



ABBOTSFORD EMERGENCY PROGRAM

# Emergency Preparedness for Seniors

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ABBOTSFORD EMERGENCY PROGRAM  
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## Build your Emergency Kit

Be prepared to improvise and use what you have on hand to make it on your own for at least three days, maybe longer. While there are many things that might make you more comfortable, think first about fresh water, food and clean air.

**Basic Supplies:** Think first about the basics for survival – food, water, clean air and any life sustaining items you require. Consider two kits. In one kit put everything you will need to stay where you are. The other kit should be a lightweight, smaller version you can take with you if you have to leave your home. **Recommended basic emergency supplies include:**

- WATER:** One gallon of water per person per day for at least three days, for drinking and sanitation
- FOOD:** At least a three-day supply of non-perishable food and a can opener if your kit contains canned food
- Battery-powered or hand crank radio
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties or personal sanitation
- Wrench or pliers to turn off utilities
- Local maps
- Pet food, extra water and supplies for your pet service animal

**Include Medications and Medical Supplies:** If you take medicine or use a medical treatment on a daily basis, be sure you have what you need for at least a week. You should also keep a copy of your prescriptions as well as dosage or treatment information. If you undergo routine treatments administered by a clinic or hospital or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans. Work with them to identify back-up service providers within your area you might evacuate to. If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about what you can do during a power outage.

**Additional Items:** There may be other things specific to your personal needs. If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen, be sure you always have extras in your home. Also have copies of your medical insurance, and health care cards readily available.

**Include Emergency Documents:** Include copies of important documents in your emergency supply kits such as family records, wills, power of attorney documents, deeds, social security numbers, credit card and bank information, and tax records. It is best to keep these documents in a waterproof container. Include the names and numbers of everyone in your personal support network, as well as your medical providers. Also be sure you have cash or cheques in your kits in case you need to purchase supplies.



## Make a Plan

**The reality of a disaster situation is that you will likely not have access to everyday conveniences. To plan in advance, think through the details of your everyday life.**

**Create a Personal Support Network:** If you anticipate needing assistance during a disaster, make a list of family, friends and others who will be part of your plan. Share each aspect of your emergency plan with everyone in your group, including a friend or relative in another area who would not be impacted by the same emergency. Make sure they know your evacuation plan and where you will go in case of a disaster. Make sure that someone in your support network has a key to your home and knows where you keep your emergency supplies. Practice your plan with those in your support network.

**Develop a Family Communications Plan:** Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. Each family member should call or e-mail the same friend or relative in an emergency. An out-of-town contact, not in the impacted area, may be in a better position to communicate among separated family members.

**Deciding to Stay or Go:** Depending on the nature of the emergency, the first important decision is whether you stay or go. You should understand and plan for both possibilities. Use common sense and available information to determine if there is immediate danger. In any emergency, local authorities may or may not immediately be able to provide information on what is happening and what you should do.

**Consider Your Pets:** You will need to make plans in advance for your pets and service animals. Keep in mind that what's best for you is typically what's best for your animals. If you must evacuate, take your pets with you, if possible. Plan in advance for shelter alternatives that will work for both you and your pets; consider loved ones or friends outside of your immediate area, pet-friendly shelters and veterinarians who would be willing to take in you and your pets in an emergency.

**Staying Put:** Whether you are at home or elsewhere, there may be situations when it's simply best to stay where you are and avoid any uncertainty outside. Consider what you can do to safely shelter-in-place alone or with friends, family or neighbors. Also consider how a shelter designated for the public would meet your needs.

**Evacuation:** There may be conditions in which you will decide to get away, or when you may be ordered to leave. Listen to First Responders/radio/TV for information. If suggested to do so, proceed to a Reception Centre (location will be announced). Alternatively, plan how you will get away and where you will go. Choose several destinations in different directions so you have options. Ask about evacuation plans at the places where you spend time. If you typically rely on elevators, have a back-up plan in case they are not working.

**Fire Safety:** Plan two ways out of every room in case of fire. Check for items such as bookcases or overhead lights that could fall and block an escape path. Check hallways, stairwells, doorways, windows and other areas for hazards that may keep you from safely leaving a building during an emergency. Secure or remove furniture and objects that may block your path.



## Be Informed

It's important to stay informed about what might happen and know what types of emergencies are likely to affect your region.

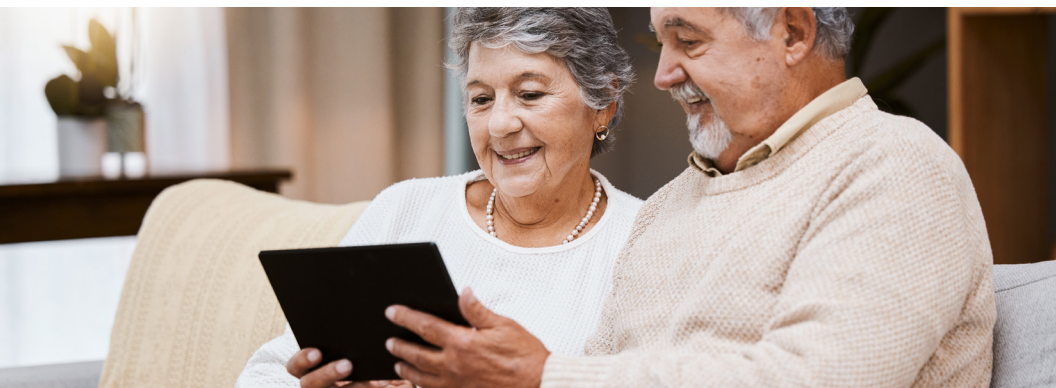
Some of the things you can do to prepare for the unexpected, such as assembling an emergency supply kit and making an emergency plan are the same regardless of the type of emergency. However **it is important to stay informed.**

Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. Above all, stay calm, be patient and think before you act. With these simple preparations, you can be ready for the unexpected.

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today.

While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies from fires and floods to earthquakes. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared.

## Get Ready Now.



### Abbotsford Emergency Program

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