



# EMERGENCY ACTION PLAN

## Are you Prepared?

Your best strategy in dealing with a disaster is to be as prepared as possible.



**HOME ADDRESS:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**EMERGENCIES..... DIAL 9-1-1**

Fire, Police, Ambulance..... **9-1-1**  
Gas Emergency – ATCO Gas..... **403-646-2365**  
Electrical Emergency – FORTIS ..... **310-(WIRE)9473**  
Poison Control Centre ..... **1-800-332-1414**  
Health Link ..... **8-1-1**  
Community & Social Services ..... **2-1-1**  
Alberta Transportation Information ..... **5-1-1**  
Alberta Health Services Mental Health Help Line **1-877-303-2642**

**Public safety locations**

Knowing where you can go for help is important. Public safety locations can be a centralized location for information and support for your community.



**Fire station**

Address: 2504 21 Ave  
403-646-2526



**Police station**

Address: 2501 21 Street  
403-646-5722



**Medical facility**

Address: 2214 20 Street  
403-646-2218



**Hospital**

Address: 221 43 Ave West Claresholm  
403-682-3700  
Address: 560 9 Ave Southwest High River  
403-652-2200

## Stay connected

Plan how you will contact family and loved ones if a disaster or emergency strikes. Write down key emergency contact information and include a list of immediate family members, friends and out-of-area contacts. Choose an out-of-area contact who can help your household reconnect during an emergency, as it may be easier to make long-distance calls if local phone lines are overloaded.

### Important phone numbers

1. Name:

Phone number: \_\_\_\_\_

2. Name:

Phone number: \_\_\_\_\_

3. Name:

Phone number: \_\_\_\_\_

4. Out-of-area name:

Out-of-area phone number: \_\_\_\_\_

### Family reunion plan

Designate two common meeting places for everyone in the family to meet in the event of an emergency. Choose one location near your home (Primary Address) and one location outside of your community (Secondary Address).

Primary Address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Secondary Address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Emergency Reception Centre:** Alberta Emergency Alert will notify you where an emergency reception centre will be set up.



## Evacuation

If you are instructed to evacuate, please do so at once. Follow directions from emergency personnel and before leaving your home, follow these important steps:

- Shut off utilities if instructed to do so.
- Take your emergency supplies, including important documents and medications.
- Bring your pets and emergency pet supplies with you.
- Lock up your home.
- Register at a designated information centre or reception centre.
- Monitor TV, radio or **www.nanton.ca** for further instructions.

## Shelter-in-place

In certain circumstances you may be instructed to “shelter-in-place”.

This means that you would take shelter inside your current location, whether that’s your home, workplace, vehicle or wherever you happen to be.

The following steps will help maximize your protection:

- Close all windows and doors.
- If you see or suspect a hazardous materials release, turn off fans and close all vents. Tape a garbage bag over them to keep gases, vapors or smoke out. If you are in a vehicle, turn off fans and close all vents.
- Keep your emergency supplies with you, including **a radio and a cell phone.**

## Preparing for Emergencies



## Medical information

Having important medical information for your family handy is critical in case you need to leave your home and access medical help.

### Physician

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

### Pharmacy

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

### Health card information

1. Name: \_\_\_\_\_

Health Card #: \_\_\_\_\_ Province: \_\_\_\_\_

2. Name: \_\_\_\_\_

Health Card #: \_\_\_\_\_ Province: \_\_\_\_\_

3. Name: \_\_\_\_\_

Health Card #: \_\_\_\_\_ Province: \_\_\_\_\_

4. Name: \_\_\_\_\_

Health Card #: \_\_\_\_\_ Province: \_\_\_\_\_

### Medications

1. Name: \_\_\_\_\_

Medication: \_\_\_\_\_ Dosage: \_\_\_\_\_

2. Name: \_\_\_\_\_

Medication: \_\_\_\_\_ Dosage: \_\_\_\_\_

3. Name: \_\_\_\_\_

Medication: \_\_\_\_\_ Dosage: \_\_\_\_\_

# Important documents

Keep copies of important documents in a safe and accessible place. Consider including digital copies of documents, photos and anything else you might want to keep.

- ☐ Passports
- ☐ Birth Certificates
- ☐ Marriage Certificate
- ☐ Insurance Policies
- ☐ Educational Records
- ☐ Bank Account numbers
- ☐ Household inventory records
- ☐ Safety deposit box key
- ☐ Wills and powers of attorney
- ☐ Credit card numbers and contacts
- ☐ Pet registration, photo, vet name and medical information
- ☐ Warranties
- ☐ Social Insurance Numbers
- ☐ Immunization and medical records
- ☐ Income tax returns
- ☐ Recent photos of family members
- ☐ Health care numbers
- ☐ USB back-up of electronic files and photos



Learn more about how to prepare your family and home for an emergency. To find out how to prepare, how to stay safe during an emergency and what to expect after, visit [alberta.ca/emergency-preparedness](http://alberta.ca/emergency-preparedness)

# 72-Hour Emergency Kit

In the event of an emergency, responders may be busy assisting those in immediate danger. The 72-hour kit will ensure that you and your family can support yourselves for three days in an emergency situation.

## Personal documents and items

- ☐ Some cash in smaller bills
- ☐ Copies of important documents

## Special needs items

- ☐ Infant needs (diapers, formula, bottles etc.)
- ☐ Prescription medication
- ☐ Extra pair of prescription glasses or contact lenses
- ☐ Pet items (food, leash, muzzle, medication etc.)



## Equipment

- ☐ Wind up or battery-operated flashlight and batteries (replace batteries every year)
- ☐ Wind up or battery-operated radio and batteries (replace batteries every year)
- ☐ Extra clothing (including warm items) and blankets or sleeping bags.

## Food and water

- ☐ Four liters of drinking water per person per day
  - ☐ Non-perishable food
- (Remember to check and replace food and water once a year)



## Toiletries

- ☐ First Aid kit and toiletries

For a complete list of suggested supplies, visit [alberta.ca/emergency-preparedness](http://alberta.ca/emergency-preparedness) or [www.nanton.ca](http://www.nanton.ca)

## Stay informed

It is important to be able to gather news and updates from trusted sources during a disaster.

### Websites

[www.nanton.ca](http://www.nanton.ca)

[www.weather.gc.ca](http://www.weather.gc.ca)

### Apps and Alerts

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

[emergencyalert.alberta.ca](http://emergencyalert.alberta.ca)

### Social media



[facebook.com/Nanton](https://facebook.com/Nanton)



### Acknowledgements:

