



Get started: Emergency Preparedness & Planning

Worksheet

The key to emergency preparedness is to start with what you know and what you have. First, fill in your ideas below. Then, make a list of what you need to do next to finish your emergency planning and preparedness. Every little bit helps!

✓ Know your hazards							
Examples of hazards in Vancouver	Identify hazards						
<ul style="list-style-type: none"> • Earthquake • Fire • • • 	<table border="1"> <tr> <td>➤ in your home</td> <td></td> </tr> <tr> <td>➤ near your home</td> <td></td> </tr> <tr> <td>➤ near your work</td> <td></td> </tr> </table>	➤ in your home		➤ near your home		➤ near your work	
➤ in your home							
➤ near your home							
➤ near your work							

✓ Make your plan	
Contacts	Meeting places
➤ Someone who lives nearby	➤ Somewhere close to home
➤ Someone who lives far away	➤ Somewhere within walking distance
Personal planning considerations	
<ul style="list-style-type: none"> • • • • • 	

✓ Gather your supplies
<i>Tip: Start with items you have around your home! You may be surprised by what you can already put in your emergency kit or grab-and-go bag.</i>

Water storage for at least 3 days
4 litres x $\frac{\quad}{\text{(# of people)}}$ x 3 days = $\frac{\quad}{\text{(amount to store)}}$

Other types of kits to prepare	
<ul style="list-style-type: none"> ✓ Grab-and-Go kits for each person ✓ Home emergency kit • Car kits • 	<ul style="list-style-type: none"> • School kits • Work kits • Pet kits •

✓ Stay informed

Local sources of reliable information

- vancouver.ca/alerts
- @CityofVancouver
-
-
-

✓ Get connected

Actions for neighbour to neighbour preparedness

- Meet a neighbour I don't know that well
- Talk to my neighbours about how we will help each other in an emergency
- Check on my neighbours in an emergency
- _____
- _____
- _____

To do:

Tip: Do easy things first, then harder things.

Transfer your responses and complete the full emergency plan template:

preparedbc.ca/emergencyplan

- | | |
|---|--|
| <input type="checkbox"/> Complete my emergency plan | <input type="checkbox"/> Build emergency kits |
| <input type="checkbox"/> Download the Alertable app | <input type="checkbox"/> Secure items in my home |
| <input type="checkbox"/> Check smoke detector(s) | <input type="checkbox"/> Review utilities & shut offs |
| <input type="checkbox"/> Check carbon monoxide detector(s) | <input type="checkbox"/> Update plan and check supplies twice a year |
| <input type="checkbox"/> Check location of fire extinguisher(s) | |
| <input type="checkbox"/> _____ | |
| <input type="checkbox"/> _____ | |

Personal commitment: In the next 2 weeks, the first thing I will do to prepare is....

My notes: