



# Be Prepared this Winter Season

Having a plan and emergency supplies for your home and car will help ensure you and your loved ones are safe this winter.

## Steps you can take to be prepared this season include:

### Make an emergency plan for your household

Think about what you would do in different situations and make a plan with every member of your household.

Things to consider include:

- know how you will communicate during an emergency
- know how to safely evacuate your home – by a main exit and an alternate one
- review household fire safety
- know how to turn off main utilities (water, electricity, gas)
- plan for medical needs and disabilities
- have a list of emergency numbers

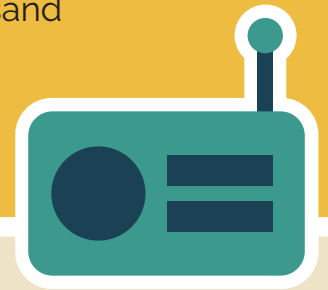


### Keep a winter survival kit in your car

Be prepared for winter driving and always keep a winter survival kit in your car.

Kits should include:

- charged phone
- water
- non-perishable food
- flashlight
- blanket and warm clothes
- jumper cables
- shovel
- traction mats or sand
- candles and a lighter or matches



### Build a 72-hour emergency kit

Your emergency survival kit should have everything you and your household would need for at least three days immediately following an emergency.

Essentials for your kit include:

- food (non-perishable and easy-to-prepare items, enough for three days) and a manual can opener
- bottled water (4 litres per person for each day)
- medication(s)
- flashlight and glow stick
- radio (crank or battery-run)
- extra batteries
- first-aid kit
- candles and matches/lighter
- hand sanitizer or moist towelettes
- important papers (identification, contact lists, copies of prescriptions, etc.)
- extra car keys and cash
- whistle (to attract attention, if needed)
- zip-lock bag (to keep things dry)
- garbage bags

You should also consider your household's unique needs, including items for babies and small children (diapers, formula) and pet food and supplies.

