

Emergency Preparedness Workshop

The Allies in Action Project educates newcomers to Canada about domestic abuse/family violence and how to maintain healthy family relationships.

Why it is important to know what could happen in BC?

If you know which disaster or risks you face, you can prepare yourself better for emergencies.

For example: If the province is known for forest fires in Summer, then you know there will be a change in air conditions during the fire season. Therefore, you can prepare by buying masks or an air purifier, or by making evacuation plans in advance – before there is any risk.

What steps can we take to prepare for an emergency?

- **Step 1. Know the Potential Hazards**

Hazards vary depending on where you live (e.g., earthquake, fire, avalanche, power outage, etc.). So, the most important thing you need to do is to learn about the events and conditions that are potential hazards in your area (see "[Top 10 Hazards in B.C.](#)").

- **Step 2. Make a Household Plan**

Here are some key steps you can take to help your family prepare for an emergency:

- Make a list of family and emergency contacts and make sure everybody in your family has a copy of it. It's a good idea to include friends or relatives who live outside BC.
- Decide on a place to meet in case your family becomes separated during the emergency.
- Find out about the emergency plan at your child's day care and/or your children's school.
- If you are leaving home, put a sign in the window saying you are [OK](#).
- Contact local government to find out how to get emergency alerts and correct information.
- Know how to turn off things around your home such as gas, in case of leaks, and the electrical panel, in case of water damage or flooding.
- Store emergency water

Resources:

- Province of British Columbia, "[Prepare Your Household](#)"
- [PreparedBC: Household Preparedness Guide](#)
- [PreparedBC: Household Emergency Plan](#)
- [PreparedBC: Guide for Apartments, Condos and Townhomes](#)

- **Step 3. Put Together an Emergency Supplies Kit**

- It is important to have a prepared [home emergency kit](#) so that you and your family can take care of yourselves for a few days after an emergency.

- These **personal items** should also be in your family emergency kit:

Passports

Landing documents

Birth certificate

Insurance papers

Permanent Resident/Citizenship Documents

Other important family documents/certificates

Prescription glasses and medications

- You might like to include some **small comfort items** in your kit as well, especially you're your children:

Special sweets or snacks

A few special photos

A special book or toy

Resources:

- Province of British Columbia, "[Build an Emergency Kit](#)"
- Instructions for building an Emergency Kit are on the PreparedBC website in several other languages: [Chinese](#), [Vietnamese](#), [French](#), [Punjabi](#), and [Spanish](#).

- **Step 4. Connect with Your Community.**

- Attend free Emergency Preparedness Workshops in your Community
- Sign up for [Vic-Alert](#) to receive emergency notices and alerts from the City of Victoria via text, phone, and e-mail
- Become familiar with other resources in your community

Resources:

- [PreparedBC: In It Together – Neighbourhood Preparedness Guide](#)
- [City of Victoria: Public Safety – Emergency Preparedness](#)
- [VictoriaReady: Community Powered Emergency Preparedness](#) (Information brochure)