

CARIBOO REGIONAL DISTRICT

Have a 72-hour emergency kit.

No one ever thinks a disaster will happen to them. Your best strategy in dealing with a disaster is to be as prepared as possible. You should be able to take care of yourself and your family for 72 hours. Use the checklist to stock a basic 72-hour kit and add items depending on your family's needs. Ideally, your kit should be stored in a waterproof and wheeled container. You may have to stay in your home without



electricity or water, or you may have to evacuate your home for a period of time.

Food and water

- Two litres of water per person per day.
- Food that doesn't require cooking and won't spoil, such as granola and protein bars, trail mix, dried fruit, and canned tuna (remember to replace food and water once a year).

Equipment

- · Manual can opener.
- Flashlight (wind-up or battery-operated) and batteries (replace batteries every year).
- Wind-up or battery-powered radio (replace batteries every year).
- Candles, lighter, waterproof/strike-anywhere matches.
- Pens and paper.
- Duct tape.
- · Pocket knife.
- Cooking and eating utensils.
- Warm clothes and blankets or sleeping bags.
- Garbage bags.
- · Whistles and flares (to attract attention).

Toiletries

- Cleaning supplies (hand sanitizer, dry shampoo, etc.).
- First aid kit.
- Toilet paper.
- Dish soap.
- Feminine supplies.

Special needs items

- Infant needs (diapers, formula, bottles, etc.).
- · Prescription medicines.
- Extra pair of prescription glasses or contact lenses.
- Pet items (food, leash, muzzle, medication, etc.).

Personal documents and items

- A list of your emergency contacts (names and contact numbers).
- An extra set of house and car keys.
- · Some cash in smaller bills.
- Copies of important documents like passports, birth certificates, and insurance policies.

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CARIBOO REGIONAL DISTRICT Shelter In Place

will be safer sheltering in place at school than riding in your vehicle through a potentially hazardous area.

- Do not risk your personal safety for your pets. If they cannot be found immediately, Shelter-in-Place without them.
- Do not leave your Shelter-in-Place structure until you receive notification that danger has passed.
- When Shelter-in-Place incidents happen, you need to know what to do before anyone can even tell you.

Are you prepared? Do you have a plan? Do your children know what to do?

How to Shelter-in-Place

- If you need to Shelter-in Place, you must immediately:
- Go inside your home or closest building.
- Close all doors, windows, fireplaces, vents, or other openings
- Turn off all heating, ventilation and air conditioning systems including vents.
- Close drapes, curtains, and shades.
- Stay away from windows.
- Be sure to take your emergency kit and drinking water to wherever you are sheltering in place.
- Go to an interior room on the upper level if possible, and large enough to accommodate everyone including pets (avoid basements).
- Use duct tape and plastic sheeting to seal off the room that you are in.
- Use damp towels to seal off doorways.
- Use telephones only if you require immediate emergency service.
- Turn on your radio, television, or computer for updates (CRD website or Facebook).
- You will be advised of the nature of the emergency, what may have occurred and if relevant, the accompanying symptoms.
- You will be advised if it is necessary to seek medical attention at an identified location (once it is safe to leave.

If you need to Shelter-in-Place:

• Do not call your children's school or try to pick up your children - they

What is Shelter-in-Place?

Shelter-in-Place is a safety procedure designed to protect you during certain emergency circumstances. It allows for an immediate response to an emergency situation where your best reaction is to stay where you are.

Why Shelter-in-Place?

We cannot always run or flee from all emergencies or hazards. Some incidents such as motor vehicle accidents, train derailments, or pipeline ruptures may involve the release of some form of harmful substances (i.e. toxic airborne materials). In this type of situation, it may be what you cannot see that causes you serious harm.

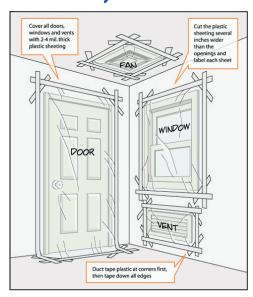
Although Shelter-in-Place situations usually only last for a few hours, you should always have enough emergency supplies on hand to last you, your family, and your pets for a 72 hour period.

You may receive Shelter-in-Place notification:

- Electronically (CRD Website, Facebook, Twitter, or email).
- Television or Radio emergency broadcasts.
- Telephone call.
- Door to door notification or driveby broadcast.

However; understanding what Shelterin-Place is and when, why, and how it is done, may save the lives of you and your family when it is impossible to provide notifications in a timely manner for incidents that can happen without warning and have consequences in just minutes.

Shelter Safety for Sealed Room



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