



First Nations Health Authority
Health through wellness

Emergency Preparedness



Wildfire, earthquakes and floods are just some of the potential hazards that could happen in British Columbia. During a disaster, water, roads, phones and gas may be interrupted.



MAKE A PLAN



BUILD A KIT



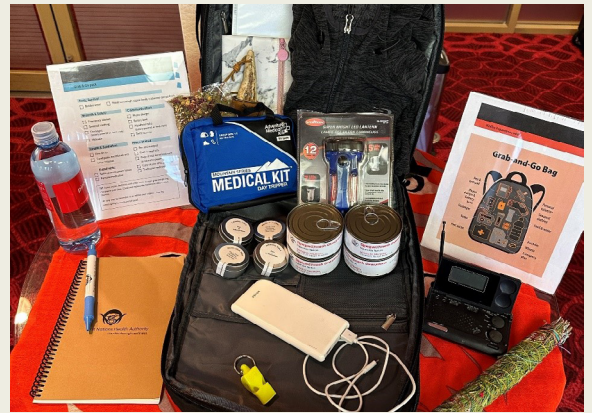
BE INFORMED

Before an emergency:

- Create an Emergency Plan.
- Choose an Emergency Meeting Place.
- Plan how to communicate, and create a written phone list. This should include someone outside of your area, usually outside of BC. Make sure all household members have the same contact numbers in case of separation.
- Pick a safe meetings place, such as a school or a library.
- Plan to have somebody you trust pick up your children from school or daycare if you can't get to them.

Build a grab-and-go bag

If you're forced to leave your home or workplace, it's important to be able to evacuate in a hurry. To be better prepared for an emergency or evacuation it is advisable to create a grab-and-go bag including items you will need in the immediate period following such an event. Keeping this bag up-to-date and knowing where it is kept can be crucial in saving time and making a stressful experience easier.



Some things to include in such a kit could include:

- Food (non-perishable and read to eat) and water for 72 hours
- Phone charger and battery bank
- Small battery-powered radio
- Battery-powered flashlight and extra batteries
- Small first-aid kit and personal medications – Devil's Club Rub, Arthritis Salve, Anti-inflammatory Stinging Nettle Tea
- Personal toiletries and items, such as an extra pair of glasses or contact lenses
- Copy of your emergency plan and important documents such as insurance papers and identification
- Cash in small bills
- Seasonal clothing and an emergency blanket
- Pen and notepad
- Whistle
- Sage and cedar bundle

Who is most at risk?

It is important to monitor yourself, family members, elders and people in community and to consider developing a check-in system for neighbours and friends who are at higher risk during floods.

People who may require check ins are:

- Elders
- people who live alone
- people with mental illnesses such as schizophrenia, depression, or anxiety
- people with pre-existing health conditions such as diabetes, heart disease or respiratory disease
- people with substance use disorders
- people with disabilities or limited mobility
- people who are marginally housed
- people who are pregnant
- infants and young children

Things to consider

- Include your pet in your emergency plan and have water and food for them in your kit.
- Have a paper and pen available.
- How to turn off utilities like gas and water.
- If you have mobility issues or you know an elder with mobility challenges add how to manage those issues in a disaster or evacuation.

Be Informed:

- [PreparedBC](#)
- [DriveBC](#)
- [EmergencyInfoBC](#)

Connections to Health:

- [First Nations Health Benefits and Services](#)
- [First Nations Virtual Doctor of the Day](#)
Phone (toll-free, 7 days a week, 8:30 a.m. to 4:30 p.m.): 1-855-344-3800

Mental Health Supports

- Tsow-Tun Le Lum cultural support and counselling:
1-888-403-3123
- KUU-US Crisis Line Society
Adults and Elders: 250-723-4050
Children and Youth: 250-723-2040
Toll-free: 1-800-588-8717

FNHA Handouts

- [Recognizing and Addressing Trauma and Anxiety During Disasters](#)
- [Recognizing and Resolving Trauma in Children During Disasters](#)