



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.

