



Building Household Resilience: Practical Steps for Emergency Preparedness



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Introductions

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Overview

- Emergencies & Disasters
- How you can prepare for an emergency
- Caring for vulnerable members of your household
- What to do before, during and after an emergency
- Evacuation vs Shelter in Place
- Hazard specific preparedness actions

****If you need mental health support, please contact the Alberta Mental Health Helpline at 1-877-303-2642 or access support through 811.**



Emergency vs Disaster

Emergency:

An emergency is a sudden situation that requires immediate action to protect people, property, or the environment.

Examples:

- Car accidents
- House fires
- Medical emergencies

Disaster:

A disaster is a large-scale emergency that causes significant disruption to a community and may overwhelm available resources.

Examples:

- Wildfires
- Flooding
- Extreme weather events



How Can You Prepare



1. Know Your Risks



2. Create an
Emergency Plan



3. Build an
Emergency Kit(s)

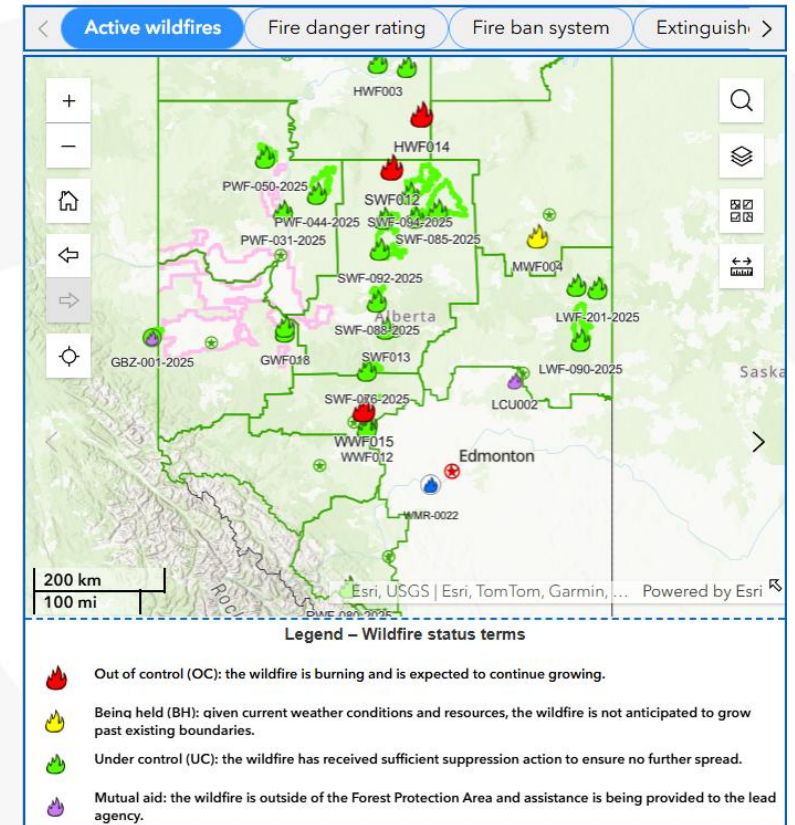


Knowing your risks

Understanding the hazards that may affect your area is the first step in emergency preparedness.

Ways to stay informed:

- Follow local news and weather alerts
- Check hazard maps and emergency alerts
- Contact your local emergency management office





Create an emergency plan



Scan to
download the
Household
Emergency
Planner

An emergency plan helps everyone in your household know what to do during an emergency.

Your plan should include:

- Emergency contact information
- Meeting locations
- Evacuation routes
- Important medical information
- Pet and livestock planning
- Communication plans if family members are separated
- Practice your plan regularly with your household.

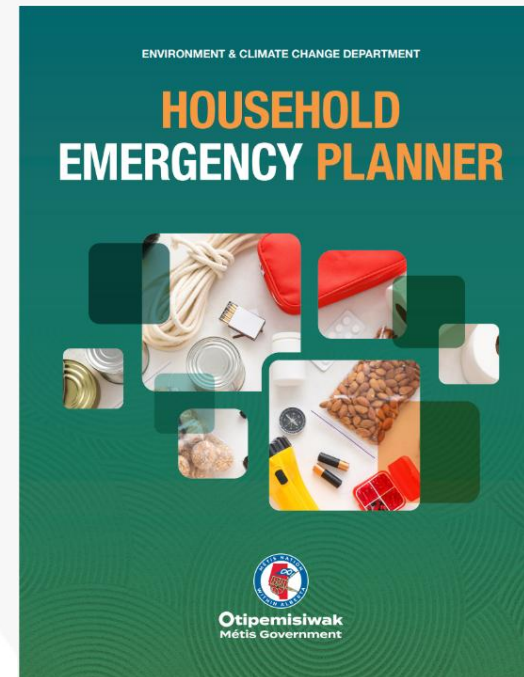


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Build your emergency kits



Scan to
download the
Emergency Kit
Checklist

Emergency kits help you stay safe and self-sufficient during emergencies or disruptions.

Consider building:

- A household emergency kit
- A vehicle emergency kit
- A pet emergency kit

Important items may include:

- Water and non-perishable food
- First aid supplies
- Medications
- Important documents
- Phone chargers and power banks





Caring for Vulnerable Populations

- **Medical and accessibility needs:** Plan for persons with functional needs such as essential medical equipment or mobility challenges.
- **Elders and health needs:** Consider the needs of elderly household members, including mobility devices and medications that require refrigeration.
- **Check on others:** Check in on neighbours, elders, or family members, if it is safe to do so.
- **Pets and animals:** Bring pets indoors when possible and ensure they have food, water and are visible.



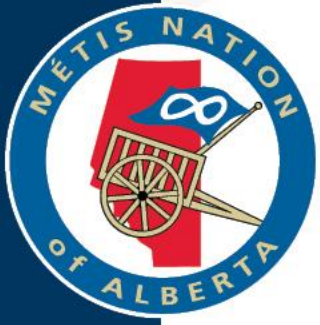


Farm Animals & Livestock

Emergencies can happen quickly and may impact both people and animals.

- Preparedness actions:
- Create an evacuation plan for animals
- Identify evacuation locations and transportation options
- Keep animal identification and records updated
- Prepare emergency feed, water, and medical supplies
- Stay informed through emergency alerts and local authorities





Before an emergency

Preparedness actions you can take before an emergency happens:

- Know the risks in your area
- Create and practice your emergency plan
- Build emergency kits and supplies
- Stay informed through alerts and local authorities
- Keep important documents accessible
- Prepare your household, pets, and livestock

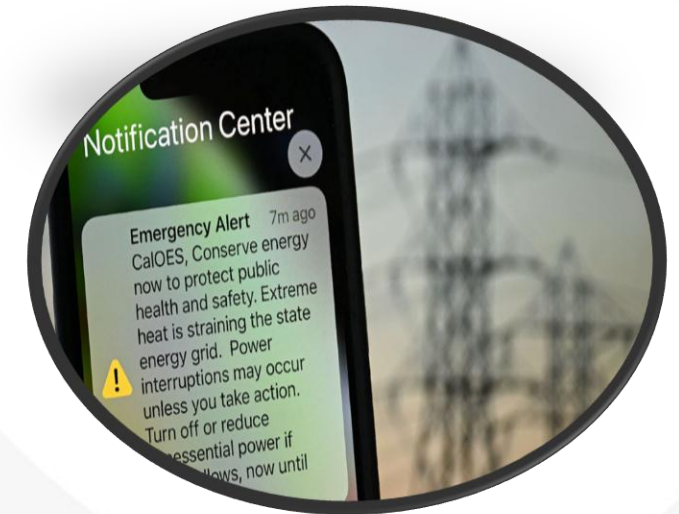




During an emergency

During an emergency:

- Stay calm and stay informed
- Follow directions from local authorities
- Monitor emergency alerts and updates
- Evacuate or shelter in place if instructed
- Check on others if it is safe to do so
- Use emergency kits and supplies as needed





WHAT CAN YOU DO DURING AN EMERGENCY TO STAY SAFE?





Evacuation

If ordered to evacuate:

- Leave immediately if instructed by authorities
- Take your emergency kit, medications, and important documents
- Follow designated evacuation routes
- Wear appropriate clothing and footwear
- Bring pets and essential supplies if possible
- Stay informed through emergency alerts and updates

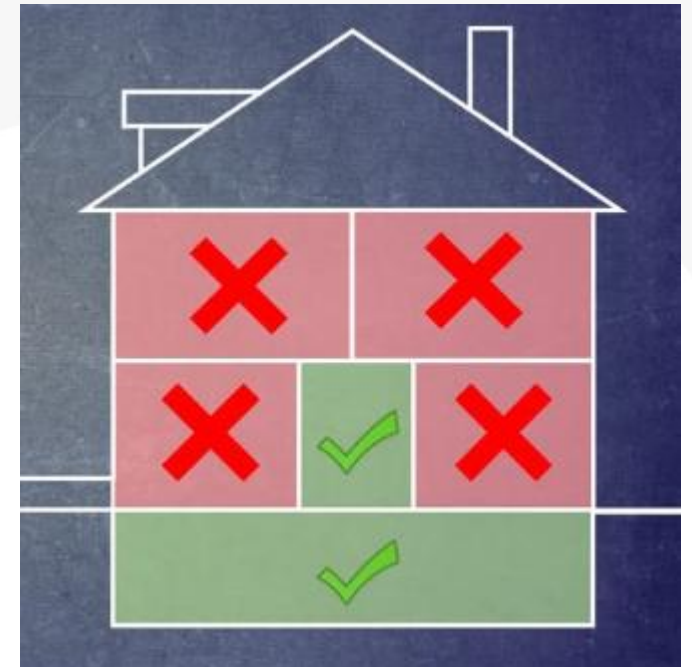




Shelter in Place

If instructed to shelter in place:

- Bring all household members and pets indoors
- Close and lock windows and doors
- Turn off fans, heating, and air conditioning if advised
- Monitor emergency alerts and updates
- Keep emergency supplies nearby
- Avoid unnecessary travel until authorities say it is safe





After an Emergency

After an emergency:

- Continue monitoring official updates and instructions
- Return home only when authorities say it is safe
- Check for hazards or damage carefully
- Contact family, friends, or neighbours if safe to do so
- Document damage and contact insurance providers
- Take care of your physical and mental well-being





Hazard Specific Preparedness Actions



Wildfires

Risks

- Rapid fire spread and evacuation
- Smoke and poor air quality
- Property and infrastructure damage
- Road closures and power outages

Preparedness & Safety Actions

- Stay informed about wildfire activity and alerts
- Prepare evacuation plans and emergency kits
- Fire Smart your home and property
- Take the free Fire Smart 101 course online
- Follow evacuation orders immediately



**STAY
INFORMED!**





Wildfire Smoke

Wildfire smoke can affect air quality and health, even far from the fire.

Health impacts may include:

- Irritated eyes, throat, and lungs
- Coughing or shortness of breath
- Worsening of asthma or other conditions

Safety actions:

- Stay indoors when possible
- Keep windows and doors closed
- Use air purifiers or clean air spaces
- Limit strenuous outdoor activity
- Follow air quality and health advisories





Extreme Heat

Extreme heat can cause serious health risks, including heat exhaustion and heat stroke.

Health impacts may include:

- Dizziness, headaches, or nausea
- Dehydration
- Fatigue or confusion
- Severe illness in vulnerable individuals

Safety actions:

- Drink plenty of water and stay hydrated
- Stay in cool or shaded areas
- Limit outdoor activity during peak heat
- Check on vulnerable individuals
- Never leave people or pets in vehicles





Flooding

Flooding can occur from heavy rain, snowmelt, rivers, or overland water flow.

Risks may include:

- Damage to homes and property
- Road closures and travel disruptions
- Contaminated water and health risks
- Electrical and structural hazards

Safety actions:

- Monitor weather and flood alerts
- Avoid walking or driving through flood water
- Move valuables and important items to higher ground
- Follow evacuation instructions if issued
- Stay away from fast-moving water and flooded areas





Extreme Cold

Preparedness actions:

- Dress in warm layers and limit outdoor exposure
- Keep emergency supplies in your home and vehicle
- Prepare for power outages and heating disruptions
- Check weather forecasts and warnings
- Check on vulnerable individuals and pets





Power Outages

- **Preparedness & Safety Actions**
- Keep flashlights, batteries, and chargers ready
- Use generators and heating sources safely
- Keep refrigerator/freezer doors closed
- Monitor emergency alerts and outage updates
- Stay away from downed power lines
- Check food and medications for spoilage after outages





Tornadoes

Preparedness & Safety Actions

- Monitor weather alerts and warnings
- Identify a safe shelter location in advance
- Take shelter immediately during warnings
- Protect your head and stay away from windows
- Avoid overpasses and damaged areas





Resources on Our Website

- **Emergency Preparedness Information:** <https://albertametis.com/programs-services/environment-climate/emergency-and-wildfire-support-resources/>
- **Staying Safe During a Power Outage:** https://albertametis.com/app/uploads/2023/06/Emergency-Preparedness_Power-Outages_V3.pdf
- **Power Outage Infographic:** <https://albertametis.com/app/uploads/2023/06/Power-Outage-Poster-8.5x11.pdf>
- **Emergency Kit Checklist:** https://albertametis.com/app/uploads/2023/06/Emergency-Kit-Checklist_Letter_v3_Copy_GM.pdf
- **Household Emergency Plan:** <https://albertametis.com/app/uploads/2023/06/Household-Emergency-Plan-Booklet-V4.pdf>



Questions