

Why are Emergency Kits necessary?

Public Safety and Emergency Preparedness Canada recommends that all households be self-sufficient for a minimum of 72 hours. Following a disaster (e.g. tornado, earthquake, ice storm) it might take three days or more to rescue you or to restore utilities.

In the case of a pandemic of infectious disease, it may take much longer than 72 hours for you to be able to access services outside of your home. A '72-Hour Plus' emergency kit should be prepared for you and your family to cope with this type of wide-spread and long-term public emergency.

Every household should have an emergency kit prepared to cope with a lack of electricity, natural gas and water, and to cope with not being able to access food, medications or other goods outside of the home.

An emergency preparedness guide can be obtained from Public Safety and Emergency Preparedness Canada by phoning 1-800-926-9105 or by going to their website www.epweek.ca.



Plan

Your

Kit



A guide to creating your own '72-Hour Plus' Emergency Kit

What is a '72-Hour Plus' Emergency Kit?

If widespread illness occurs, temporary shortages of food, medications and other vital items could occur. The '72-Hour Plus' emergency kit lists items needed for 72 hours of self-sufficiency plus other items possibly needed during the peak of a pandemic wave when items might not be available for two or more weeks.

What should the kit include?

A supply of essential items which might not be available in stores for two weeks or more.

Food/water items

- Dry food: cereal, trail mix, nuts, crackers, granola, powdered milk, coffee, tea, etc.
- Canned food: meat, fish, fruit, fruit juice, canned milk, vegetables, soup, beans, honey, peanut butter, etc. Be sure to have a manual can and bottle opener available
- Special foods: special diets, baby food and formula, pet food
- Water: Four liters per person per day - two for drinking and two for cooking, cleaning and personal hygiene
- If water is available, but possibly contaminated, it can be made safe to drink by heating to a rolling boil for one minute
- A camp stove will be needed to boil water if no electricity and/or natural gas is available
- A chemical toilet (type used for camping) would be valuable if water is not available

Sickness care items

- Thermometer to measure fever
- Over-the-counter medications for relieving influenza symptoms: headache, fever, cough, runny nose, sore throat, sore muscles, etc.
- Alcohol hand sanitizer and soap and water for hand washing
- Masks (regular procedure masks) and latex or vinyl gloves to wear when caring for persons who have influenza

Health and sanitation items

- Essential prescription medications: e.g. insulin, heart medicine, antidepressants, etc. As a minimum, people should renew essential medication prescriptions when they have a two-week supply left. However, it is advisable to maintain a two-month supply. Discuss this with your doctor.
- Miscellaneous over-the-counter medications: e.g. antacids, anti-diarrheal, anti-histamine, and pet medications
- Vitamins, dietary supplements (ones you normally use),
- Basic first aid kit: tweezers, sharp scissors, band aids, cotton balls, tape, etc.
- Toilet paper, diapers, facial tissues, feminine hygiene items, shampoo, soap, tooth paste, dental floss, etc.
- Equipment/supplies for persons with specific conditions: inhalers, contact lens solutions, batteries for hearing aids
- Extra eyeglasses in case your only pair gets broken
- Garbage bags and paper towels for sanitation

Other items

- Cash: small bills and some change. Bank/credit card machines could be temporarily out of service
- Radio with extra batteries or crank operated
- Flashlight with extra batteries
- Candles and matches or lighter
- A whistle in case you need to attract attention. Some emergency flashlight/radio combinations have a siren which will attract attention.
- Basic tools: screwdrivers, pliers, hammer, wrench, fasteners, duct tape
- Games, books, toys

