



First Nations Health Authority
Health through wellness

Preparing for Flooding



Floods are common in B.C. during any time of the year. The more severe floods usually occur in spring and early summer due to heavy rain, melting snow and rising rivers. This can also cause ice jams, and flash floods. Extreme weather events have increased the risk of spring and summer flooding due to warmer temperatures, changes in the cycle of freezing and thawing snow packs and rising sea waters.



MAKE A PLAN



BUILD A KIT



BE INFORMED

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.

Your grab-and-go kit could include:

- Food (non-perishable and ready 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 photo I.D.
- Cash in small bills
- Seasonal clothing and an emergency blanket
- Pen and notepad
- Whistle
- Sage and cedar bundle



During a flood

The most important thing to do is stay informed, and follow evacuation orders from the band office or municipality.

- Stay informed, check local radio stations and stay in touch with other neighbours or community members
- Prepare to use your emergency plan
- Check on Elders and people in your community.
- Shut off electrical devices including small appliances.
- Move valuables to higher areas like shelving or second floors.
- If power goes out, keep the door closed on the fridge/freezer and keep food inside it. This will help keep food safe (up to about 12 hours for a fridge, 24 hours for a half-full freezer, and up to 48 hours for a full freezer)

During an evacuation order:

This means you are at risk and you must leave immediately.

Follow all orders from the Band Office or Municipality and activate your emergency plan

- Do not attempt to cross rivers or flowing waters.
- Do not drive across flooded roads from 6 inches in depth.

There may be an evacuation center opened, this is where support with temporary housing, clothing and food may be provided. This information will be provided to you when you leave your home. If you're preparing for an evacuation, or are being evacuated, and you have a Status Card BC Services Card you can pre-register here:

<https://ess.gov.bc.ca/>

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 be at higher risk:

- 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.

Additional Resources

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](#)