

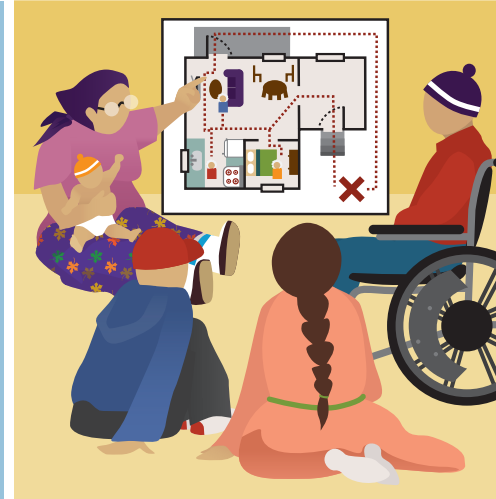
Before An Emergency...



**Be
Aware**



**Create
a Team**



**Make
a Plan**



**Build
a Kit**

For more information about Emergency Preparedness for People with Disabilities, visit

www.OnThinIceProject.ca

Are You Ready for An Emergency?

Be Aware



- Know what emergencies could happen to you (e.g. blizzard, power outage, flood).

Create a Team



- Ask family, friends, co-workers, and neighbours to be part of your emergency team.
- Make sure everyone on your team knows your plan and how they will help you.
- Know how you will communicate with your team during an emergency.

Make a Plan



- Know what to do during different kinds of emergencies.
- Know 2 ways of safely exiting your home, workplace, and places you visit often.
- Know where to go if you have to leave your home.
- Know how to contact the Fire Department or the RCMP if you need help.
- Practice your plan.

Build a Kit



- Make two emergency kits:
 - A small kit you can take with if you have to leave your home (e.g. medications, snacks, disability-related supplies, etc.).
 - A larger kit if you have to stay in your home for 3-7 days (e.g. food and water, a first aid kit, medications, disability-related supplies, etc.).

Respond



- Stay calm.
- Get information about the emergency from television, the radio, Facebook, Twitter, etc.
- Follow instructions from emergency officials.



On Thin Ice
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Sur un terrain glissant
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