

# LET'S MAKE AN EMERGENCY PLAN

Created by:

**YOUNG**   
*caregivers*  
**ASSOCIATION**



Young Caregivers Association



@youngcaregiversassociation



@yngcaregivers



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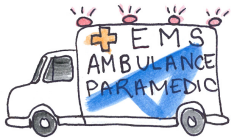
# LET'S TALK ABOUT EMERGENCIES!

As a young caregiver, you play an important role in keeping your family safe, happy, and healthy!

Talking about, planning, and being prepared for emergencies is a SMART way to stay SAFE!

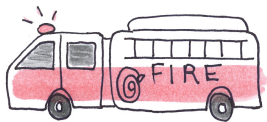
So what is there to talk about?!

## 911 DIRECTORY



if someone is

**HURT**



if there is a

**FIRE**

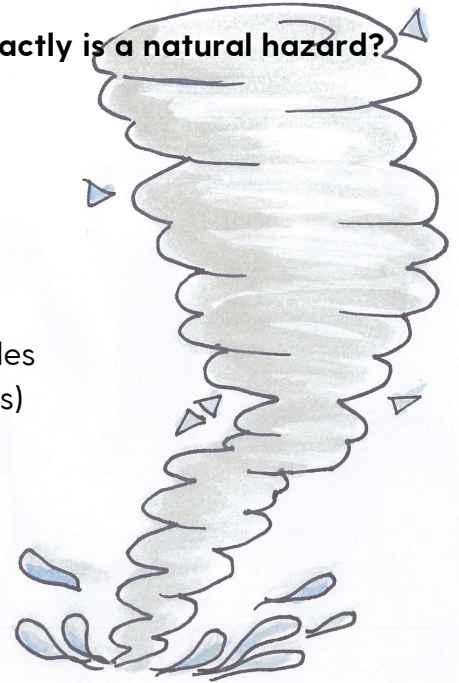


if you feel you are in

**TROUBLE**

Let's start here. What exactly is a natural hazard?

- Floods
- Erosion
- Drought
- Earthquakes
- Dam Failures
- Extreme Heat
- Landslides and Sinkholes
- Pandemic (Coronavirus)
- Nuclear incident
- Thunderstorms
- Winter Storms
- Forest Fires
- Oil and gas
- Tornadoes



These natural hazards are **EMERGENCIES**

- This means they can be dangerous to your family's health, safety, or home. If it is dangerous, you may need to leave in a hurry, so having a plan will make sure you are ready for ANYTHING that comes your way!
- While you may not always see or hear of these things happening, it's always important to be aware and prepare!

**ALWAYS REMEMBER...**

- In the event of a natural hazard (like a house fire or tornado), it is OKAY to:
  - BE SCARED
  - ASK QUESTIONS
  - ASK FOR HELP
  - TALK WITH FAMILY AND FRIENDS

**AND DON'T FORGET...**

- As a young caregiver, you are already GREAT at BOUNCING back from difficult situations! Being prepared will help you BOUNCE BACK from any emergency.



**NOW THAT YOU KNOW ABOUT THE THINGS YOU MIGHT NEED TO PREPARE FOR,  
IT'S TIME TO TALK WITH YOUR FAMILY AND PLAN IT!**

# ARE WE READY TO **PLAN IT?**

To start your Emergency Plan, you should gather some IMPORTANT family documents (we have created pages to help you with this; pages 7-9). It is important to keep this information in a location for emergency helpers to easily find if they have to enter your home. It is also important to include a copy of these documents in your “Take With You Kit” (which we will talk about in the next section).



Be sure to keep these documents in a ziplock bag and in a spot that is easy to find, such as in the freezer. Include adults outside of your home that you trust; make sure you let them know where they can find your emergency plan, if needed!

## SO, WHAT'S THE PLAN???

### 1. Plan a Family Safety Day

Choose a day your family can go over important house safety.

### 2. Create “At Home Passports”

Every family member (pets included) should have one!

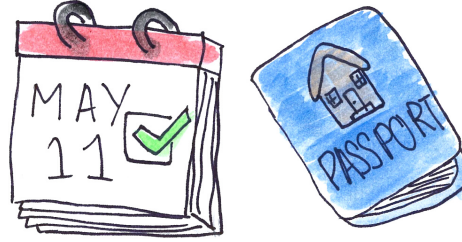
### 3. Gather a list of additional information

See what to include on the next page.

### 4. Discuss your Emergency Plan

See what emergencies to talk about on the next page.

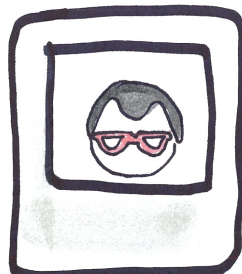
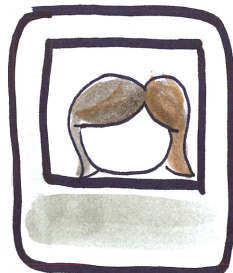
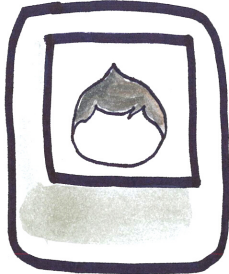
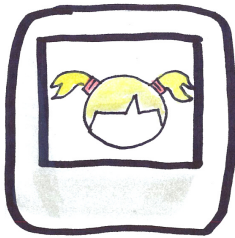
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## 2. CREATE “AT HOME PASSPORTS”

Your “At Home Passport” for each family member should include:

- Full Name
- Birthdate
- Picture (if you have one; up to date is best!)
- Any known allergies (like peanuts or bees)
- Special Equipment required (like a wheelchair or service animal)
  - If you or your family member need special assistance, be sure to label in this document how you/they want to be assisted! Not everyone knows how to handle a wheelchair or other special equipment, so it's best to include instructions if necessary!
  - Take note if any of this equipment requires power! Make sure you have a plan to use it in the event of a power outage.
- List of medications (include the name, dosage, frequency, the contact information for your doctor, and the reason the medication is needed)
- Copies of any really important documents (in case of a fire!) such as travel passports, health cards, or social insurance cards

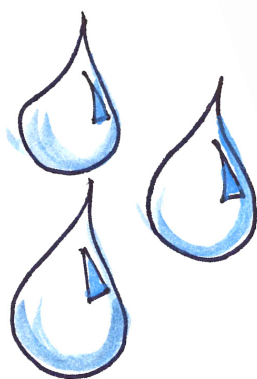
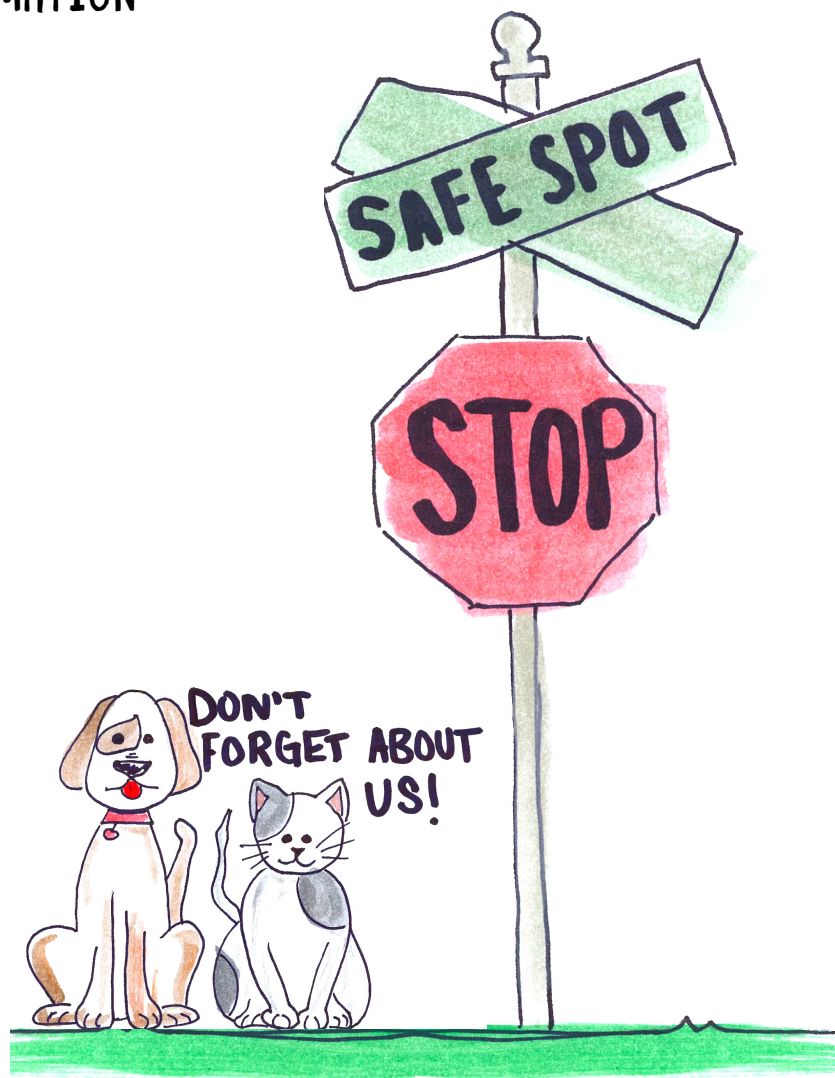




### 3. GATHER A LIST OF ADDITIONAL INFORMATION

While you are gathering documents and making plans you should also include:

- Emergency contact numbers (911; family doctor; family/friends; neighbour; police; fire; ambulance)
- TWO out of town contacts (family or friends who live in a different city just in case your family who lives near by is experiencing the same emergency)
- Local SAFE SPOTS in case you have to leave your home (a local park or store)
- Your SAFE escape plan (how to leave your house in an emergency)
- What about your pets??
  - Make photocopies of important veterinary documents (such as vaccination records) to store in your pet's "Take With You Kit"
  - Consider setting up a buddy system with your neighbour so they will take care of your pet if you are not home in the event of an emergency
- Plan your "Take With You Kit" (see section on being prepared)



### 4. TALK ABOUT YOUR EMERGENCY PLAN

- Do you know how to turn off the gas/water to your house in an emergency?
- Do you know what a carbon monoxide detector is and how to make sure it's working?
- Do you know where your fire extinguisher is?
- Take some time for the whole family to learn where these safety items are and how they work!!

**NOW THAT WE HAVE A PLAN, LET'S GET PREPARED!**

# IT'S TIME TO BE PREPARED!

You've talked with your family, you've done some planning, now it's time to make sure you are prepared for any emergency that could come your way.

Being prepared for an emergency means having a bag of important items ready to go in case you have to leave suddenly. You should put these items in what we call a "Take With You Kit".

When preparing your Kit, make it fun and imagine yourself preparing for a **CAMPING TRIP!**



## 1. WHAT WILL YOU NEED?

### "Must Have" Items

- Your "At Home Passports" and other documents you prepared in the plan it section
- Food (non-perishable, easy-to-prepare)...enough for everyone to eat for **THREE** days
- **MANUAL** can opener
- Bottled water (about 8 bottles per day/per person)
- Medications (ask your doctor if you can get extra to store in your "Take With You Kit" for at least 6 months; or keep note of your doctor's number to get a quick supply if needed)
- Hand sanitizer, face masks, and gloves
- Flashlight
- Radio (crank or battery-run)
- Extra batteries
- **FIRST-AID KIT**
- Candles and matches/lighter
- Extra set of car keys
- Cash
- Whistle
- Zip-lock bags (to keep things dry)
- Garbage bags
- Clothes/shoes

- Facecloth/towel
- Blankets
- Personal items (soap, toothpaste, shampoo, comb, female products)
- Playing cards, travel games, other activities for children
- Toilet paper
- Disposable plates, cups, knives, forks, and spoons

### Special Items

- Items for babies/small children (diapers, formula, bottles, baby food, stuffed animal/blankets)
- Medical supplies and equipment (canes, walkers, hearing aids, breathing equipment – if you can get extra!)
- Prescription eyewear or footwear
- Extra dentures and cleaner
- Pet food and supplies (any supply your pet cannot go a day or week without. For example: Leash/collar, poop-bags, water bowl, food)
- Any other items not listed that your family can't go without! You know your family the best!





## 2. HOW WILL YOU PACK IT?

- Pack everything into easy-to-carry bags or a case on wheels

## 3. WHERE WILL YOU KEEP IT?

- Store your Kit in a place that is easy to reach and ensure everyone in your home knows where it is
- A good place would be somewhere along your emergency escape route

## EXTRA TIPS

- Your Kit does not need to be made overnight! You can take a few shopping trips to start preparing your Kit
- Check and refresh your Kit twice a year (easy way to remember is to make Daylight Saving time your "Check the Kit" day)
- Make sure you remove, USE, and replace any medications, food, water, and supplies before they expire

## "TAKE WITH YOU KIT"

### RECIPES

#### Energy Bites

##### Ingredients

- 1/2 Cup Peanut Butter
- 1/3 Honey
- 1 Cup Rolled Oats
- 1/2 Cup Yummy Additions (chocolate chips or raisins)
- 1/2 Cup Ground flaxseed (optional)

##### To do

- Combine all ingredients, form into balls and let set in the freezer for one hour (or eat as is if no freezer is available)

#### 3-Bean Taco

#### Dip/Salad

##### Ingredients

- 1 Can Black Beans
- 1 Can Chickpeas
- 1 Can Kidney Beans
- 1 Can Corn
- 2 Tbsp Olive Oil
- Taco Seasoning (spices: chili, garlic, and onion powder; oregano, paprika, cumin)
- Corn Chips (optional)

##### To do

- Combine all beans (drained)
- Add spices and olive oil
- Serve as a salad or dip corn chips inside for mini tacos

Now you can feel GREAT knowing that you and your family are safe and ready no matter what obstacles come your way!

Pat yourself on the back and be sure to share what you learned with your family and friends so that they may make an Emergency Plan too!

**THIS WORKSHEET WAS DEVELOPED WITH HELP FROM THE FOLLOWING WEBSITES. FEEL FREE TO VISIT THEM FOR FURTHER INFORMATION:**

<https://www.ontario.ca/page/emergency-preparedness>

<https://www.emergencymanagementontario.ca/english/home.html>

<https://www.getprepared.gc.ca/cnt/hzd/drng-en.aspx>

<https://ontariospca.ca/blog/emergency-preparedness/>

# "I AM PREPARED" CHECKLIST

- |   |   |
|---|---|
| <input type="checkbox"/> I talked about an Emergency Plan with my family                            | <input type="checkbox"/> I know how to turn off the gas/water to my house                                 |
| <input type="checkbox"/> I learned about possible natural hazards                                   | <input type="checkbox"/> I know where my smoke detector and carbon monoxide detector is and how they work |
| <input type="checkbox"/> I feel confident in my ability to BOUNCE BACK in the event of an emergency | <input type="checkbox"/> I know where our fire extinguisher is and how to use it                          |
| <input type="checkbox"/> I gathered important family documents                                      | <input type="checkbox"/> I planned and started creating a "Take With You Kit"                             |
| <input type="checkbox"/> I made "At Home Passports" with my family                                  | <input type="checkbox"/> I know where my family will store our Kit  |
| <input type="checkbox"/> I planned what to do in case of an emergency                               |   |

## NOTES

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# AT HOME PASSPORT

NAME

BIRTHDATE

INSERT  
PHOTO  
HERE

## ATTACH COPIES OF YOUR

- Travel passport
- Health card
- Social insurance card
- Other important documents

## ALLERGIES

What is it?	What happens?	What to do?

## MEDICATIONS

Name	Dosage	Frequency	Where am I stored?	Doctor's Number

## SPECIAL EQUIPMENT

What is it	Does it use power	Where am I stored?	How to use

# AT HOME PET PASSPORT

NAME

BIRTHDATE

MICROCHIP NUMBER

FEEDING SCHEDULE

When do I eat?

What do I like to eat?

What can't I eat?

HOW DO I ACT AROUND OTHERS?

How do I react to new people/pets?

How can you calm me down?

INSERT  
PHOTO  
HERE

VETERINARIAN

Name

Number

ATTACH COPIES OF  
YOUR PETS

- Vaccinations
- Medical records
- Proof of ownership
- Other important documents

MEDICATIONS

Name	Why do I need it?	Dosage	Frequency	Where am I stored?



# ADDITIONAL INFORMATION

## EMERGENCY CONTACT NUMBERS

Police:

\_\_\_\_\_

Fire:

\_\_\_\_\_

Ambulance:

\_\_\_\_\_

## FAMILY DOCTOR

Name

Number

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## FAMILY/FRIENDS

Name

Number

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## NEIGHBOURS

Name

Number

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## OUT OF TOWN CONTACTS

Name

Number

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## LOCAL SAFE SPOTS

Name:

\_\_\_\_\_

Address:

\_\_\_\_\_

Name:

\_\_\_\_\_

Address:

\_\_\_\_\_

## SAFE ESCAPE PLAN

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## TAKE WITH YOU KIT

Where is it stored:

\_\_\_\_\_

In what emergencies might you need it:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Last updated:

\_\_\_\_\_



# SENDING OUR THANKS

To those involved in the video  
that this guide supports

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Lead.  
Support.  
Empower.

SSHRC  CRSH

**REFRAME**  
HEALTH LAB