



# the 72-hours kit

hoping you don't need it... is NOT a plan.

For 3 days...the power is out, water supply contaminated or the natural gas lines are affected and the phones don't work. **Are you prepared?** You may have to evacuate or keep shelter in your home. These 'emergencies' are more manageable when you're prepared and have the essentials for 3 days for each family member. Devote a few hours + make your kits! Pass it on...

## Ontario's Emergency Management<sup>2</sup> Preparedness Challenge... answers below

1) Which of the following has not occurred in Ontario in the past year?

- a) Hazardous spill
- b) Hurricane
- c) Tornado
- d) Forest fire

2) How many litres of water should you store per person, per day as part of your emergency survival kit?

- a) 2 cups
- b) 1 litre
- c) 2 litres
- d) 4 litres

3) Which of these is NOT a good place to seek shelter during a tornado?

- a) Basement of your house
- b) In a low ditch (if you are stuck outside)
- c) Under an overpass
- d) Interior room (if no basement available)

4) It's night-time and you smell gas coming from your basement. You should:

- a) Turn on the light to check source of leak
- b) Check online for information
- c) Turn off all electronic equipment
- d) Evacuate immediately and call 911 from a safe distance

5) Which of the following solutions can help prevent water damage in your home in the event of a severe rainstorm or flooding?

- a) Installing a sewer backwater valve
- b) Installing a sump pump
- c) Installing a rain barrel
- d) All of the above

Answers to quiz: 1b / 2d / 3c / 4d / 5d

### RESOURCES:

- <sup>1</sup> City of Brampton, Emergency Measures Office  
[www.brampton.ca/prepared](http://www.brampton.ca/prepared)
- <sup>2</sup> Emergency Management Ontario  
[www.emergencymanagementontario.ca](http://www.emergencymanagementontario.ca)
- <sup>3</sup> 3 days 3 ways [King County, Washington]  
<http://3days3ways.org/>
- <sup>4</sup> 2health.com

## Family Kit: 'for 3-5 days' kit! <sup>1, 2, 3, 4</sup> [check every 6 months]

### Water for 3-5 days

- 4L/ person/ day [clean & sealed]
- clean & empty pop bottles work

### Non-perishable food

- Disposable cups and plates
- Knives, forks, spoons
- Manual can opener, bottle opener
- Canned veggies, meat, dessert, pasta, lentils [& more protein!]
- Dried food & powders
- Manual can opener, bottle opener
- Remember the children and pets

### First Aid Supplies - for 4 people

- 100 of Med & Large nitrile gloves
- 12 abdominal pads
- 100 Alcohol Prep pads & BZK pads
- 12 elastic fingertip & knuckle strips
- 12 elastic bandages wrap, 8cmx4.5m
- 2 face shields for CPR
- 24 hand cleansing towelettes
- 24 large gauze rolls, 5cm x 4.6m
- 100 gauze 4x4 pads
- 12 instant cold pack
- 100 plastic bandage strips
- 12 sterile pressure bandage
- scissors, tweezers, safety pins
- 4 splint pads & 12 tri. bandages
- 4 waterproof tape rolls

### Shelter

- Plastic garbage bags
- Tarp and/ or tent with poles

### Warmth & Sleeping

- Clothing and footwear [one change of clothes/ person - wool or fast-dry]
- 4 Emergency silver blankets
- Fuel stove and fuel [outdoor only]
- Outer wear-hat, mitts, scarf, coat, insulated footwear [one per person]
- Wool blankets or sleeping bags [one per person]

### Lighting

- Candles in container, waterproof matches/ lighter with fuel
- Flashlight and spare batteries
- 12 Light sticks & Wind-up flashlight
- Waterproof matches

### Communication

- Compass and maps
- Corded phones may still work
- Radio or crank radio

### Personal Hygiene

- Toilet paper and female hygiene
- Shampoo, hairbrush, tooth brush, toothpaste, soap, a towel and face cloth [one for each person]
- 100 Wet wipes pads

### Sanitation - make your own toilet!

- Lg. plastic box with lid & wheels
- Container lined with garbage bag
- 3 Flat wood planks to sit on edge
- 1 part Bleach: 10 parts Water Solution to use after use.

### Tools

- Cloth/ leather work gloves
- Duct tape & rope
- Dust mask
- ABC Fire extinguisher
- Pocket knife or multi tool
- Pry bar, ax, hammer

### Personal documents

- Important papers [identification for everyone, personal documents such as insurance papers, banking, etc.]
- List of numbers [see attached]

### Medications/ medical aids

- Prescribed medications, glasses, contact lens, solution, lens case, etc.
- Fever reducer, ASA, anti-diarrhea

### Vehicle supplies

- Seat belt cutter
- Booster cables
- Spare tire, wrench & jack
- Snow shovel & scraper
- Sand or carpet strips for traction
- Flares and reflectors

### General items

- Backpack/duffel bag [to evacuate]
- Extra car keys, cash, phone card
- Large and small resealable bags
- Paper pad, pencils
- Playing cards, gum, books, candy
- Whistle

## Ontario's responsibility:

Emergency Management Ontario [EMO] coordinates and develops all aspects of emergency prevention, mitigation, preparedness, response and recovery. EMO works with all Ontario municipalities ensuring citizens are safe and secure.

There are 37 identified emergencies that can possibly affect Ontario. The law [Emergency Management and Civil Protection Act] mandates the municipalities and provinces/ territories to have an Emergency Response Plan.

**To lessen the local impact, each family is urged to be prepared with kits, emergency plans, training and practice prevention.**

The resources below have plenty more tips for your family and activities for kids too!

### first aid/ wellness scenario #24

Answers next bulletin

? After EMS/ 911 is called for an unconscious situation, when is CPR done?

\*Answers to last 2HEALTH Bulletin's scenario:

If there's an emergency with your pet, who do you call?  
Pet Hospital with emergency capacity [not 911]

