



4 | BUILD A NETWORK



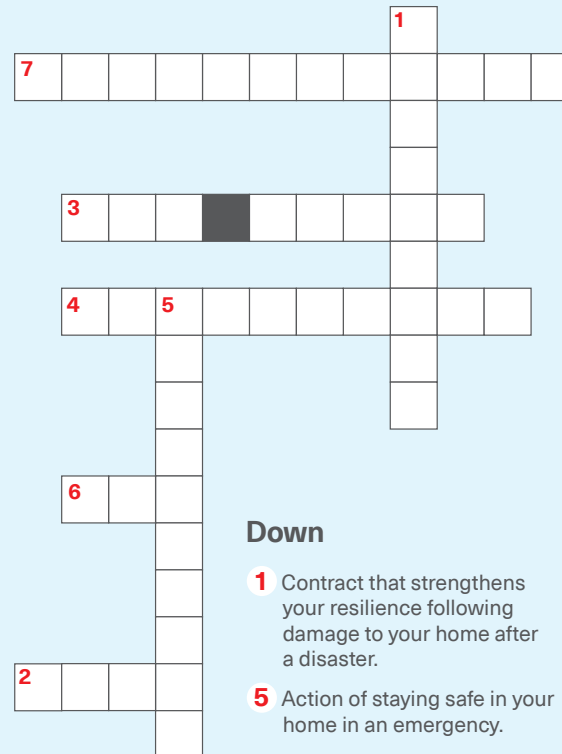
In an emergency, your neighbours are often the first people you can rely on. Getting to know them is a great way to strengthen your community.

- Talk with your neighbours to find out who might need extra help during an emergency, and who you can count on if you need support.
- Connect with local groups—community centres, libraries, or volunteer organizations—to build trusted networks.

Disclaimer - Canadian Red Cross emergency preparedness materials are provided for free to the public and are intended for general information only.



CROSSWORD



Down

- 1 Contract that strengthens your resilience following damage to your home after a disaster.
- 5 Action of staying safe in your home in an emergency.

Across

- 2 Essential document that says what to do in an emergency.
- 3 Meteorological event that makes outdoor travel more difficult and falls more likely.
- 4 A person's ability to cope with difficulties and then find and maintain new stability.
- 6 Bag that contains items to meet your basic needs in an emergency.
- 7 Crucial step that helps you be ready to react if a disaster or crisis happens.

Answers: 1. Insurance 2. Plan 3. Ice Storm 4. Resilience 5. Sheltering 6. Kit 7. Preparedness



BE READY

www.redcross.ca/ready

4 steps to prepare for disasters

Disasters can happen anytime, anywhere. You can be ready by following four simple steps: know the risks, make a plan, build a kit, and build a network.



1 | KNOW THE RISKS



Knowing the hazards in your area and how they could impact your household is a crucial first step in becoming better prepared for emergencies.

- Contact your local authorities to determine what hazards are most likely to happen in your area.
- Sign up for alerts using the WeatherCAN or The Weather Network mobile apps.



2 | MAKE A PLAN



It's important to know what actions to take, where to go, and where to meet in case of an emergency.

Discuss with household members, friends, and neighbours, so everyone is prepared.

- Evaluate your household's needs and ensure your plan is tailored to your situation. For example, are there children, pets, or people with specific needs?
- Determine what actions to take to build your capacity during and after an emergency. For example, purchasing home insurance that includes coverage for hazards likely to affect your area.
- Create an evacuation plan for your home.
- Identify your community's emergency plan and evacuation routes.
- Have a list of people to contact or notify in the event of an emergency.
- Practice your plan regularly with your household members.

Download the emergency plan template:
www.redcross.ca/make-an-emergency-plan

3 | BUILD A KIT



Some emergencies may require you to leave your home, while others might keep you indoors for days, with limited access to essential items.

To stay safe, keep an emergency kit at home with enough food, water, and supplies to meet your household's needs for at least 3 days. If you live in a remote or northern community, consider preparing for 7 to 10 days.

Some essential items to have:

- Water for drinking – at least 1L per person and pet per day
- Non-perishable food
- Flashlight
- Supply of medications
- Manual can opener
- Important documents
- Cash
- A copy of your emergency plan



Download the emergency kit checklist
www.redcross.ca/get-an-emergency-kit