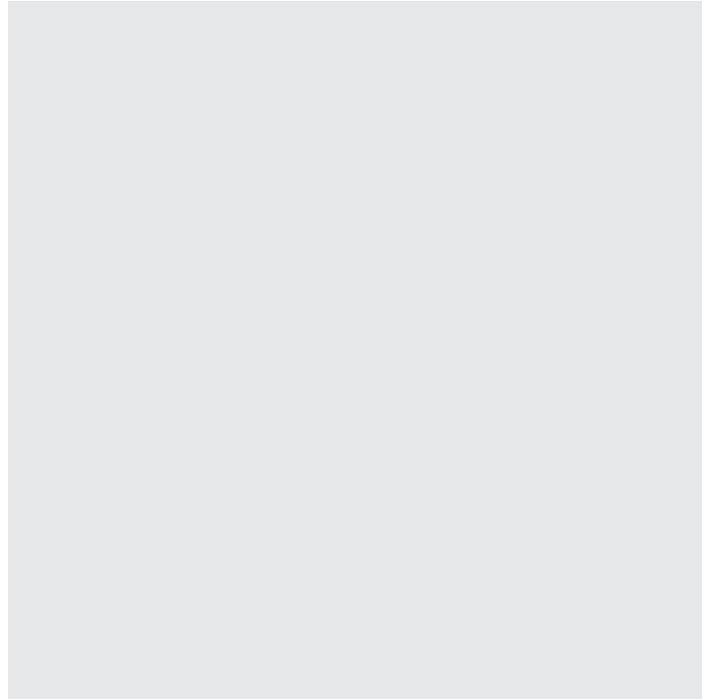
Household Plan

Gather the following info into a folder and include with emergency kit. You may also want to put these documents in a safety deposit box or give them to out-of-town friends/family.

Draw up a home floor plan to show all exits from each room – each should have two exits.



Identify more than one evacuation route from your neighbourhood.



Write down a safe place where everyone should meet if you cannot go home.

1. Near home:
2. If you can't get near home, a place outside neighbourhood:

Make copies of birth and marriage certificates, passports, licenses, wills, land deeds and insurance. Include photos of family members in case someone is lost.



Make a Plan

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Children

Know emergency policies at your children's school or daycare. Find out how they will contact families.

Pets

If you need to evacuate your home, take your pet with you (unless advised otherwise by local officials). Make sure to consider your pets when you are building your 72 Hour Emergency Kit.

Workplace

Learn about the emergency plans at work, including fire alarms, emergency exits and meeting points.

Special health needs

Write down information to keep in your emergency kit and share with a friend, relative or co-worker:

- Accommodation needs
- Allergies
- Emergency contacts
- Family medical history
- Health screenings
- Insurance information
- Medical conditions
- Medication
- Recent vaccinations
- Surgeries

Safe home instructions

Make sure you have a working carbon monoxide detector, smoke alarm, fire extinguisher and well-stocked first aid kit.

Make sure you have a fire extinguisher on every level of your home, including one in your kitchen. Everyone in your home should know where to find the fire extinguishers. All capable adults and older children should know how to use them.

WATER VALVE LOCATION

UTILITY COMPANY PHONE NUMBER

ELECTRICAL PANEL LOCATION

UTILITY COMPANY PHONE NUMBER

GAS VALVE LOCATION

UTILITY COMPANY PHONE NUMBER

Shut off gas only when authorities tell you to.



Make a Plan

Evacuation orders

- If ordered to evacuate, take emergency kit, wallets, personal identification for each family member and copies of essential family documents, cell phones and chargers.
- Use travel routes specified by local authorities.
- Shut off water and electricity if officials tell you to.
- Leave natural gas service on unless officials tell you to turn it off. It can take the gas company weeks to reconnect it in a major emergency.
- Take pets with you and lock doors.
- Contact out-of-town contact.
- Check in at designated reception centre, as directed by local authorities.

Even if you do not require reception centre assistance, registering allows local authorities to connect you with important information and supports later on.



Get a Kit

You may need to get by without power or water for 72 hours. Organize some basic supplies so they are together and easy to find and grab if you need to leave fast. Store the kit in an easy to reach place such as a front closet. Keep it in a backpack, duffle bag or suitcase with wheels. It could be heavy so you may want to separate the supply into smaller backpacks.



Get a Kit

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BASIC SUPPLIES NEEDED

- Water – at least two litres of water per person per day; include small bottles that can be carried easily
- Food that won't spoil, such as canned food, energy bars and dried foods
- Manual can-opener
- Crank or battery-powered flashlight (and extra batteries). Replace batteries once a year
- Crank or battery-powered radio (and extra batteries)
- First aid kit
- Extra keys to your car and house
- Some cash in smaller bills, such as \$10 bills and change
- A copy of your emergency plan and contact information
- If applicable, other items such as prescription medication, infant formula, equipment for people with disabilities, or food, water and medication for your pets or service animal (personalize according to your needs)

EMERGENCY VEHICLE KIT

- Blanket
- Candle in a deep can and matches
- Extra clothing and shoes
- First aid kit with seatbelt cutter
- Flashlight (crank or battery-powered)
- Food that won't spoil (such as energy bars)
- Radio (crank or battery-powered)
- Small shovel, scraper and snowbrush
- Warning light or road flares
- Water
- Whistle
- List of contact numbers

Check www.reddeer.ca/getprepared for additional recommended items.

You can also buy a kit at www.shop.redcross.ca and personalize it.

**Update your kit including emergency plan and contacts annually or if your family situation changes. Replace food, water, and batteries with fresh supplies.*

SIGN UP for ALERTS

NOTIFY RED DEER **your alerts, your way**



**Notify Red Deer is The City's
fastest way to alert you
during an emergency.**

Through Notify Red Deer you
choose how you want to receive
them - by text, email or phone call.

reddeer.ca/notifyreddeer

LEARN MORE

ENVIRONMENT CANADA

www.weatheroffice.gc.ca

PUBLIC SAFETY CANADA

www.getprepared.ca

CITY OF RED DEER

EMERGENCY PREPAREDNESS

www.reddeer.ca/getprepared

ALBERTA EMERGENCY ALERT

www.emergencyalert.alberta.ca

Sign up for alerts from the Province
during an emergency through an app,
social media or RSS feed.

STEPS TO FOLLOW IN CASE OF EMERGENCY

- 1** Follow your emergency plan
- 2** Get your emergency kit
- 3** Stay put until all is safe or you're ordered to evacuate.
- 4** Follow instructions on local media & City of Red Deer channels including:

**NOTIFY
RED DEER**



SIGN UP AT

www.reddeer.ca/notifyreddeer

CITY WEBSITE www.reddeer.ca



[/cityofreddeer](https://www.facebook.com/cityofreddeer)



[@cityofreddeer](https://twitter.com/cityofreddeer)

reddeer.ca/getprepared