



# Severe Summer Weather Preparation



Updated July 2011

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The information and list of suppliers being presented in this material represents general tips for consideration & is provided to help residents of the R.M. of Corman Park be better prepared to deal with the perils of flooding. Responsibility for interpretation of the contents of this material rests with the user. This information is provided solely for the user's information and does in no way indorse certain suppliers/companies &, while thought to be accurate, is provided strictly as is & without warranty of any kind, either expressed or implied. The Rural Municipality of Corman Park hereby disclaims any liability or responsibility for any injury or damage resulting from the use, directly or indirectly, of the information contained herein.

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## SEVERE SUMMER WEATHER

As a normal feature of the Canadian summer, severe weather can manifest itself as thunderstorms, tornadoes, hailstorms, plough winds or excessive heat. In recent years, impacts from severe weather events have become costly as the numbers of these events seem to occur more often which in turn cause more flooding, fires etc. This booklet will concentrate on Thunderstorms, Hailstorms and Plough Winds. For information on Tornadoes or Flooding, please refer to the R.M. of Corman Park's booklets: Tornado Preparation & Flooding Preparation.

In Saskatchewan, severe summer weather is mainly due to severe thunderstorms. Severe thunderstorms are defined as thunderstorms producing one or more of the following weather elements:



- Wind gusts of 90 Km/Hour or more (tree/structural damage)
- Hail of 2 cm diameter or greater (crop/property damage)
- Rainfall of 50 mm within 1 hour or 75 mm within 3 hours (flash flooding, infrastructure damage)
- Tornadoes (threat to public safety, property damage, infrastructure damage)

### Hailstorms

Hail is formed when updrafts in thunderclouds carry raindrops upward into extremely cold areas of the atmosphere, where they freeze and merge into lumps of ice. When the lumps become too heavy to be supported by the updraft, they fall to the ground at speeds of up to 100 km/h or more. Hailstones as large as grapefruit have been reported in Canada, but even smaller hail can be dangerous and can cause extensive damage in a matter of minutes. These storms generally occur from May to October and are most frequent in Alberta, the **southern Prairies** and southern Ontario.

### Heat and Humidity

Humidity is the amount of water vapour in the air. In forecasting, relative humidity describes the percentage of moisture in the air in comparison to how much there is when the air is saturated. To better describe how hot it feels in such circumstances, Canadian meteorologists developed the humidex, a parameter that combines temperature & humidity in order to reflect the perceived temperature. When the humidex is high, people can experience serious health problems (cramps, exhaustion & heat stroke).

### Lightning

Lightning is an electrical discharge caused by a build-up of static electricity between thunderclouds, or between thunderclouds and the ground. It can deliver as much as 100 million volts of electricity and strike a target up to 16 kilometres away, making it an extremely dangerous form of severe weather.

### Thunder

Thunder is the noise created when air suddenly expands from the heat of a lightning discharge. If you count the seconds between a flash of lightning and a thunder clap, you can tell approximately how close the lightning is to you: each second representing about 300 metres (~ 1/5 of a mile). Remember, if you can hear thunder you are within striking distance.

### Thunderstorms

As its name implies, a thunderstorm is a localized storm that produces lightning and thunder. Caused by strong, rising air currents, thunderstorms are most likely to develop when the weather is hazy, hot and humid.

Thunderstorms are a common occurrence in many parts of Canada during the summer months. Often characterized by heavy rain and strong winds, they are sometimes accompanied by hail and tornadoes.

**Remember:** Lightning or downed power lines can lead to fire.



## Wind

A **strong wind** does not only occur on a large scale from large storms or low pressure systems and fronts, but also on a small scale, from thunderstorms, Chinooks or the local geography. Strong winds, and especially gusty winds, can cause property damage or turn any loose item into a dangerous projectile, and create unsafe travelling conditions that affect your ability to safely steer your car.

When there is a **wind warning** for your area, you should expect inland winds to be blowing steadily at 60-65 km/h or more, or winds that are gusting up to 90 km/h or more. Safety Tips: With winds between 60 and 70 km/h, you will have difficulty with balance and walking against the wind. Twigs and small branches could also blow off trees and cause a hazard, so stay inside until it is safe.

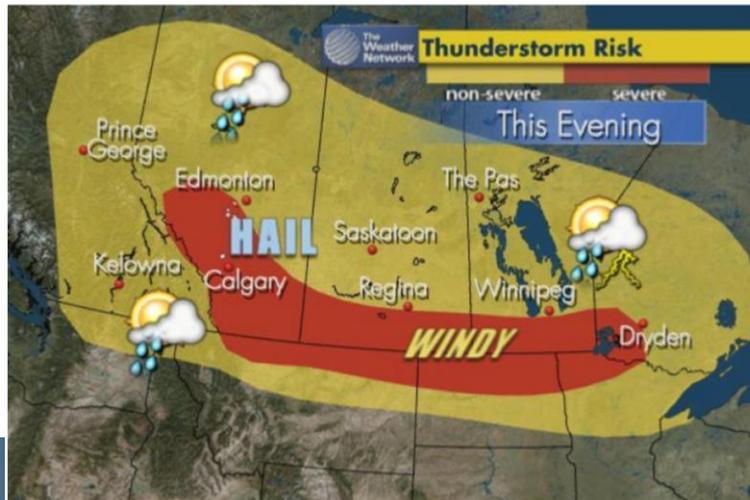
## Plough Winds

Plow (plough) winds are the spreading downdraft and strong straight-line winds preceding a thunderstorm. The downdrafts rush to the ground with great force, most between 100 to 150 km/h but a few have been higher. When they strike the ground, the air spreads horizontally in a burst of wind. Plough winds can blow continuously but the damage is usually confined to an area less than 3 km across. They are capable of toppling trees, ripping apart buildings and lifting roofs. In fact, plough winds and other downbursts may be responsible for some damage attributed to tornadoes. They are more common than tornadoes and have the power of a weak tornado, but the damage pattern looks different - a circular or semi-circular swath left by tornadoes and a starburst or more commonly a straight-line pattern from downbursts.

## Severe Summer Weather Can Lead To...



Flooding



Lightening  
Strikes



Hail



Plough Winds



Tornadoes

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## PREPARING FOR SEVERE SUMMER WEATHER

Although severe weather can sneak up unexpectedly, there are often times when there are clues that that may alert us to a change in weather or a severe storm may be on its way. **Watch the Sky...**

Environment Canada releases alerts when thunderstorms, tornadoes, or hail could develop by putting out a storm watch or warning. These are broadcast by local radio and television stations. A Warning is more severe than a Watch but there are things that you can do to prepare for both.

### Taking Shelter

When there is a threat of high winds, rain or hail as in the case of a severe thunderstorm, your first priority is to take shelter. If it is safe to do so, bring livestock and/or pets indoors, close all windows and doors, and secure loose outdoor objects or move them inside.

Go to the basement or to a small interior room in the centre of the house, such as a closet, bathroom or hallway, on the lowest floor of the building. If this is not an option, take cover under a stairway or sturdy table and use a cushion or mattress to protect your head. Stay away from all windows, doors and exterior walls, in particular those facing the storm, and avoid buildings with large, unsupported roofs such as arenas, supermarkets, and barns. If you are boating or swimming, head for land immediately. Do not travel.

### Heat and Humidity Safety

It is important to stay safe during such extreme temperatures. Avoid working or exercising intensely if it is very hot or humid outside, and head for cooler conditions if your body becomes overheated. If working outdoors is an absolute necessity, drink plenty of liquids and take frequent rest breaks. Be sure to maintain salt levels in your body and avoid high-protein foods. Also ensure that pets are protected from the heat and have plenty of water to drink. Watch for signs of serious medical conditions, such as heat exhaustion and heat stroke (see Section 6, page 18).

### Relative humidity

Relative humidity is the amount of moisture that the air contains compared to how much it could hold at a given temperature. A figure of 100 per cent relative humidity would mean that the air has become saturated. At this point mist, fog, dew and precipitation are likely. Relative humidity is normally at its maximum when the temperature is at its lowest point of the day, usually at dawn. Even though the absolute humidity may remain the same throughout the day, the changing temperature causes the ratio to fluctuate.



### Humidex

The humidex is a Canadian innovation that was first used in 1965. It describes how hot, humid weather feels to the average person. The humidex combines the temperature and humidity into one number to reflect the perceived temperature. Because it takes into account the two most important factors that affect summer comfort, it can be a better measure of how stifling the air feels than either temperature or humidity alone. The humidex is widely used in Canada. Generally, the humidex decreases as latitude increases.

#### Range of humidex: Degree of comfort

An extremely high humidex reading can be defined as one that is over 40. In such conditions, all unnecessary activity should be curtailed. If the reading is in the mid to high 30s, then certain types of outdoor exercise should be toned down or modified, depending on the age and health of the individual, physical shape, the type of clothes worn and other weather conditions.

If working outdoors is an absolute necessity, drink plenty of liquids and take frequent rest breaks. In hot, humid conditions, there is a considerable risk of heat stroke and sun stroke.

Remember that animals also feel the heat. When the humidex is high, take special care to ensure that your pet/livestock is well-protected from the heat and has plenty of water to drink.

**Humidex Table**

Humidex	Degree of Comfort
20 - 29	No discomfort
30 - 39	Some discomfort
40 - 45	Great discomfort; avoid exertion
<b>46 and over</b>	<b>Dangerous; possible heat stroke</b>

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## SECTION 1: GENERAL PRECAUTIONS TO TAKE

### 1.1 BEFORE SUMMER WEATHER

- Know if you live in a high-risk area for severe summer weather, etc.
- Prepare a Family Plan
  - It will take you about 20 minutes to complete your personalized plan
  - Keep this document in an easy-to find, easy to remember place (i.e. with your emergency kit).
    - Photocopy your plan and keep in your emergency kits, car and/or at work
  - Practicing your family emergency plan will help make sure you take appropriate actions in a real emergency situation
  - Have an escape plan so that all members of the family know how to get out of the house quickly and safely
  - Review your plan regularly; update contact numbers/meeting locations, as needed
  - Talk about emergency situations ahead of time. This will help to reduce the fear and anxiety and will help everyone to know how to respond
    - Everyone should know what to do in the event all family members are not together when an emergency happens
    - Designated person to pick up children should you be unavailable
  - Where will we meet
    - Pick two places to meet:
      - 1) Right outside of your home
      - 2) Outside of your neighbourhood in case you can't return home or are asked to leave your neighbourhood
    - Everyone must know the address and phone number of both of the meeting places.
  - How will we communicate to each other
    - Develop an emergency communications plan. In case family members are separated from one another during an emergency, have a plan for getting back together.
    - Realize that separation is a possibility during the day when adults are at work and children are at school/daycare/activities.
  - Who will be our outside contact person(s)
    - Ask an out-of-town relative/friend to be the contact (contact should live outside of your area)
    - Family members should call the contact and tell him or her where they are
    - Everyone must know the contact's name, address and phone number.
  - Where will we stay
    - Discuss what to do if authorities ask you to evacuate
    - Before an emergency happens, make arrangements for a place to stay with a friend or relative who lives out of town
- Prepare personal emergency supply kits (list on Page 7) for your home, pet and car
- Have a grab-and-go kit ready if you have to leave your home quickly
- Check with insurance broker to ensure that you have appropriate & adequate insurance coverage
- Keep important papers (mortgage papers, insurance policies, birth certificates, etc.) in a portable, fireproof and waterproof container or off property so they do not get destroyed
- Have a record (**and pictures**) of your valuables in a safe place
- Keep your car/vehicle's gas tank full in case you have to leave the area
- Prepare for high winds by removing diseased and damaged limbs from trees
- Move or secure lawn furniture, trash cans, hanging plants or anything else that can be picked up by the wind and become a projectile including trailers and propane tanks
- Keep important/irreplaceable items out of the basement
- If you have feed troughs, & other large containers: fill them with water before a high-wind event
- Consider arrangements for your pets and livestock (see Page 9) before an emergency arises
- Check on elderly or disabled neighbours to ensure they are aware of the situation
- If you are advised by officials to evacuate, do so. Take your emergency kit with you.



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## 1.2 PERSONAL RESPONSIBILITY

Although there are many municipal & provincial agencies ready to provide aid should a devastating severe storm occur, it is the personal responsibility of each of us to be prepared to deal with any disaster should it unexpectedly strike.

Agencies from all levels of government can do their jobs more efficiently, if each one of us takes personal responsibility for preparedness. Preparing ourselves, our families and being ready to help our neighbours will help to reduce the devastating effects of disasters.

## 1.3 PERSONAL EMERGENCY SUPPLY KITS

In case of a major event you will need some basic supplies set aside. That way you will always be prepared to *be self-sufficient for at least 72 hours* while emergency workers focus on people in urgent need.

### Basic Emergency Kit (☑ checklist on page 21, Appendix A)



Many of the items required in an emergency kit are found in most people's homes. You may have some of these basic emergency kit items already, such as a flashlight, battery-operated radio, food, water & blankets. The key is to make sure they are organized, easy to find & easy to carry in case you need to evacuate your home. Whatever you do, don't wait for a disaster to happen.

- **Water**
  - Two litres of water for drinking 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 & dried foods and mixes, instant soup/oatmeal (remember to replace the food and water once a year)
  - Choose ready to eat foods that your family likes & that do not need refrigeration
  - Canned food: soup/stew/pasta, baked beans, meat/poultry/fish, vegetables/fruits
  - Crackers, cereal, cookies
  - Honey, peanut butter, syrup/jam, salt/pepper/sugar, Instant coffee, tea, powdered milk
  - Choose foods that will not increase thirst (low sodium)
- Manual can opener
- Battery-powered or wind-up radio and flashlight (and extra batteries)
- First aid kit; disposable cleaning cloths, such as "baby wipes" for the whole family to use in case bathing facilities are not available
- Special needs items – prescription medications, infant formula, diapers, or equipment for people with disabilities
- Extra keys – for your car and house
- Cash – include smaller bills, such as \$10 bills and change for payphones
- Emergency plan

### Recommended Additional Items:

- Two additional litres of water per person per day for cooking/cleaning
- Candles and matches or lighter
- Change of clothing and footwear for each household member. Think about keeping everything dry. Put things in plastic containers with lids, garage bags, etc. so items stay dry.
- Sleeping bag or warm blanket for each household member
- Toiletries; toilet paper; hand sanitizer
- Utensils; disposable plates, bowls
- Garbage bags, tin foil, plastic wrap, small plastic bags
- Household chlorine bleach or water purifying tablets
- Basic tools (hammer, pliers, wrench, etc.)
- Small fuel operated stove and fuel
- A whistle
- Duct tape to tape up windows, doors, air vents, etc. (shelter in place)
- Playing cards, books, travel games, etc.

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**REMEMBER:** Check your kits once a year to ensure contents (water, food, medications, etc.) are up to date. Restock as needed.

**Car Kit** ( checklist on page 23, Appendix B)

If you have a car, prepare an emergency car kit and keep it in the vehicle. The basic emergency kit for cars should include the following items:

- Food – that won't spoil, such as energy bars
- Water – in plastic bottles so they won't break if frozen (change every six months)
- Blanket, extra clothing and shoes
- First aid kit – with seatbelt cutter
- Small shovel, scraper and snowbrush
- Candle in a deep can and matches
- Wind-up flashlight
- Whistle – in case you need to attract attention
- Roadmaps, copy of your emergency plan and personal documents



**Also keep these inside your trunk:**

- Sand, salt or cat litter (non clumping)
- Antifreeze/windshield washer fluid
- Tow rope, Jumper cables, Fire extinguisher, Warning light or road flare

**Important Family Documents**

Keep these records in a waterproof, portable container:

- Will, insurance policies, contracts deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

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## 1.4 PREPAREDNESS FOR YOUR PETS

Your pet's safety is *your* responsibility before, during and after an emergency. Pets that are "left behind" can be injured, lost or killed. Pets that are "turned loose" can become victims of exposure, starvation, predators, or contaminated food or water. Pets left in your home may escape through a damaged window, etc. Pets left chained or tied outside can be killed or injured.

### Preparedness:

- Include your pet(s) in your family emergency plan
  - With the exception of service animals, pets are generally NOT permitted in evacuation centres
  - Before an emergency happens, plan where you would take your pets IF you could not take them with you to a public emergency evacuation centre
- If there is an emergency, bring pets indoors at first indication
- If you must evacuate, it's always best to take your pet with you
- Ask friends/relatives outside of your immediate area whether they would be willing to shelter your pet(s) should an emergency occur
- Contact the hotels and motels outside of your immediate area to check on their policies regarding pets and whether they have restrictions on the number, size and type of pet
  - Also ask whether any "no pet" policies might be waived in an emergency
- Prepare a list of boarding facilities/veterinarians who would be willing to shelter pets in an emergency
- Contact local animal shelters and ask if they provide shelter for pets in the event of an emergency
  - This should only be used as a last resort
  - Animal shelters have limited resources and will be very busy in an emergency
- Keep a list of all "pet friendly" places and their telephone numbers so that you can call ahead for reservations should you have notice of an impending emergency
- If you MUST leave your pet behind at home
  - Close and lock all doors and windows
  - Ensure the toilet lid is up, bathroom door wedged open
  - Leave extra bowls of food and water in non-spill/tip containers
  - Ensure they have ID
  - Fill out a Pet Record and secure to front door for rescue personnel
- If the emergency is **Extreme Heat**:
  - Always provide plenty of cool, clean water and shade
  - Leave pets in the house as much as possible
  - If traveling with pets, DO NOT leave them alone in a parked vehicle, even with the windows open
  - Do not force the animal to exercise in hot, humid weather (take them for a walk early morning or later in the evening if it is cooler then)
  - Animals can get sunburned too. Protect hairless and light-coated dogs and white cats with sunscreen when you animal will be outside for an extended period of time
  - Put sunscreen or zinc on exposed areas of pink skin
  - Animals with long coats can be clipped to increase comfort in hot weather
  - Small animals (rabbits, guinea pigs, etc.) can become heat stressed when temperature increases over 21 C. Make sure that their enclosures are in the shade and that they have plenty of clean cool water.



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### **Pet Kits** ( checklist on page 24, Appendix C)

Prepare an emergency survival kit for your pet(s) to keep them comfortable for **at least three days**. This kit should be stored in an easy to carry bag or container in the event you have to leave your home and stored next to your emergency survival kit. The following is a list of items that you should include in your pet emergency survival kit:

- Food
- Water (4L/day per average dog, 1L/day per average cat), bowls, paper towel & can opener
- Blanket and a small toy
- Sturdy leash/harness
- Cat litter/pan (if required), litter scoop and plastic bags; disposable piddle/pee pads
- Carrier for transporting your pet
- Medications and medical records (including vaccinations); first aid kit
- Current photo of your pet in case your pet gets lost
- Information on feeding schedule/medical/behavioural problems (in case you must board your pet)
- Up-to-date ID tag with your phone number and the name/phone number of your veterinarian
- Copy of license, Muzzle (if required)

You may not be at home when an emergency occurs and/or when an evacuation order is issued. BEFORE an emergency happens, ask a trusted neighbour to evacuate your pet if need be, and meet you in a pre-arranged location. This individual should have a key to your home, know where the pet emergency kit is located, be comfortable with your pet and, more importantly, know where your pet is likely to be. Please contact your veterinarian, should you have questions about the care of your pet and the items that should be included in their emergency survival kit.

### **Special Care for Other Pets**

#### ▪ **BIRDS**

- Transport birds in a sturdy carrier or travel cage
- Try to avoid areas of excessive noise
- Make sure you have leg bands that properly identify your pet bird
- Birds need to eat on a regular schedule. If you don't already have a timed bird feeder, consider purchasing one to ensure proper feeding in the event you have to be away from your bird for long periods of time.



#### ***In warm weather***

- A spray bottle is useful to keep your bird's feathers moistened occasionally

#### ▪ **REPTILES**

- Snakes can travel in a cloth bag/pillowcase; need their own secure cage at destination
- A large bowl is a good idea to enable your pet snake to soak in
- A heating pad or hot water bottle can make your pet snake more comfortable
- Lizards can be transported much like birds

#### ▪ **SMALL ANIMALS**

- Many small animals can be transported in their cages as long as they are comfortable with dry bedding and have food and water.



#### ▪ **FISH**

- Use their own bowl or tank if it is small enough to move. Remember to cover the top to keep the water and fish in.

### **After An Emergency**

- Upon returning home, give your pets time to settle back into their routines
- Leash your pets when they go outside
  - Familiar landmarks and smells might be gone & your pet may become disoriented/lost
  - Dangerous animals may be in the area
  - Downed power lines may be a hazard for pets
- The temperament of your pet may change after an emergency, watch them closely

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## 1.5 PREPAREDNESS FOR LIVESTOCK

Emergency preparedness is especially important for livestock because of their size and special shelter & transportation requirements. Animals are particularly vulnerable to hail and heat. On a farm, generally, the effects of severe storms on livestock are lessened by moving animals to avoid the storm; mitigating the storm's effect if it cannot be avoided; or sheltering the animals, ensuring they have access to food and water. The approach taken would depend upon the type of storm/emergency anticipated.

### Preparedness:

- Barn fires are the most common disaster for livestock
  - Mount fire extinguishers in all buildings and at all entrances
    - Regularly maintain them
    - Make sure all family members and employees know how to use them
  - Keep aisle and all doors free of debris and equipment
- Consider removing all barbed wire and rerouting permanent fencing so that animals can move to high ground in a flood and to low-lying areas in high winds
- Install a hand pump and obtain enough large containers to water your animals for at least a week in the event the water supply is contaminated
- Identify alternate water and power resources
- Do you have enough feed, bedding material, supplies, medications on hand to last an extended period in case suppliers/supplies are unavailable because of the disaster
- Identify alternate location(s) for your animals in case of evacuation
- Label hazardous materials and place them all in the same safe area. Provide information about their location to local fire and rescue and emergency authorities.
- If the emergency is **Extreme Heat**:
  - Provision of a plentiful supply of clean, cool water and shade is essential



- “Location” of water should be familiar to animals
- Shelter is especially important for very old/young animals & animals with heavy/dark coats
- Best type of shelter provides shade and allows for the cooling effect of wind
- Do not handle or transport animals unless absolutely necessary
- Heat tolerance can vary between and within a species
- Know the signs of Heat Stress in any species of animals you own:
  - Panting
  - Increased respiration rate
  - Increased water intake
  - Loss of appetite
  - Listless/lethargy
  - Increased salivation
  - In severe cases may become unconscious

**\*\*Heat stress can have significant impacts on production and animal welfare, but by making some minor management changes and taking a little extra care of your animals during periods of extreme hot weather, the effects of heat stress can be substantially reduced.\*\***

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## Livestock/Farm Emergency Kit:

During an emergency, you will need to decide whether to confine large animals in an available shelter or leave them outdoors. This will depend on what emergency/disaster is occurring and how much warning you have.

- Have a current list of all animals
  - Include proof of ownership, their location, records of feeding, vaccinations & tests
- Have a contact list of emergency phone numbers (employees, neighbours, veterinarian, poison control, animal care, transportation resources, etc.)
- Supplies for temporary identification of your animals
  - Plastic neckbands, permanent markers to label with your name, address & phone no.
- Basic first aid kit
- Handling equipment such as halters, cages, blankets, etc.
- Bolt cutters to quickly free animals in an emergency
- Water, feed and buckets
- Tools and supplies needed for sanitation
- Emergency equipment
  - Cell phone; Flashlights; Portable radios
  - Other safety & emergency items for your vehicles and trailers
- Let everyone know where the emergency kit is being stored
- Consider evacuating your animals only on the advice of your veterinarian or local emergency management officials.

**Remember:**  
**Check your kits once a year**  
**to ensure everything is up-to-date.**  
**Restock as needed.**

## Sheltering in Place:

Sometimes evacuation isn't possible, and while it often seems that animals will be safer inside barns, in many circumstances, confinement can reduce their ability to protect themselves.

Survey your property for the best location for shelter. If your pasture meets the criteria below, your large animals may be better off in the pasture than being evacuated.

Pasture Criteria:

- No trees which can uproot easily
- No overhead powerlines or poles
- No debris or sources of blowing debris
- No barbed-wire fencing
- Not less than 1 acre in size (less than an acre, livestock may not be able to avoid wind-blown debris)



If your pasture doesn't meet the above criteria, you should evacuate your animals.

## Evacuation:

The leading causes of death of large animals in disasters are collapsed barns, dehydration, electrocution and accidents resulting from fencing failure.

- Evacuate as soon as possible
- Set up safe transportation including trucks and trailers suitable for livestock and appropriate for each type of animal, along with experienced handlers and drivers
- Take disaster/emergency livestock kit with you
- When sheltering off your property, make sure that they remain in familiar groupings, securely contained and sheltered from the elements
- Notify your veterinarian, processor, feed representative, etc. if evacuating



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## SECTION 2: LEARN HOW TO EVACUATE

Evacuation is a protective action that may be ordered by emergency officials when there is a significant threat posed to a specific area or community.

### 2.1 WHEN TO EVACUATE:

- Evacuate only when instructed to do so by your local emergency officials
- If ordered to evacuate, listen to media reports to learn about areas being evacuated and which routes are safest to take.

### 2.2 HOW TO KNOW TO EVACUATE

- Evacuation orders are typically broadcast through the media or delivered directly to homes and businesses by emergency responders, such as the police

### 2.3 IF ORDERED TO EVACUATE

- Offer to assist neighbours who may not be able to evacuate on their own. If possible, make these arrangements in advance
- Take your family emergency survival kit, important documents (e.g., medical and vaccination records) and your personal valuables (e.g., cash, credit cards).
- Wear comfortable and appropriate clothing and footwear
- Make arrangements for pets and livestock
- Shut and lock doors and windows including barn doors and gates
- Shut off water supply, natural gas (shut off gas valve at the meter) & power to all buildings, barns, etc.
- Leave a note in your mailbox saying where you've gone and inform an out-of-area contact
- Evacuate the area affected by the emergency **exactly** as directed
- Remain calm, do not speed and obey official directions as some roads may be closed (due to flooding or washed away) or rerouted
- **DO NOT** take shortcuts. Doing so might lead you to a blocked or dangerous area.
- During some evacuations, you may be asked to report to a reception centre. These may be set up to retrieve evacuee contact information or arrange for temporary housing
- Avoid using the telephone unless you are reporting an emergency or it is absolutely necessary. Emergency responders and those who need immediate emergency assistance will need all available lines.
- Listen to media reports to stay informed about further announcements from your local emergency officials.



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## SECTION 3: SUMMER STORM PRECAUTIONS

### 3.1 TO REDUCE THE LIKELIHOOD OF STORM DAMAGE

#### Structures/Vehicles:

- Remove dead/rotting trees/branches that could fall/cause injury or damage during a storm
- Clear leaves and other debris from gutters and drainpipes so water can drain quickly
- Secure outdoor objects that could blow away or cause damage
- Make sure your roof is in good repair
- Ensure valuables, important papers & cherished items are not in areas that may flood in a storm
- Unplug radios, televisions and appliances
  - Unplug appliances & other electrical items such as computers, air conditioners, etc.
  - Power surges from lightning can cause serious damage
- Stay away from items that conduct electricity if a thunder/lightening storm is expected
- Pull cars, boats and RVs into a covered area if possible
  - Shutter windows and secure outside doors or close window blinds, shades, or curtains
  - Keep family members and pets away from windows, skylights, etc.

#### Persons:



- Follow the 30/30 Lightning Safety Rule
  - Go indoors if, after seeing lightning...
  - If you cannot count to 30 before hearing thunder, stay indoors for 30 minutes after hearing the last clap of thunder
  - Lightning often strikes outside of heavy rain (may occur more than 10 miles from any rainfall)
- Avoid showering or bathing (Plumbing and bathroom fixtures can conduct electricity)
- Use a corded telephone only for emergencies. Cordless and cellular telephones are safe to use
- Use your battery-operated radio for updates from local officials
- Avoid the following:
  - Natural lightning rods such as a tall, isolated tree in an open area; open fields, hilltops
  - The beach, or a boat on the water; isolated sheds/small structures in open areas
  - Anything metal—tractors, farm equipment, motorcycles, golf clubs, bicycles, etc.
  - Collecting laundry on the clothesline (may conduct electricity)
- Never go out in a boat during a storm
  - If you are on the water and you see bad weather approaching, head for shore immediately
  - Always check the marine forecast before leaving for a day of boating; listen to weather reports during your cruise
  - Let a responsible person know your boating/sailing plans/route
- If driving, pull over to the side of the road – preferably under an overpass or shelter
  - Stop the car away from trees or power lines that might fall on you
- If caught in the open
  - Take shelter in a depressed area such as a ditch
  - Stay away from trees (roots extending from the tree can conduct electricity)
  - Do not lie flat
    - Crouch down with your feet close together & your head down (leap-frog position)
    - Minimize contact with the ground and make yourself a smaller target. This reduces the risk of being electrocuted by a ground charge
  - Do stay away from streams etc. in case of flash flooding

*Everyone* has a responsibility to protect their homes and their families. By planning ahead and taking practical steps to prepare, you can do your part to try to minimize storm damage.

If an emergency/disaster happens in the R.M., it may take emergency workers some time to reach you. Be prepared to take care of yourself and your family for a *minimum* of 72 hours.

**KEEP YOUR EYE ON THE SKY**



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## SECTION 4: POWER OUTAGE

Most power outages will be over almost as soon as they begin, but some can last much longer ESPECIALLY in rural areas. Power outages are often caused by high winds, electrical storms, hail, tornadoes, etc. and even heat waves which can overload the electric system.



During a power outage, you may be left without heating/air conditioning, lighting, hot water, or even running water. If you only have a cordless phone, you will also be left without phone service. If you do not have a battery-powered or crank radio, you may have no way of monitoring news broadcasts. Your farm equipment (i.e. milking equipment) that relies on electricity will not work.

You can greatly lessen the impact of a power outage by taking the time to prepare in advance. You and your family should be prepared to cope on your own during a power outage for at least 72 hours.

### 4.1 BEFORE AN OUTAGE

- If you have a wood-burning fireplace/stove, have the chimney cleaned once a year
- Install an emergency generator (check with manufacturers regarding power requirements and proper operating procedures)
- Plug in sensitive electronic equipment (computer, TVs, etc.) through surge-protector power bars
- If you use electronic life-sustaining equipment, make sure to have a back-up power source
  - You can register your life-sustaining equipment with SaskPower and be notified of planned power outages
- Program **310-2220** into your cell phone
  - This SaskPower phone number is toll-free and dedicated to 24-hour outage reporting
- Keep a corded phone in the house, because cordless phones don't work during power outages
  - Program 310-2220 into the phone's memory
- Make sure you have a Personal Emergency Kit prepared (list on Page 22 of this booklet)

### 4.2 DURING A OUTAGE

- Determine if the power failure is limited to your home
  - If your neighbours have power, check your electrical panel to see if the main circuit breaker has tripped
- Turn the breaker off and back on again to ensure a good connection
- If your electrical panel or main breaker isn't the cause of the outage, call (SaskPower) **310-2220**
- Turn off or unplug any appliances or electronics you were using when the power went out
  - Leave one light on so you'll know when your power returns
- Keep refrigerators and freezers closed
  - If the power is out for a long time, make sure you check all refrigerated and frozen food before you eat it
- Use proper candle holders
  - Never leave lit candles unattended and keep out of reach of children
  - Always extinguish candles before going to bed
- Close all doors, windows and drapes to conserve heat (unless the sun is shining in)
- Never light a fire indoors unless you're using an approved fire place or wood stove
- Make sure your home has a working carbon monoxide detector
  - If it is hard-wired to the house's electrical supply, ensure it has a battery-powered back-up



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### 4.3 WHEN POWER IS RESTORED

- If your neighbour's power has returned and yours has not, there could be a problem specific to your home
  - Recheck your main breaker and reset it even if it appears to be on
  - If power is not restored, call SaskPower toll-free at 310-2220.
- Give the electrical system a chance to stabilize.
- Wait 15 minutes before turning up the thermostats.
  - Turn the heating-system thermostats up first, followed in a couple of minutes by reconnection of the fridge and freezer.
  - Turn on essential equipment and appliances first, and wait 10-15 minutes before turning on the rest.
- Do not enter a flooded basement unless you are sure the power is disconnected
- Do not use flooded appliances, electrical outlets, switch boxes or fuse-breaker panels until they have been checked and cleaned by a qualified electrician
- Replace the furnace flue (if removed) and turn off the fuel to the standby heating unit
- Switch on the main electric switch (before, check to ensure appliances, electric heaters, TVs, microwaves computers, etc. were unplugged to prevent damage from a power surge)
- Close the drain valve in the basement
- Turn on the water supply. Close lowest valves/taps first and allow air to escape from upper taps.
- Make sure that the hot water heater is filled **before** turning on the power to it.
- Check food supplies in refrigerators, freezers and cupboards for signs of spoilage
  - If a freezer door has been kept closed, food should stay frozen 24 to 36 hours, depending on the temperature
  - When food begins to defrost (usually after two days), it should be cooked; otherwise it should be thrown out.
- As a general precaution, keep a bag of ice cubes in the freezer
  - If you return home after a period of absence and the ice has melted and refrozen, there is a good chance that the food is spoiled
  - When in doubt, throw it out!
- Reset your clocks, automatic timers, and alarms
- Restock your emergency kit so the supplies will be there when needed again.



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## SECTION 5: AFTER THE STORM

### 5.1 AFTER THE STORM (WHEN SAFE TO DO SO):

- Listen to your radio for information and follow instructions
- High wind in combination with heavy rain can increase the risk of tree limb breakage or trees uprooting
  - After heavy winds, check your property for dead branches and damage
- Do not go near loose or dangling power lines
  - Report them to the authorities
- Lightning and downed power lines can cause fires
  - Report fires to the fire department
  - Know how to fight small fires.
- Water supplies may be contaminated
  - Purify your water by boiling it for 10 minutes, by adding water-purification tablets or by adding one drop of unscented chlorine bleach to one litre of water (or three drops for cloudy water)
  - If you use chlorine bleach to purify the water, stir the bleach in and wait 30 minutes before drinking. The water should have a slight chlorine smell.
- Please leave the telephone lines (both landline and cellular) free for official use. Do not use the telephone except in real emergencies.
- Drive cautiously and only if necessary.
  - Debris, broken power lines and washed-out roads and bridges will make driving dangerous after a severe storm
  - Please give way to emergency vehicles at all times
  - Obey all road signs (i.e. Road Closed)
- Have a walk around your house to inspect for damage
- Contact your insurance agent. Take photos or videotape of the damage.



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## SECTION 6: EXTREME HEAT

Many regions of Canada are experiencing more frequent, more severe and /or longer extreme heat events (heat waves). A heat wave is a prolonged period of high temperatures and humidity which is made worse if you are in the sun or if there is little or no wind. (A true heat wave must meet certain criteria: three or more consecutive days with temperatures above 32°C). Typically there is a lack of night-time cooling and air quality is often poor. Typically the prolonged period will last from several days to several weeks. The Meteorological Service of Canada may issue a humidex advisory.

High temperatures and high humidity makes it difficult for the human (and animal) body to cool itself. Heat can kill by pushing the body beyond its limit. Under normal conditions, the body's internal thermostat produces perspiration that evaporates and cools the body, however, in extreme heat and high humidity, evaporation is slowed and the body must work harder to maintain a normal temperature. Heat related illnesses will occur when excessive heat last for more than two days. The most vulnerable are infants, the elderly and the sick, especially for those without air conditioning.

A heat warning is automatically declared when Environment Canada forecasts a humidex of 40C or more for at least two consecutive days.

The smog and heat thresholds are:

- Smog Advisory (based on air quality index (AQI) of > 50)
- Heat Alert (the first one only) (humidex of 36 or more for a least two consecutive days)
- Heat Warning (humidex of 40 or more for at least two consecutive days)
- Heat Emergency (humidex of 45 or more or situational factors)

### 6.1 WHAT TO DO DURING EXTREME HEAT

- **Stay out of the sun**
- If you go outside, stay in the shade
- Drink lots of water; do not wait until you're thirsty; gage on how much you are sweating
- Keep house cooler than the outdoors
- Dress appropriately (wear loose-fitting, lightweight clothing; wide brimmed hat)
- If your house is not air conditioned, try to spend a few hours in an air-conditioned space (mall, friend/relative's house with air conditioning, etc.)
- Take a cool bath or shower
- Eat small meals more often
- At night if the outdoor temperature is cooler, open all windows. Use fans to bring the outside air in.
- Limit physical activity during the middle of the day
- Liquids that are high in sugar and/or alcohol should be avoided as they may increase the amount of water lost by the body.
- If you experience heat cramps, are advised by your doctor or have to work in the heat and are sweating a lot you may want to take in extra salt
- If you take medication, check with your doctor or pharmacist for possible side effects during extreme heat
- Conserve electricity not needed to keep you cool as many people will be putting a strain on the electrical system with high demand for electricity for running air conditioners, fans, etc.
- **NEVER** leave children, the elderly or pets unattended in a car, even with the windows rolled down

#### **Pets and Livestock**

You have a responsibility to ensure the well-being of animals under your care. With a bit of planning you can greatly increase the comfort and health of your animals during periods of hot weather. There is some information in Section 1.4 (Preparedness for Your Pets) and Section 1.5 (Preparedness for Your Livestock) but for "species specific" information, a good source is "Caring for Animals during Extreme Heat" on the Department of Primary Industries website:

(<http://www.new.dpi.vic.gov.au/agriculture/farming-management/fire-flood-other-emergencies/bushfires-and-extreme-heat/caring-for-animals-during-extreme-heat>)

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## 6.2 SIGNS OF HEAT EMERGENCIES

Watch for the following signs of heat cramps, heat exhaustion and heat stroke:

### Heat Cramps

- Painful cramps in stomach, arms and legs
- May occur suddenly
- Cramps are a warning that more serious heat disorders may occur if stress continues

### Heat Exhaustion

- Present like they're in shock
- Cool, moist, pale or flushed skin
- Heavy sweating
- Headache
- Nausea or vomiting
- Dizziness and exhaustion
- Body temperature will be near normal
- May be upset, clumsy, confused, have blurred vision and panting

### Heat Stroke

- Hot, dry, red skin
- Changes in consciousness
- Rapid, weak pulse
- Rapid shallow breathing
- Body temperature can be very high – as high as 40 C (105 F)
- May act strangely, be confused and dizzy

## 6.3 TREATMENT OF HEAT EMERGENCIES

If you find someone suffering from a heat related illness take the following actions:

### Heat Cramps

- Move the person to a cooler place
- Have him/her rest in a comfortable position
- Lightly stretch the affected muscle and replenish fluids
- Give a half glass of cool water every 15 minutes
- Have them drink cool salted water (mix 1 teaspoon salt per gallon of water)
- DO NOT give liquids with alcohol or caffeine in them as they can make conditions worse
- If conditions do worsen call 911.

### Heat Exhaustion

- Move the person to a cooler place
- Remove or loosen tight clothing
- Apply cool, wet cloths
- If the person is conscious, give cool water to drink, a half glass every 15 minutes
- Ensure that the person drinks slowly
- DO NOT give liquids that contain alcohol or caffeine
- Let the victim rest in a comfortable position and watch for changes in his/her condition
- If conditions worsen call 911

### Heat Stroke

- Heat stroke is a life threatening situation
- Call 911 immediately
- Move the person to a cooler place
- Attempt to cool the person using cool wet cloths
- Watch for signs of breathing problems
- If the victim refuses water or is vomiting or there are changes in the level of consciousness do not give anything to eat or drink.

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## SECTION 7: OTHER WEB RESOURCES

### Weather Warnings:

- Environment Canada Public Weather Warnings for Saskatchewan  
[http://www.weatheroffice.gc.ca/warnings/sk\\_e.html](http://www.weatheroffice.gc.ca/warnings/sk_e.html)
- The Weather Network's Page for Alerts: Weather Warnings & Public Alerts  
<http://www.theweathernetwork.com/alerts/?product=alerts>

### Road Conditions

- Saskatchewan Highways –Road Conditions  
<http://roadinfo.telenium.ca/shwyw.html>

### Get Prepared Website: (Federal Government Website), [www.GetPrepared.ca](http://www.GetPrepared.ca)

- **Kit(s) Information**  
<http://www.getprepared.gc.ca/knw/kt/kt-eng.aspx>
- **Make a Plan**  
<http://www.getprepared.gc.ca/knw/plan/plan-eng.aspx>  
Site that you can create your plan on line and print out
- **Emergency Preparedness for Farm Animals, Livestock, and Poultry Booklet**  
[http://dsp-psd.pwgsc.gc.ca/collection\\_2009/sp-ps/PS4-71-2009E.pdf](http://dsp-psd.pwgsc.gc.ca/collection_2009/sp-ps/PS4-71-2009E.pdf)
- **Severe Storms: What to do**  
<http://www.getprepared.gc.ca/fl/pub/svr-strms-w-t-d-eng.pdf>
- **Power Outages: What to do**  
<http://www.getprepared.gc.ca/fl/pub/pwr-tgs-w-t-d-eng.pdf>

### Canadian Mortgage and Housing Corporation (CMHC)

- Information on choosing the appropriate backup system to provide electricity to your home in the event of a prolonged power failure  
[http://www.cmhc-schl.gc.ca/en/co/maho/em/em\\_002.cfm](http://www.cmhc-schl.gc.ca/en/co/maho/em/em_002.cfm)

### Severe Summer Weather

- **Severe Summer Weather Brochure (Environment Canada)**  
Information on Severe Summer Weather in Canada  
<http://www.ec.gc.ca/Publications/636566D9-3C9D-4ED7-BB00-1CEECE31A5C5/SevereSummerWeather.pdf>
- **Your Eye on Weather Brochure**  
How to prepare yourself for severe weather  
<http://www.ec.gc.ca/Publications/5C77C10C-33BE-4493-9BEE-76A19B9F2464/YourEyeOnWeather.pdf>
- **It's Your Health, Extreme Heat Events**  
Information on the health risks of extreme heat events, how to minimize your risk, etc.  
[http://www.hc-sc.gc.ca/hl-vs/alt\\_formats/pdf/iyh-vsv/environ/heat-chaleur-eng.pdf](http://www.hc-sc.gc.ca/hl-vs/alt_formats/pdf/iyh-vsv/environ/heat-chaleur-eng.pdf)

### Pet and Livestock Information

- **Caring for Animals During Extreme Heat**  
Information on managing animals (both pets and livestock species) in high temperature weather  
<http://www.new.dpi.vic.gov.au/agriculture/farming-management/fire-flood-other-emergencies/bushfires-and-extreme-heat/caring-for-animals-during-extreme-heat>,
- **Emergency Preparedness for Farm Animals, Livestock, and Poultry Booklet**  
[http://dsp-psd.pwgsc.gc.ca/collection\\_2009/sp-ps/PS4-71-2009E.pdf](http://dsp-psd.pwgsc.gc.ca/collection_2009/sp-ps/PS4-71-2009E.pdf)

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## SECTION 8: BOOKLET REFERENCES

- Get Prepared Website: (Federal Government Website), [www.GetPrepared.ca](http://www.GetPrepared.ca)
  - Kit(s) Information  
<http://www.getprepared.gc.ca/knw/kt/kt-eng.aspx>, Accessed January 22, 2011
  - Make a Plan  
<http://www.getprepared.gc.ca/knw/plan/plan-eng.aspx>, Accessed January 22, 2011  
Site that you can create your plan on line and print out
  - Emergency Preparedness for Farm Animals, Livestock, and Poultry Booklet  
[http://dsp-psd.pwgsc.gc.ca/collection\\_2009/sp-ps/PS4-71-2009E.pdf](http://dsp-psd.pwgsc.gc.ca/collection_2009/sp-ps/PS4-71-2009E.pdf) Accessed January 25, 2011
  - Severe Storms: What to do  
<http://www.getprepared.gc.ca/fl/pub/svr-strms-w-t-d-eng.pdf> Accessed January 25, 2011
  - Power Outages: What to do  
<http://www.getprepared.gc.ca/fl/pub/pwr-tgs-w-t-d-eng.pdf> Accessed January 25, 2011
  
- Spring and Summer Severe Weather Preparedness  
[http://www.bc.edu/content/bc/emergency/plans/\\_jcr\\_content/content/download\\_3/file.res/Spring%20and%20Summer%20Severe%20Weather%20Preparedness.pdf](http://www.bc.edu/content/bc/emergency/plans/_jcr_content/content/download_3/file.res/Spring%20and%20Summer%20Severe%20Weather%20Preparedness.pdf), Accessed May 17, 2011
  
- Your Home Emergency Preparedness Guide  
<http://www.caer.ca/PDF%20Files/Home%20Emergency%20Preparedness%20Guide%20-%20Final.pdf> Accessed May 17, 2011
  
- Severe Summer Weather and Wildfire Preparedness Guide  
<http://www.co.morton.nd.us/vertical/Sites/%7B90CBB59C-38EA-4D41-861A-81C9DEBD6022%7D/uploads/%7BEE846CAB-DA18-4C55-BB85-EAA9C748A0C1%7D.PDF>, Accessed May 18, 2011
  
- It's Your Health: Extreme Heat Events, (Health Canada info)  
<http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/enviro/heat-chaieur-eng.php>, Accessed June 29, 2011
  
- Working Under Hot Conditions, Saskatchewan OH&S website  
<http://www.lrws.gov.sk.ca/hotconditions/>, Accessed June 29, 2011
  
- Caring for Animals during Extreme Heat, Department of Primary Industries website  
<http://www.new.dpi.vic.gov.au/agriculture/farming-management/fire-flood-other-emergencies/bushfires-and-extreme-heat/caring-for-animals-during-extreme-heat>, Accessed July 4, 2011



# Get an emergency kit Start today!



IS YOUR FAMILY  
PREPARED?

## Assemble one...

Basic emergency kit shopping list:

- Water** — two litres of water per person per day (include small bottles)
- Food** that won't spoil, such as canned food, energy bars and dried foods (replace once a year)
- Manual can opener**
- Wind-up or battery-powered flashlight** (and extra batteries)
- Wind-up or battery-powered radio** (and extra batteries)
- First aid kit**
- Special needs items** — pet food, prescription medications, infant formula or equipment for people with disabilities
- Extra keys** for your car and house
- Cash** — include smaller bills, such as \$10 bills and change for payphones
- Emergency plan** — include a copy in your kit as well as contact information

## ...or buy one

You can buy an emergency kit online and in stores across Canada. St. John Ambulance and The Salvation Army have prepared an emergency kit which can be purchased at [www.sja.ca](http://www.sja.ca) or at retailers across Canada. Canadian Red Cross kits can be purchased at [www.redcross.ca](http://www.redcross.ca).

For more information call:  
1 800 O-Canada (1-800-622-6232)  
TTY 1-800-926-9105

## Consider these additional emergency kit supplies...

- Two additional litres of water per person per day for cooking and cleaning
- Candles and matches or lighter (place in sturdy containers and do not burn unattended)
- Change of clothing and footwear for each household member
- Sleeping bag or warm blanket for each household member
- Toiletries
- Hand sanitizer
- Toilet paper
- Utensils
- Garbage bags
- Household chlorine bleach or water purifying tablets
- Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, pocket knife)
- Small fuel-operated stove and fuel
- Whistle (to attract attention)
- Duct tape



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Public Safety    Sécurité publique  
Canada            Canada

Canada

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## APPENDIX B



**IS YOUR FAMILY PREPARED?**  
getprepared.ca



### Emergency car kit

If you have a car, prepare an emergency car kit and keep it in the vehicle. The basic emergency kit for cars should include the following items:

- Food** – that won't spoil, such as energy bars
- Water** – in plastic bottles so they won't break if frozen (change every six months)
- Blanket**
- Extra clothing** and shoes
- First aid kit** – with seatbelt cutter
- Small shovel, scraper and snowbrush**
- Candle** in a deep can and **matches**
- Wind-up flashlight**
- Whistle** – in case you need to attract attention
- Roadmaps**
- Copy of your emergency plan and personal documents**

#### Also keep these inside your trunk:

- Sand, salt or cat litter (non clumping)**
- Antifreeze/windshield washer fluid**
- Tow rope**
- Jumper cables**
- Fire extinguisher**
- Warning light** or road flares

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## APPENDIX C

### EMERGENCY PET KIT

Prepare an emergency survival kit for your pet(s) to keep them comfortable for at least three (3) days. This kit should include the following items:

- Food – 3 day supply
- Water – 3 day supply
- Bowls – for both food and water
- Paper Towel – to clean up messes, etc.
- A Can Opener – if using canned food
- Blanket
- Toy/Chew Bone/etc.
- Sturdy Leash/Harness; metal stake that screws into the ground/chain
- Cat Litter/Pan (Disposable aluminum roasting pans make good temporary litter trays)
- Dry bedding for small animals (rabbits, guinea pigs, etc.)
- If you have fish make a kit with the necessary water chemicals
- Heating Pad/hot water bottle for reptiles
- Plastic Bags – for waste
- Carrier for transporting pet – easier to transport them when they are contained/safe place
- Medication/Medical Records – including vaccinations & microchip information
- Current Photo of your pet(s) – in case they get lost
- Information on feeding schedule/medical/behavioural problems – may have to kennel your pet
- Up-to-Date ID tag/leg bands (for birds)
- Copy of License
- Muzzle – if required

