

# **Is Your Family Prepared? Lions Club Prepared?**

**An Emergency Preparedness**

# You should be prepared...

- ...to take care of yourself and your family for a minimum of 72 hours. If a disaster happens in your community, it may take emergency workers some time to get to you as they help those in desperate need.
- Learn a few simple steps today and be prepared, not scared!



# Step 1: Know the Risks

- Canadians face a number of hazards, from earthquakes in British Columbia, to blizzards in Nunavut, to Forest Fires in Fort Mac Murray. In addition to natural disasters there are other types of risks, such as pandemics, power outages and the possibility of acts of terrorism on Canadian soil. We need to prepare for all types of emergencies.



# Natural events:

- Floods
- Earthquakes
- Landslides & avalanches
- Drought & wildfires
- Tsunamis or storm surges
- Severe storms, including tornadoes, hurricanes & blizzards
- Infectious disease outbreaks



# Alberta Disasters

Ray Giguere Commercial Photography

Edmonton  
1987



PINE LAKE 2000



FORT MAC MURRAY 2016



SLAVE LAKE 2000



HIGH RIVER 2013



# Human Caused Emergencies:

- Blackouts
- Transportation accidents (road, rail, air)
- Hazardous material spills or fumes
- Explosions & fires
- Industrial accidents
- Nuclear incidents
- Terrorism





**401 Crash near Windsor, Sept 1999**



**Plastics Fire in Cobourg, April 2005**



**Train Derailment near Belleville, Feb 2003**



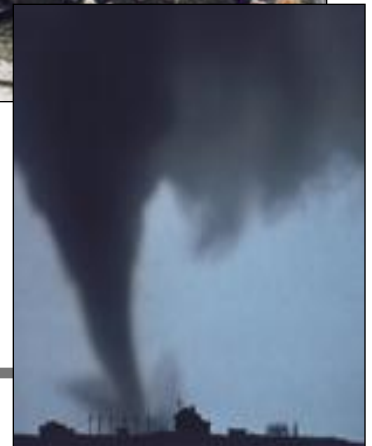
**Eastern Blackout, Aug 2003**

**Hagersville Tire Fire, Feb 1990**



# What could happen here?

- Transportation incidents involving dangerous goods and/or passengers ( Alberta Highways 1, 2, & 3, railways & air)
- Severe summer storms
- Tornadoes
- Severe winter storms-- ice, freezing rain & snow
- Human health emergencies





# Step 2: Make a Plan

- Every household needs a plan
- A plan will help you and your family know what to do in case of an emergency
- Your family may not be together when an emergency happens— plan how to meet or contact one another
- Talk about what you would do in different situations



# Household Plan: Escape Routes

- Plan emergency exits from each room of your home
- If you live in an apartment, do not plan to use the elevators
- Practice at least once a year with the whole family
- Identify an escape route from your neighbourhood, in case you are ordered to evacuate



# Household Plan: Meeting Places

- Choose a safe place where everyone should meet if they have to leave home in an emergency
- The meeting place should be on the same side of the street as your home, so you won't have to cross the street into traffic or in front of fire trucks or ambulances



# Step 3: Prepare a Kit

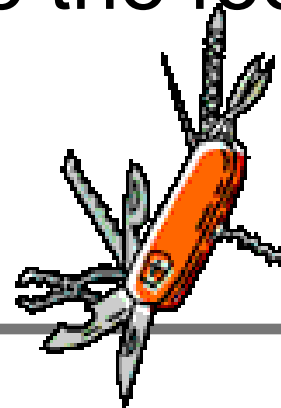
- In an emergency you will need some basic supplies. You may need to get by without power or tap water. You should be prepared to be self-sufficient for at least 72 hours.
- **Make sure your kit is easy to carry.** Keep it in a backpack, duffel bag or suitcase with wheels, in an easy-to-reach place, such as your front hall closet. Make sure everyone in the house knows where to find the emergency kit.





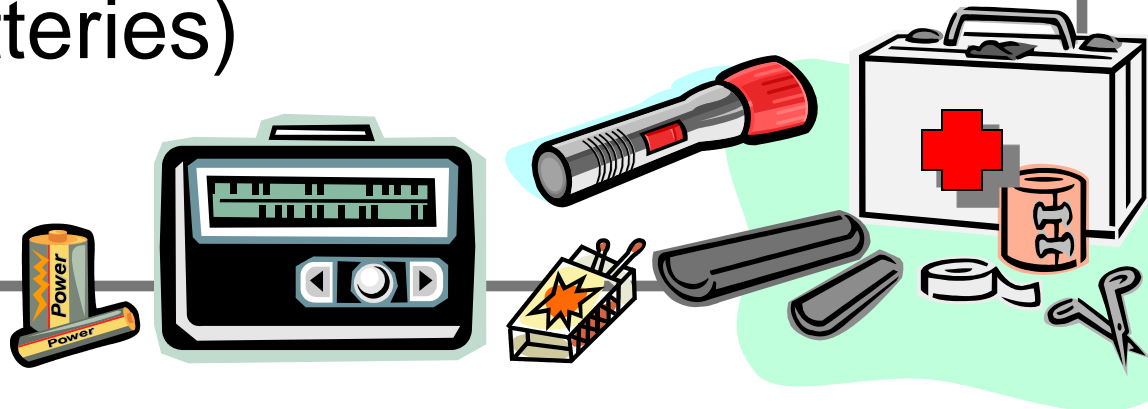
# Emergency Kit Contents:

- **Water** – at least two litres of water per person per day (Include small bottles that can be carried easily in case of an evacuation order)
- **Food** that won't spoil, such as canned food, energy bars and dried foods (remember to replace the food and water once a year)
- **Manual can opener**



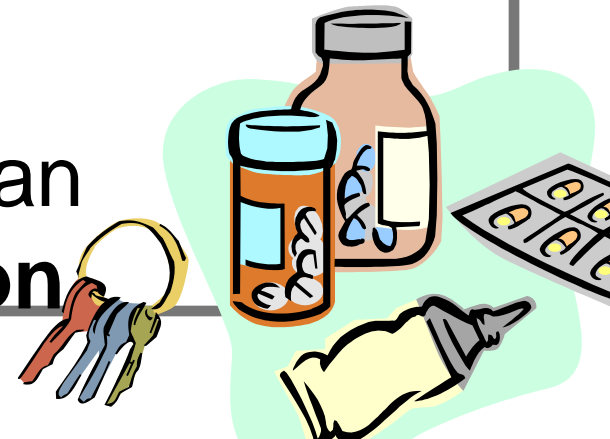
# Emergency Kit Contents:

- **Flashlight and batteries**
- **Candles and matches or lighter**  
(remember to place candles in sturdy containers and to put them out before going to sleep)
- **Battery-powered or wind-up radio**  
(and extra batteries)
- **First aid kit**



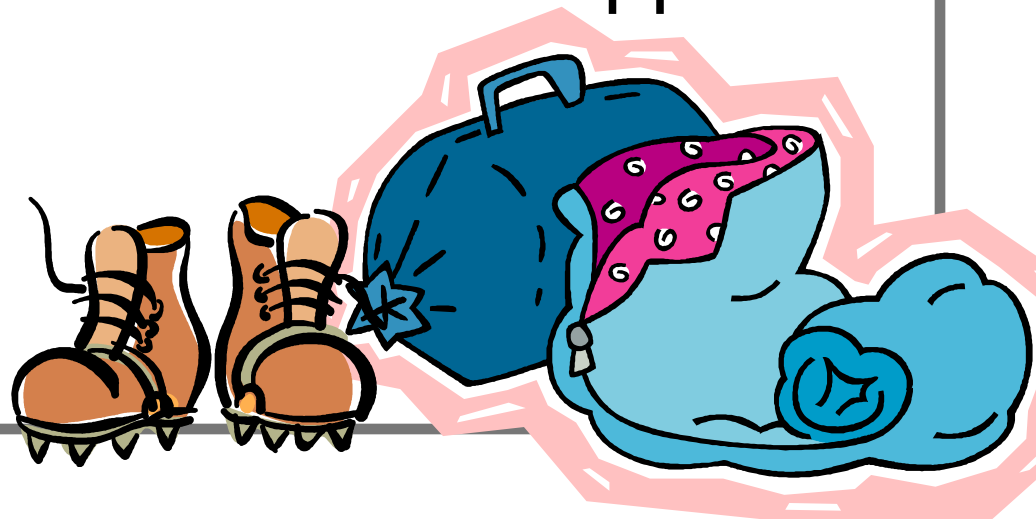
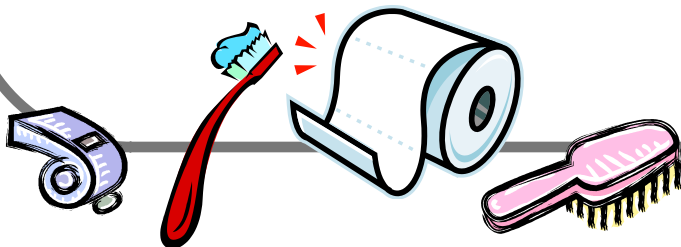
# Emergency Kit Contents:

- Special items such as **prescription medications, infant formula and equipment for people with disabilities**
- **Extra keys** for your car and house
- Some **cash in smaller bills**, such as \$10 bills, and change for payphones (Yes)
- A copy of your emergency plan including **contact information**



# Additional Kit Supplies:

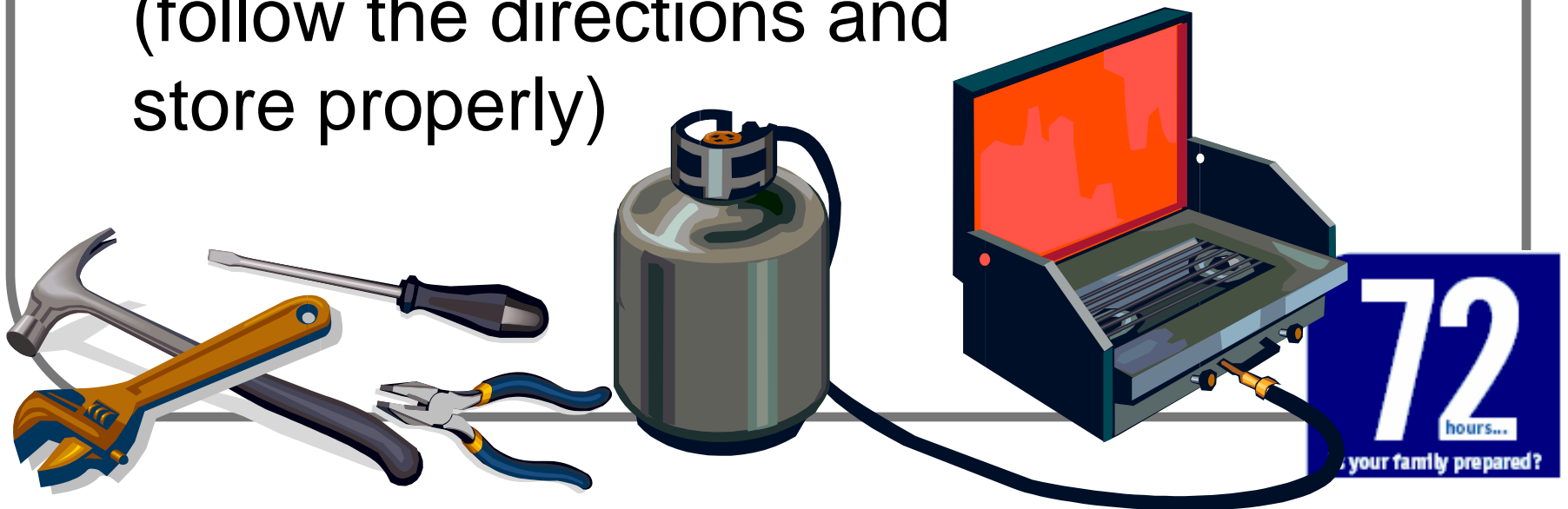
- A change of clothing and footwear for each household member
- Sleeping bag or warm blanket for each household member
- Toilet paper and personal care supplies
- A whistle
- Garbage bags





# Additional Kit Supplies:

- Safety gloves
- Basic tools (hammer, pliers, wrench, screwdrivers, nails, etc.)
- Small fuel-driven stove and extra fuel (follow the directions and store properly)



# Prepare Now!

- Don't wait for an emergency to happen. There are simple things you can do now to prepare yourself and your family.
- Complete this guide one evening this week or during the weekend. Help your family make a plan and prepare your kit!
- On this date next year, review your contact information, practice your emergency evacuation plans and restock the contents of your kit.



- District C-2



**ALERT**  
**TEAM**

preparedness • response • relief



- **Mission Statement**

- In this challenging world of global terrorism, homeland security, extreme natural hazards, and human suffering, the members of the Lions Clubs International District C-2 will provide immediate and timely assistance to our neighbours and communities in preparing for, during, and in the aftermath of such critical emergency situations.





# Goals

- All District C-2's 80 clubs are invited to participate in the “**EMERGENCY PREPAREDNESS PLAN COMMITTEE**“, to collectively develop the “**LIONS INTERNATIONAL DISTRICT C-2 EMERGENCY PREPAREDNESS PLAN**,” which will establish a clear and integrated process where the Lions Clubs can interface with emergency response agencies.

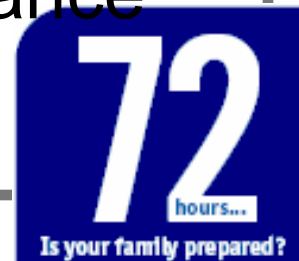


- Participating Lions Club Members will partner with community emergency response teams to develop Zone Plans and/or community emergency preparedness plans such as: **“District C-2, ZONE 7b EMERGENCY PREPAREDNESS PLAN”**, or a basic **“EMERGENCY SHELTER TRAINING AND/OR CLUB EMERGENCY MANAGEMENT PLAN”**.



- Lion Members shall have their own Emergency Preparedness Plan AND Kit which consists of a home survival kit, evacuation kit, and first aid kit
- Develop programs to assist Alberta's Special Needs population in the event of emergency evacuation procedures.

- Opportunities to Serve: “Adopt a Shelter”, “Adopt a Care Home”, “Retrofitting of Emergency Shelters Project”, “Shelter in Place”, “Lions Volunteer at local Emergency HQ”, Red Cross Volunteer, Security, Cooking, Medical Assist, “Lions Public Awareness Campaign to Enlist Organizations”, “Lions Outreach Plan for Home Visits”, “Summit for Care Givers”, “Disaster Recovery Assistance Centers.”





- **Establish a District C-2 Phone Tree** for the EMERGENCY PREPAREDNESS PLAN. Invite all Region Chairs and Zone Chairs to assist.



- **Your Club's Emergency Plan**
- **2016 ? ?**



- Lions clubs, districts, and multiple districts have contacted local authorities and developed Lions ALERT plans to provide assistance in the event of a natural, man-made, or healthcare emergency. Example Lions ALERT plans appear below.



- **Created Volunteer Database** Dist. 13 H, Ohio, USA. Lions worked with the federal government and local health departments to develop a database of trained, service club volunteers.
- **Collect and Deliver Supplies** MD 18, Georgia, USA. Lions partnered with a local company for the collection and delivery of donated supplies to disaster victims.
- **Pandemic Influenza Preparedness** Dist. 25-E1, Indiana, USA. Lions agreed to assist during a pandemic influenza immunization effort.
- **Transporters of People, Pets** MD 50, Hawaii, USA. Lions attended Red Cross training classes to learn how to transport citizens and pets to shelters in the event of an emergency. Lions also developed a Lions ALERT telephone tree.



- **List of Vulnerable Citizens** District N-1, New Brunswick, CANADA. Lions developed a list of vulnerable citizens, e.g., the elderly, physically or mentally disabled persons, who would require extra assistance during an emergency.
- **Bring Quality to Life** MD 101, SWEDEN. At present, Lions work with the Swedish Rescue Services Agency to provide tents and blankets immediately after a disaster.
- **Food Service Assistance** District 201 C1, C2, AUSTRALIA. Lions agreed to assist during emergency preparedness drills and to provide food service assistance after an emergency.
- In some instances, Lions ALERT teams became new Lions clubs.
- **Toronto ALERT Lions Club**, ONT, CANADA. Members are local emergency responders.
- **Montgomery County Police and Fire Fighters Lions Club**, PA, USA. Members are county police officers and fire fighters.
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