



BASIC EMERGENCY KIT ITEMS

The key is to make sure your emergency supplies are organized, easy to find, and easy to carry (e.g. in a duffle bag or backpack) in case you need to evacuate your home. Whatever you do, do not wait for a disaster to happen to gather your supplies!

Must-have priority items:

- Water: Two litres per person per day. Include small bottles that can be carried easily.
- Food: Choose foods that won't spoil, such as energy bars, and dried foods. Remember to check and replace expired food annually.
- Flashlight(s) and/or headlamp(s) with spare batteries.
- Solar / battery-powered or hand-crank radio (ideally with ability to charge your phone) - ensure radio has Weatheradio Canada frequencies.
- First aid kit: Size should be based on the size of your family.
- Special needs items: Prescription medications, infant formula, or other equipment for people with disabilities.
- Extra keys for your car and home.
- Changes of clothing, toiletries (e.g. toothbrush, etc.).
- Cash: Include smaller bills, such as \$5-10 bills, and change for payphones.
- Family emergency plan: Include a copy of it in your kit, and ensure it contains in-town and out-of-town contact information.



For more information, visit:

<https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc/build-an-emergency-kit-and-grab-and-go-bag>

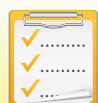
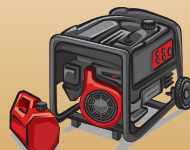


EXTENDED POWER OUTAGE

An extended power outage could leave you and your family without light, heat or hot water for up to 72hr or longer.

During a power outage:

- If your neighbor still has power, start by checking your circuit breaker panel or fuse box.
- Call **ATCO Electric at 1-800-661-0513** to see if they are aware of the outage. If not, then report the outage.
- Locate and use your safe lighting options.
- Use a home generator **ONLY** outdoors in an area where exhaust will not enter any buildings. Keep extra fuel stored safely (NEVER inside your home).
- Stay at least **10m (33ft)** away from fallen power lines at all times and do NOT remove any nearby debris.
- Turn off all appliances and electric heat sources.
- Turn off all lights except for one inside and out outside of your home so you know when the power is restored.



KEY DOCUMENTS TO TAKE WITH YOU

- Driver's Licence
- Insurance Policies
- Birth Certificates
- Medical Card
- Passport
- Will
- Identification
- Name/address of Doctor
- Title to vehicles (cars, boats, RV's etc.)
- Photo's or video of personal property
- Medication lists (what you take and how often)
- Medical Information

HOW TO USE A FIRE EXTINGUISHER



PULL THE PIN



AIM AT THE BASE OF FIRE



SQUEEZE THE LEVER



SWEEP SIDE TO SIDE

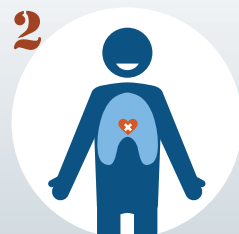
CPR FIRST AID EMERGENCY PROCEDURE

1 CALL AMBULANCE



CALL FOR HELP

2



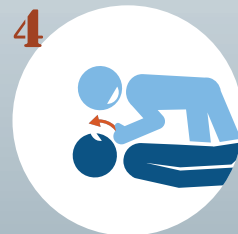
POSITION HANDS AT THE CENTER OF THE CHEST

3 PUMP



PUSH DOWN 30 TIMES (100 TIMES/MIN)
COMPRESS 2 INCHES (4-5CM)

4



TILT HEAD, LIFT CHIN,
CHECK BREATHING

5



GIVE TWO BREATHS
CONTINUE 30 PUMPS/2 BREATHS

6



RECOVERY POSITION
(IF PULSE PRESENT AND
BREATHING ON OWN)



Preparation of this document supported by:

Holistic Emergency Preparedness & Response

www.holistichepr.com

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Daylu Dena Council



EMERGENCY PROGRAM FAMILY GUIDE



EMERGENCY CONTACT NUMBERS

WATSON LAKE

RCMP - Emergency: 867-536-5555
 RCMP - Non-Emergency: 867-536-2677
 Ambulance: 867-536-4444

Forest Fire Reporting: *5555 (from cell)
 1-800-663-5555

Poison Control: 1-800-567-8911

Healthlink BC: 811

DAYLU DENA

Vanessa Law - call #1: 867-536-4562
 AJ - call #2: 867-334-3330

COMMUNITY MUSTER LOCATIONS

North: Watson Lake Recreation Centre

South: Iron Creek Lodge

Internal: Daylu Fuels - Gas Station

Out of province emergency contact:

Name: _____

Phone #: _____



WILDFIRES

Preparing for wildfire season:



- Prepare an emergency “Grab and Go” kit for each family member.
- Check for and remove fire hazards in and around your home, such as dry branches, leaves and debris.
- Learn fire safety techniques and teach them to your family members.

Be prepared to evacuate at any time. If you are forced to evacuate:



- Close all windows and doors in the house.
- Park your car, positioned forward out of the driveway. Keep car windows closed and have your valuables already packed in your car.
- Turn off propane or natural gas. Move any propane barbecues into the open, away from structures.
- Turn on the lights in the house, porch, garage and yard.
- Move all combustibles away from the house, including firewood and lawn furniture.
- Evacuate your family and pets to a safe location.
- Monitor local radio stations.



EARTHQUAKES



During an earthquake:

- If you are inside, stay inside and stay calm.
- Drop! Cover! & Hold on!
- After the shaking stops, count for at least 60 seconds, and then it is safe to come out.
- If you can't get under something strong, or if you are in a hallway, flatten yourself or crouch against an interior wall.
- Stay away from windows, and shelves with heavy objects.
- If you are outdoors, stay outdoors, go to an open area away from buildings.



If you are in a vehicle:

- Pull over to a safe place where you are not blocking the road. Keep roads clear for rescue and emergency vehicles.
- Avoid bridges, overpasses, underpasses, buildings or anything that could collapse.
- Stop the car and stay inside. Listen to your car radio for instructions from emergency officials.
- Do not attempt to get out of your car if downed power lines are across it.



For more information, visit:
<http://www.shakeoutbc.ca>

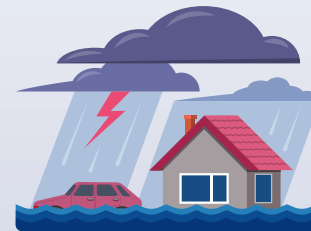


SEVERE WEATHER

Severe weather may include thunderstorms, hail, blizzards, ice storms, high winds or heavy rain. It can happen anytime of the year and without warning. Severe weather could leave you stranded and/or without power, so be prepared!

Preparing your home for severe weather:

- Make a household plan.
- Build an emergency kit with at least 72hr of supplies.
- Connect with your neighbors.
- Be prepared for an extended power outage.
- Make sure you inspect your chimney/flue regularly to ensure it is in good working order. This will help prevent structure fires and allows potentially harmful gases (such as carbon monoxide) to vent properly.
- Make sure your home is properly winterized with insulated walls and attics, and weather-stripping on doors and windows.
- Keep rain gutters clear of leaves or other debris.
- Remove branches from trees that could fall during strong winds.



Preparing your vehicle for severe weather:

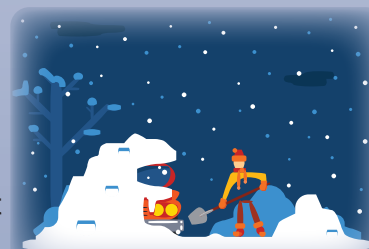
- Keep the tank full of gas
- Ensure your vehicle is equipped with winter tires or chains during the appropriate months of the year.
- Make sure you have an emergency kit in your vehicle.



- Phone 1-800-550-4997 for highway conditions or visit www.drivebc.ca
- Tell a family member or friends your route, departure and arrival times
- Listen to the radio for weather updates
- Know how to drive for the specific road conditions.
- Avoid driving in extreme conditions if you can.

Things to do if you are stranded:

- Stay in the vehicle and keep dry
- Run the engine sparingly for heat, keep the exhaust pipe clear
- Avoid long exposure and over-exertion
- Use a tea-light or survival candle for heat



For more information, visit:
<https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc/know-your-hazards/severe-weather>
OR
<https://roadsafetyatwork.ca/shift-into-winter/for-all-drivers/>



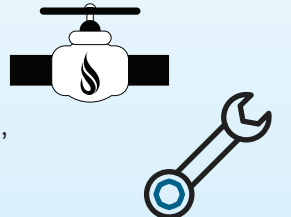
FLOODS

Preparing for a Flood:

- Store your important documents in plastic bins at a higher level in your home.
- Think of moving family/cultural and heritage items to somewhere not threatened by flooding.

If a flood “warning” is in effect:

- Turn off furnaces and the outside gas valve.
- Take special precautions to safeguard electrical, natural gas or propane heating equipment.



If flooding is imminent:

- Move furniture, electrical appliances and other belongings to floors above ground level.
- Remove toxic substances such as pesticides and insecticides from the flood area to prevent pollution.
- In some cases, homes may be protected with sandbags or polyethylene barriers. This approach requires specific instructions from your local emergency officials.
- Do NOT shut off electricity if water is present. Water and live electrical wires can be lethal.
- Keep your emergency kit close, in a portable container such as a duffel bag or backpack.
- Make arrangements for pets.



If you need to evacuate:

- Vacate your home when you are advised to do so by local emergency authorities.
- Take your emergency kit with you.
- Follow the routes specified by officials. Don't take shortcuts.
- If you are on foot, never cross a flooded area, fast water could sweep you away.
- If you are in a car, do not drive through flood waters or underpasses. The water may be deeper than it looks and your car could get stuck or swept away by fast water.
- Avoid crossing bridges if the water is high and flowing quickly.



After a flood:

- Do not re-enter your home until authorities have advised that it is safe to do so.



For more information, visit:
<https://www.canada.ca/flood-ready>