

# Building and Strengthening Disaster Readiness Among Neighbors &

## Build a Grab & Go Bag and a Home Emergency Plan

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Presentation sources:

Prepared BC Guides

Map Your Neighbourhood

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PREPAREDNESS

[dunbaremergency.ca](http://dunbaremergency.ca)

# Home Emergency Plan

Every household needs a home emergency plan. A home emergency plan is a playbook for how you and the people you live with are going to respond during an emergency.

There are two parts:

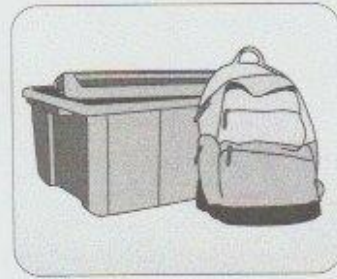
1. Preparing at home
2. Communication Planning



### 1. Know your hazards



### 2. Make your plan



### 3. Gather your supplies

A home emergency plan says how you and the people you live with will respond during an emergency. Knowing what to do, where to go and who to contact will reduce stress and help keep you focused and safe.

Everyone you live with may not be together when an emergency happens. It's important to practice your plan so you know how to connect with each other during an emergency.



Review and update your plan yearly, or if there is a change in your situation, such as a different job or school, getting a pet or moving to a new town.

## Where to keep your plan

Keep your completed home emergency plan with your emergency kit, so you know exactly where to find it.

Make copies to include in each person's grab-and-go bag. Make digital copies to keep with you in case the physical copy is lost.

# Make Your Plan

## IV. Make your Plan

Information that your plan should include:

- (a) Home address and contact information for everyone living with you.
- (b) List of local Emergency Services other than 911.
- (c) Local community information on where to get credible info during an emergency (e.g., DSH, local media).
- (d) Make a map of your home, including exits and escape routes out of your home. Practice twice a year, so everyone will remember.
- (e) Prepare your individual & family “Grab and Go” kits.

# Information in Your Plan

1. List the name and contact information for each household member including health number, medical needs.
2. List the the contact information for your healthcare providers
3. Do not forget to list the name, colour and identifying marks
4. As emergencies can happen during school. List the contact information for all schools and after school programs. Incase the parents or guardians are unable to pick up students from school provide the name of a designated adult. Make sure your child knows who this is and that the children carry a copy of this information in their book bags.
5. List a pre-agreed upon emergency contact nearby
6. Arrange an emergency contact outside your community or city that can be a central point of contact for your household members

# Important Documents

Keep copies of all your important documents in your Grab & Go Bag as well as in a safe place outside your home.

1. Birth Certificates
2. Marriage Certificates/Divorce Papers
3. Wills
4. Insurance Papers
5. Property Certificates/Land Registry
6. Passports
7. Driver's License
8. Copy of Medical Prescriptions
9. What Others???

## Map your home and utilities



Know how to turn off your main utilities. In certain emergencies, officials will ask that these be turned off for safety reasons.

**Important:** Do not shut off your natural gas when you receive an Evacuation Order. If requested by emergency officials, your natural gas service will be turned off as a precautionary measure.

If your gas is shut off at the meter, **DON'T** try to turn it back on. Only a licensed gas contractor can do that safely.

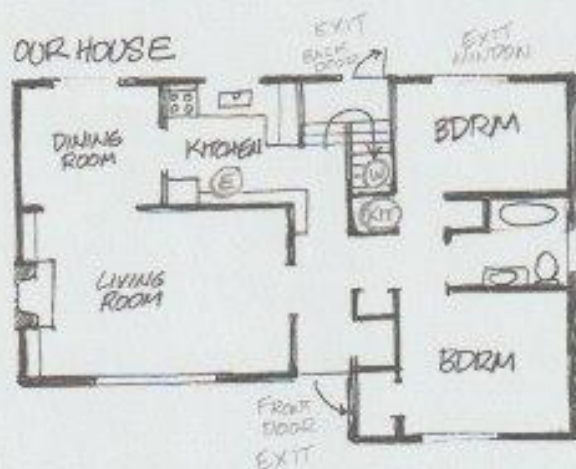
Use the following symbols to mark the location of your utilities in the space below.

Electricity (E)

Water (W)

Natural gas (G)

Example:



# Grab & Go kit Necessities

Individual Kits should include:

1. First Aid kit & medications
2. Battery powered radio
3. Flashlight
4. Whistle to signal for help
5. Local Map (identify family meeting place)
6. Cell Phone and chargers (inverter/solar charger)
7. At least 3 day supply of non perishable food and a can opener.
8. Dust mask
9. Garbage bags, moist towelettes and plastic ties for personal sanitation
10. Water (4 litres for 3 days or personal water filter)



# Grab & Go kit Necessities

11. Seasonal Clothing
12. Cash in small bills
13. A month's supply of prescription medications
14. Extra set of contact lenses/prescription glasses
15. A favourite paperback book
16. Deck of cards
17. Pencil and paper
18. Comfort snack food
19. Personal toiletries
20. Health Care Card#
21. Emergency blanket
22. HELP/OK Sign

# Building & Strengthening Disaster Readiness Among Neighbours

In a disaster, your neighbors are your closest source of help. In *The Map Your Neighbourhood Workbook* you will:

1. Learn the first 9 Steps to take immediately after a disaster to secure your home and protect your neighborhood. It is hard to think clearly following disaster. These steps will help you quickly and safely do things that really help.
2. Find out the skills and equipment each neighbor has that are useful after a disaster strikes. Knowing which neighbors have supplies and skills aids your response and allows everyone to help in a meaningful way

# Building & Strengthening Disaster Readiness Among Neighbours

3. Create a Neighborhood Map showing the locations of:

- Each natural gas meter and propane tank.

About 67% of house fires following disasters are caused by leaking gas.

Knowing where these meters are and shutting them off helps prevent fire.

- Each neighbor who is elderly, disabled, or homes where children may be alone at certain hours of the day.

Checking on neighbors prone to injury helps protect them.

# 9 Steps – Immediately Following Disaster: AT HOME

Step 1. Take care of your loved ones.

Step 2. Dress for safety. A bicycle helmet or hard hat protects from falling debris. Sturdy shoes protect from broken glass. Leather gloves protect from sharp objects.

Step 3. Check the natural gas or propane at your home. Shut off if necessary. This is one of the best ways to prevent fire.

Step 4. Shut off water at the house main to trap water in your home. This will keep pollutants out of possible drinking water, like that in your water heater.

Step 5. Place the Help or OK sign (see front page) on your front door or window. Posting the sign helps your neighbors locate those who need help first.

Step 6. Put your fire extinguisher on the sidewalk or where neighbors can see it. This way, if a neighbor has a small fire after a disaster, extinguishers are on hand. Step SS

# 9 Steps – Immediately Following Disaster: AT HOME

## WITH NEIGHBORS...

Step 7. After Steps 1-6 are completed, go to the Neighborhood Gathering Site. (Form Teams at the Neighborhood Gathering Site:

Step 8. Team 1 will listen to the Emergency Alert System (AM/FM radio), or to a Canada Weather radio station and keep neighbors informed of what they learn.

Team 2 will check on neighbors who are elderly, those disabled, or homes where children may be alone.

Team 3 will check all natural gas meters and propane tanks, and shut off the gas as necessary.

Team 4 will check on all homes with the “HELP” card displayed on the front door or window, or with no card showing. Be prepared to give first aid. Trust your instincts. If something feels unsafe, stay out.

Step 9. After your Team has completed its work, go back to the Neighborhood Gathering Site. Share what you have done with the rest of your neighbors.

## **Selecting a Neighborhood Gathering Site**

Come to the Neighborhood Gathering Site after you finish Steps 1-6. This will help you organize and reduce confusion. The Neighborhood Gathering Site is in a protected area that is easily seen. The visibility will help remind everyone that they should come here. An open garage, porch or carport would work well and protect you from the elements. Stay clear of power lines and damaged structures.

## **Selecting a Neighborhood Care Center**

A Neighborhood Care Center is inside someone's home. It is a place where children, those who are elderly and those with disability can be brought so they are not alone and where they can be given care.

# Neighborhood Skills and Equipment Inventory

Who knows what? Who has what? Who can do what?

Write the names of neighbors with these skills/knowledge and equipment/supplies.

## **SKILLS / KNOWLEDGE:**

First Aid, Child care, Elder care, Search and Rescue, and Crisis counseling skills

Trades skills: Plumber, carpenter, gas fitter, and Electrician

Fire Fighting Skills

Military/Service Skills

**HAM Radio Operator**

Language Skills

Coordinating/Organizational Skills

Other skills that may be helpful in an emergency:

# Equipment / Supplies:

- First Aid Supplies
- Tents and camping equipment
- Spare Bedding
- Chain Saw
- Generator
- Fire Extinguisher
- Rope
- Hadders
- Ham Radio
- Walkie Talkies
- Hand tools
- Power tools



# Your Neighborhood Map

1. Draw the layout of streets, building lots and houses. Number building lots in order.  
This will allow you to easily match each house to the information on the Contact List.
2. Mark exact locations of gas meters and other hazards.

## **Your Neighborhood Contact List**

Information to include:

House or Unit #

Adults and childrens names

Phone and email addresses

Pets name and kinds

Any Person with Specific needs

# How To Conduct Your Map Your Neighbourhood

There are two ways to Conduct a MYN:

1. Invite a couple of neighbours into your home for the 90 minute program. Follow up with several more presentations with other neighbours involved.

DEEP will assist in facilitating for the first presentation and offer planning assistance

2. Optional Approach

# Optional Approach

## **Optional Approaches**

- 1. Larger public presentation with or without Video and Discussion**
- 2. Invitations to neighbours for home gathering with or without Video**
- 3. Introduction to individual neighbours with personal visit-  
“Individual Household Approach”**

# QUESTIONS