

Prepare at Home

RECIPE FOR DISASTER

What WILL it take... for you to prepare for an emergency?

Victoria gets its share of weather events such as windstorms and snow, which can disrupt power or make transportation difficult. We're also due for a major earthquake.

Emergencies can happen anytime, anywhere. And chances are, when an earthquake hits Victoria, you and your family will not be together. You may be at work or in transit, and your children at school.

What to do during an earthquake?

DROP! COVER! AND HOLD! until the shaking stops.

Don't wait for an emergency to happen.

There are simple things you can do to protect yourself and your loved ones. This Recipe for Disaster will help you become emergency prepared at home, stocked with the knowledge, basic supplies, and a plan to help you and your family take care of yourselves for a minimum of three days. It's about having the right stuff when you need it most.

Brought to you by the Victoria Emergency Management Agency, the City of Victoria's resource for helping our community to be emergency prepared.

PrepareVictoria.ca



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What it WILL take...

for you to be emergency prepared at home. A recipe the whole family will appreciate! Best of all, it will help your family cope for three days in the event of a disaster. To stretch this recipe for more days, add more food and water (4 litres per person per day).

Recipe for Disaster

Preparation Time: 8 hours approx. **Serves:** 4

Tip: Organize materials and purchases over 2 – 3 months

Hint: Prepare in advance

For thirst and hunger

- 36 litres of bottled water for a family of four (that's nine 4-litre plastic jugs)
- stockpile of canned food that does not require cooking, such as beans, fruits and vegetables, chili, stew, high protein soups, and juices
- granola bars and instant oatmeal
- dried beef or salmon jerky
- coffee, tea bags, and canned milk
- 1 – 2 manual can openers
- 4 camping bowls/plates and cutlery
- camp stove and fuel, or barbecue and extra propane/briquettes
- waterproof matches/butane lighters

For comfort and safety

- basic first aid kit and training
- telephone list of important numbers
- small amount of cash in low denominations (coins, \$5s and \$10s)
- small portable AM/FM radio and extra batteries
- 4 flashlights with extra batteries
- 4 blankets and towels
- 4 pairs of work gloves
- 4 large tarps and rope/tent for four
- 4 whistles, notepads and pens/pencils
- 1 sharp pair of scissors and camping knife
- package of oversized garbage bags

Personal extras

- over-the-counter and prescription medication
- hand sanitizer, toilet paper, and personal hygiene products
- extra pair of eye glasses or contact solution and case
- diapers, jarred baby food, formula, bottles and toys
- pet food, collar, leash, cage and water

Combine all ingredients and place in 1 – 2 large suitcases or plastic covered tubs with wheels. Store in a dark, cool, easily accessible place. Check food and store-bought bottled water for expiry dates and rotate water that you bottle yourself every 3 – 6 months.

Hint: Have a plan. Establish a family meeting place not far from home and know evacuation procedures for your child's school or daycare. Arrange for an out-of-area contact for family members to call and share information.

This recipe makes for a happier, safer family in the event of a disaster. Prepare Victoria!

For more information visit: PrepareVictoria.ca