

Do You Have an Emergency Kit?



Emergencies happen. Your best strategy in dealing with a disaster is to be as prepared as possible beforehand. You should be able to take care of yourself and your family for up to a week. Ideally, your kit should be stored in a waterproof container. Remember, you may have to stay in your home without electricity or water, or evacuate your home for a period of time.

Toiletries

- Cleaning supplies (hand sanitizer, etc.)
- First aid kit
- Toilet paper
- Feminine hygiene products

Sanitary Supplies

- Disinfectant Wipes
- Disposable Gloves
- Masks

Specialized Items

- Infant needs (diapers, formula, bottles, etc.)
- Prescription medicines
- Extra pair of prescription glasses or contacts
- Pet needs

Personal Documents and Items

- A list of your emergency contacts
- An extra set of house and car keys
- Cash in smaller bills
- Copies of important documents

Food and Water

- Four litres of water per person, per day
- Food that doesn't require cooking and won't spoil (replace food/water every year)

Equipment

- Flashlight and charged batteries
- Wind-up or battery powered radio
- Candles, lighter and matches
- Duct tape and pocket knife
- Whistles and flares



For up to date emergency information, visit:

www.rdbn.bc.ca

or

Bulkley Nechako Emergency Information
Facebook Page

