



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 Town of Claresholm has been granted permission to use the Calgary Emergency Management Agency's "Are You Ready" information booklet. This booklet helps you to take a few simple actions to be better prepared in case of an emergency.



Stay informed

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

Websites

claresholm.ca

weather.gc.ca

www.alberta.ca/emergency-preparedness.aspx

Apps and Alerts

alertready.ca

emergencyalert.alberta.ca

Social media

 facebook.com/claresholm



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

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, how to make an emergency action plan, and how to build a 72-hour kit visit calgary.ca/getready.

Home address:

EMERGENCIES DIAL 9-1-1

Fire, Police, Ambulance.....	9-1-1
Gas Emergency – ATCO Gas.....	403-625-3445
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

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



350 43 Ave West

403-625-3922

Police station



366 48 Ave West

403-625-4445

Hospital or medical facility



221 43 Ave West

403-682-3700

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, often this information is stored on your mobile device. Writing this down is a back up in case your mobile device is unusable.

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:

Emergency Reception Centre

An 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:

- 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 emergency reception centre.
- Monitor for further updates from Alberta Emergency Alerts.
- Shut off utilities if instructed to do so.

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.
- 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 for further updates from Alberta Emergency Alerts.



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: _____