

72 Hour Emergency Kit



Is your family prepared for 72 hours if emergency occurs?

IS YOUR FAMILY
PREPARED?

The Plan

Your family's kit should start with a plan. It may take about 20 minutes to create but is well worth it. The plan should include:

- Safe Meeting Place (may differ depending on the emergency)
- Evacuation Routes From Neighborhood
- Health Information
- Medication List
- Grab and Go Bag Location
- Emergency Personnel Numbers
- Out of Town Contact Information
- Family Doctors Contact Information
- Insurance Company Contact Information
- Location of Fire Extinguisher
- Location of Shut Offs (water, gas, electricity, etc.)



During an Emergency your family may not have electricity or tap water. Your family should be prepared for and equipped with all necessities they will need for 72 hours if an emergency does occur.

In Your Kit

- Water (at least 2 litres a day per person)
- Non Perishable Foods
- Manual Can-Opener
- Wind-Up or Battery Powered Flashlight
- Wind-Up or Battery Powered Radio
- First Aid Kit
- Extra Keys to Your Car and House
- Money
- Copy Of Your Emergency Plan and Information
- Medications (if applicable)
- Pets Food



Contact

Your family can put together a 72 hour kit or can purchase one at one of the following:

www.redcross.ca or www.sja.ca

Always Be Prepared

We are fortunate in Cavan Monaghan that major emergencies (e.g., severe weather conditions, floods, etc.) rarely occur but we must always be prepared. If there is an emergency follow your plan, get your kit, make sure your safe and listen to the radio for information from your authorities and follow their instructions.

To learn more or obtain a copy of Canada's Emergency Preparedness Guide follow one of the following links:

www.GetPrepared.ca or call 1-800-622-6232

www.ontario.ca/beprepared or call 1-877-314-3723

www.emergencymanagementontario.ca

Canada's Emergency Preparedness Guide also available at Cavan Monaghan Municipal Office.

