



# MY EMERGENCY PLAN



**TIP**

Keep a copy of this plan on your fridge and in your grab and go bag.

**Address:** \_\_\_\_\_

**Household members:**

Name	Cell	Other/Notes
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Meeting Places**

**Near home:** \_\_\_\_\_

**Out of area:** \_\_\_\_\_

**Out of Area Emergency Contact(s)**

The person you will check in with and use to relay messages

Name	Phone/cell	Email	Address
_____	_____	_____	_____
_____	_____	_____	_____

**Key Contacts**

List any other key contacts such as your family doctor, school, workplaces, alarm company, vet, neighbours

Name	Phone/cell	Email	Notes
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



**TIP**

List anyone designated to pick up children at school. Make sure the school has their contact info.



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## House

Which room will you take shelter in?  
(inside away from windows, etc.) \_\_\_\_\_

Location of Grab and Go Bag \_\_\_\_\_

Does every member of the household know how to turn off water? Electricity?  Yes  No

If you have to leave your house, leave a note telling people where you are



### TIP

Make large, easy-to-see signs and post beside utilities for easy, quick turn off.

## Grab 'n Go Bag

Compile a "grab and go" bag or emergency kit. Make a copy of this sheet and include it in the bag. If you have children, make it a game or family activity!

- |                                     |   |  |
|-------------------------------------|---|--|
| <input type="radio"/> Cash          | <input type="radio"/> Extra keys          | <input type="radio"/> Garbage and ziplock bags                   |
| <input type="radio"/> First Aid Kit | <input type="radio"/> Medications         | <input type="radio"/> Water and non-perishable food for 3-7 days |
| <input type="radio"/> Whistle       | <input type="radio"/> Phone charger       | <input type="radio"/> Pet food                                   |
| <input type="radio"/> Can opener    | <input type="radio"/> Moist towlettes     |  |
| <input type="radio"/> Blanket       | <input type="radio"/> Important documents |  |



### TIP

Take photos of your health card, SIN, birth certificate to have on your phone.

## Staying in touch and informed

- In an emergency, cell and internet service may be limited. Use cell phones only for emergency calls and keep calls short.
- Call your out-of-area contact.
- Check our website [southfrontenac.net](http://southfrontenac.net) and social media channels and listen to radio stations for local updates.



### TIP

Talk to your neighbours. Make a list of who has what to help in an emergency, eg, chainsaw, generators, etc.

## Check out these apps!

- **What3Words:** help emergency responders find you quickly using a unique combination of 3 words based on your location.
- **My SOS Family:** calls and texts your emergency contacts with a click of a button.