

Calgary



# Are you ready?

No one ever thinks a disaster will happen to them. Your best strategy in dealing with a disaster is to be as prepared as possible. The Calgary Emergency Management Agency invites you to take a few simple actions to be better prepared in case of an emergency.



## Home address:

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## EMERGENCIES ..... DIAL 9-1-1

Fire, Police, Ambulance.....	9-1-1
Gas Emergency – ATCO Gas .....	403-245-7222
Electrical Emergency – ENMAX .....	403-514-6100
All other City Services.....	3-1-1
Poison Control Centre .....	1-800-332-1414
Health Link.....	8-1-1
Community & Social Services .....	2-1-1
Alberta Transportation Information .....	5-1-1
Police Non-Emergency Line.....	403-266-1234

## 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:

Phone number:

### Police station



Address:

Phone number:

### Hospital or medical facility



Address:

Phone number:

## Stay connected

Plan how you will contact family and loved ones if a disaster 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 a common meeting place outside your community for everyone in the family to meet in the event of an emergency.

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 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 72-hour emergency kit, 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 your TV, radio or [calgary.ca](http://calgary.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.
- In 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 kit with you, including a radio and a cell phone.
- Monitor your TV, radio or [calgary.ca](http://calgary.ca) until you are told all is safe or you are advised to evacuate.



## 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: \_\_\_\_\_

### Alberta health card information

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

Alberta Health Card #: \_\_\_\_\_

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

Alberta Health Card #: \_\_\_\_\_

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

Alberta Health Card #: \_\_\_\_\_

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

Alberta Health Card #: \_\_\_\_\_

### Medications

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

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

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

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

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

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

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

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

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

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

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

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

## Important documents

Keep copies of important documents in a safe 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
- Driver's license 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 what the risks are in Calgary, how to make an emergency action plan, how to build a 72-hour kit and to take the Calgary Emergency Management Agency's Ready Calgary course, visit [calgary.ca/getready](https://calgary.ca/getready)

## 72-hour emergency kit

In the event of an emergency, responders may be busy assisting those in immediate danger. The 72-hour kit holds supplies to support you and your family for three days in an emergency situation.

### Food and water

- Four litres of drinking water per person per day
- Non-perishable food

(Remember to check and replace food and water once a year)



### 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



### Toiletries

- First Aid kit and toiletries



### 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.)



### Personal documents and items

- Some cash in smaller bills
- Copies of important documents



For a complete list of suggested kit contents, visit [calgary.ca/getready](http://calgary.ca/getready)

## Stay informed

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

### Websites

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

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

### Apps and Alerts

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

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

### Social media

 [@CityofCalgary](https://twitter.com/CityofCalgary)

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

 [@CalgaryPolice](https://twitter.com/CalgaryPolice)

 [@Safety\\_Canada](https://twitter.com/Safety_Canada)

