

For additional information on
Emergency Preparedness,
contact the
Regional District of Bulkley-Nechako

www.rdbn.bc.ca
1-800-320-3339
250-692-3195

72 HOUR EMERGENCY KIT

A 72 hour Emergency Kit is a collection of basic items your family may need in the event of an emergency. Emergency kits should be easily accessible and include essential supplies for you and your family for at least 72 hours.



 [@BNemergencyInfo](https://twitter.com/BNemergencyInfo)

 [BulkleyNechakoEmergencyInfo](https://www.facebook.com/BulkleyNechakoEmergencyInfo)



www.rdbn.bc.ca/protectiveservices



Regional District of Bulkley-Nechako

Emergency Preparedness | Winter Storms

PREPARING FOR WINTER

Winter storms can bring dangers of high winds, extremely low temperatures, heavy snowfall, or freezing rain. Periods of extreme cold cannot be predicted in advance, but weather forecasts can sometimes provide you with some notice. Listen to weather forecasts regularly and check your emergency supplies whenever a period of extreme cold is predicted.

- Insulate walls and attic.
- Caulk and weather-strip doors and windows.
- Install storm windows or cover windows with plastic from the inside.
- Insulate any water lines that run along outer walls.
- Install an easy-to-read outdoor thermometer.
- Repair roof leaks and cut away tree branches

LIVESTOCK OWNERS

- Move all animals to an enclosed shelter
- Bring extra feed to nearby feeding areas
- Have an extra water supply easily available

that may fall on your home or other structure during a storm.

- Keep your vehicle fueled up to minimize risk of the fuel line freezing.
- If you go away, leave the heat on in your home to keep the temperature above 55°F.
- Check your 72-hr emergency kit for any items which need to be replaced.

PREPARING FOR A WINTER STORM

When preparing for a winter storm, make sure to have:

- A working flashlight
- A charged cell phone
- Battery powered radio or television
- Extra food, water and medicine
- First Aid Supplies
- Heating fuel
- Emergency Heating source
- Fire extinguishers
- Carbon Monoxide and smoke detectors

DURING A WINTER STORM

During winter storm and blizzard conditions, the following tips will help keep your family safe.

- Stay Indoors if possible.
- Select a location where heat can best be conserved, such as the side of the house that receives the most sunlight and is away from cold winds.
- Avoid heat loss by closing off unneeded rooms and stuffing towels or rags in cracks underneath doors to conserve heat.
- Cover the windows at night.
- Keeping your water running at a trickle to prevent your pipes from freezing.
- Keep kitchen and bathroom cabinet doors open to allow warmer air to circulate around the plumbing.
- Wear layers of loose-fitting, light weight and warm clothing.
- Eat and drink to prevent dehydration.
- If caught in a blizzard, seek shelter and wait out the storm.
- Avoid overexertion when shoveling snow.

