

Peace of Mind for You and Your Family

We hope that using this 20 week plan to get your family prepared brings you and your family peace of mind knowing that you are ready for anything.

We encourage you to keep **@SaultFire** updated by posting your progress to social media using **#20WeeksToPreparedness**

For more information regarding emergency preparedness, visit www.saultstemarie.ca/beprepared

20 Weeks to Emergency Preparedness

By taking a few simple steps, you can be better prepared for an emergency.

To learn more about emergency preparedness visit saultstemarie.ca/beprepared



PROOF 3 20 Weeks to Emergency Preparedness



saultstemarie.ca/beprepared

For this reason, we have created this budget-friendly plan to help residents build a family emergency kit and plan in 20 weeks.



The City of Sault Ste. Marie encourages all residents to prepare for disasters by having an emergency supply kit on hand in order to cope for at least 3 days after an emergency. According to a recent survey, many Sault Ste. Marie residents indicated they could not get prepared due to financial constraints.

Be Prepared with this Budget Friendly Plan

Getting prepared does not have to be costly and it does not have to be completed in one day.

Remember to start with the supplies you already have – many of the items for your emergency kit can be found around your home! As for the supplies that you do not own, keep your eyes open for sales and take a look at the creative saving tips in this guide.

To develop a complete Family Emergency Plan visit saultstemarie.ca/beprepared

My Emergency Kit Expiry Dates:

ITEMS:

EXPIRES: month/day/year

20 Weeks to Emergency Preparedness

Inside this guide, you will find a plan to build a supply of basic items that every family emergency kit should include. Remember to consider the size and unique needs of your family in order to create a kit that will meet these needs.



○ Week 1 For Your Emergency Kit:

Large bag to hold items
Manual can opener
Cash (small bills)

Budget Tip: No cash to spare right now? Try putting \$1 dollar a week into your kit for 20 weeks!
To Do: Review the types of disasters that can happen in our city and how to stay safe at www.saultstemarie.ca/beprepared

○ Week 8 For Your Emergency Kit:

Utility Knife
Matches/Lighter
Candles

To Do: Practice your evacuation plan with your family.

○ Week 15 For Your Emergency Kit:

2 boxes of crackers
2 cans fruit
1 box energy bars

To Do: How will your family/household get emergency alerts and warnings? Learn about how the City will get emergency information out during an emergency at www.saultstemarie.ca/beprepared

○ Week 2 For Your Emergency Kit:

4 litres of water
Box of Granola bars/Energy Bars
2 cans of meat

Budget Tip: Instead of buying water, fill a sanitized juice or pop bottle (2L) with water for your kit.
To Do: Date all edible items going into your kit.

○ Week 9 For Your Emergency Kit:

Puzzle book/Cards/Small games
Pen, pencil, permanent marker
Paper

Budget Tip: Most of these items can be found around the house!
To Do: Call your insurance provider to determine whether or not you are covered for disasters that may happen in your area.

○ Week 16 For Your Emergency Kit:

Garbage bags
Extra keys (car & house)
Cell phone charger

To Do: Consider registering for a local CPR/First aid class.

○ Week 3 For Your Emergency Kit:

First aid kit
(purchase or make your own)
Pain Reliever
Hand sanitizer

Budget Tip: Ask your doctor for free samples of these items for your kit at your next appointment!
To Do: Discuss with your family 2 meeting locations – 1 in your neighbourhood and 1 outside of it – in case you can't get back to your neighbourhood.

○ Week 10 For Your Emergency Kit:

4 litres of water
2 cans of soup
2 can beans

To Do: Arrange for your friend/neighbor to help your children if you are unable to.

○ Week 17 For Your Emergency Kit:

Comfort foods (candy, chocolate, etc.)
2 canned fruits
2 canned vegetables

To Do: Find out about your workplace emergency plan.

○ Week 4 For Your Emergency Kit:

Battery Powered/Crank Radio
2 Flashlights with batteries

Budget Tip: Request more expensive items like these as gifts for the next holiday or occasion!
To Do: Learn how and when to turn off the water, gas, and electricity at the main shut-off locations.

○ Week 11 For Your Emergency Kit:

Toilet paper
Toothbrushes/toothpaste
Feminine Hygiene Supplies

Budget Tip: Ask your dentist for dental hygiene samples at your next appointment.
To Do: Arrange for an animal shelter, friend or neighbor to help with your pets if you are unable to.

○ Week 18 For Your Emergency Kit:

4 litres of water
Dry fruit/trail mix
2 cans of soup

To Do: Learn about smoke alarms, carbon monoxide detectors and fire extinguishers at www.mcscs.jus.gov.on.ca

○ Week 5 For Your Emergency Kit:

4 litres of water
2 canned fruits
2 canned vegetables

To Do: Write out important emergency contact phone numbers and include the list in your kit.

○ Week 12 For Your Emergency Kit:

Rain ponchos
Blankets/Sleeping bags
Change of clothes & sturdy shoes

To Do: Check with your child's school/day care center to find out about their disaster plans.

○ Week 19 For Your Emergency Kit:

Basic tools & tarp
Duct tape
4 litres of water

Budget Tip: Seek out multi-purpose tools to save space & reduce weight in your kit.
To Do: Discuss with your neighbours how you could assist each other (e.g. Do any neighbours have a generator? A BBQ? First aid training?)

○ Week 6 For Your Emergency Kit:

Paper Plates
Plastic cutlery
Plastic cups

Budget Tip: Stock up on plastic utensils, napkins, condiment packs & other freebies during your next visit to a fast-food restaurant!
To Do: Photocopy important documents (ie. health, home & vehicle insurance papers, identification, birth & marriage certificates, wills, etc.) and include them in your kit.

○ Week 13 For Your Emergency Kit:

4 litres of water
2 cans of meat
1 jar peanut butter

To Do: Discuss an out-of-town contact who your family could check in with during a disaster if you are separated.

○ Week 20 For Your Emergency Kit:

Special Considerations
(if required):

Pet food and supplies (i.e. bowls, water, leash, vaccination records, etc.)
Medical supplies/equipment
Infant supplies (i.e. formula, diapers, bottles, pacifiers, etc.)
Supplies for your vehicle (i.e. snow brush, scraper, seatbelt cutter, tarp, flares, etc.)

To Do: Mark your calendar to check your supplies in 6 months and make sure everyone knows where your kit is stored!

○ Week 7 For Your Emergency Kit:

Soap
Shampoo/Conditioner
Hairbrush

Budget Tip: Will you be staying at a hotel anytime soon? Make sure to take the free bathroom toiletries home for your kit!
To Do: Discuss all safe escape routes from your home with your family.

○ Week 14 For Your Emergency Kit:

Prescription medications -
(1 week supply if possible)
Whistle
Water purification tablets

Budget Tip: Bleach can be used to purify water as well, when done properly. Find out how at www.getprepared.gc.ca.
To Do: Discuss how your family/household will get in touch if cell phone, internet, or landline doesn't work?



You did it! You're Prepared!

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