



Emergency Preparedness: Be Ready for Anything

Natural disasters may be beyond our control, but there are ways to reduce the risk and the impact of whatever emergency we might face - whether natural or human-induced.

Emergency Preparedness Week (May 2-8, 2021) encourages Canadians to take concrete actions to be better prepared to protect themselves and their families during emergencies. This special week is a national effort of provincial and territorial emergency management organizations, and Public Safety Canada.

By taking a few simple steps, you can become better prepared to face a range of emergencies – anytime, anywhere. It is important to:

- Know the risks – Although the consequences of disasters can be similar, knowing the risks specific to our community and our region can help you better prepare.
- Make a plan – It will help you and your family know what to do
- Get an emergency kit – During an emergency, we will all need some basic supplies. We may need to get by without power or tap water. Be prepared to be self-sufficient for at least 72 hours in an emergency.

Visit www.getprepared.ca for more resources to help you and your family prepare for all types of emergencies.

This year, the COVID-19 global pandemic continues to have unprecedented impact on Canadians. While governments at all levels are working hard to keep Canada safe; now, more than ever, we understand that we all have a role to play in emergency preparedness. You can help to protect yourself, and others, against COVID-19 by staying informed. We encourage all Canadians visit Canada.ca/coronavirus for the latest information on the response to COVID-19 and more tips on how to continue to help prevent the spread.

This week, take concrete actions to be better prepared. Please do your part! Experience has shown that individual preparedness goes a long way to help people cope better - both during and after a major disaster. Get an emergency kit now - it can make a world of difference.