

Be Prepared

Your 6 Week Emergency Supplies Checklist



Some things Toronto Public Health does when there is an emergency:

- Provides expert medical and public health advice
- Manages actual or potential communicable disease outbreaks
- Monitors evacuation centres
- Maintains food safety and sanitation for the community
- Offers counselling for stress and coping problems
- Advises about the care, feeding and housing of pets
- Assists with emergency dental treatment
- Helps people with special needs
- Checks the environment to make sure the air, soil and water is safe

Toronto Public Health Emergency Services Unit:

- Responds to public health emergencies such as disease outbreaks, major accidents involving chemical spills or fires, and severe weather (e.g. ice storm)
- Acts as a partner with the city's Emergency Medical Services, Fire Services and Toronto Police Service, and with agencies such as Red Cross
- Provides expert medical and public health advice to the city, local doctors and hospitals, and health agencies when a man-made or natural disaster occurs
- Activates its emergency operations centre to co-ordinate Public Health activities during an emergency
- Helps local agencies and communities to be prepared
- Assists communities to return to normal as quickly as possible

Be Prepared Now for Emergencies

Create your emergency plan. Know what to do and practice. Know how to contact your family members.

Prepare an emergency survival kit. Your first aid kit should be with it. Keep both in an easy-to-reach spot.

Keep a list of important contact numbers (e.g. child's school, out of town relatives)

Keep photocopies of your important papers (e.g. wills, birth certificates, passport, citizenship) in a water/fire-proof container as part of your emergency survival kit.

Arrange for care of your pets in advance. Animals, other than guide and working dogs (for disabled assistance), are not permitted in evacuation centres.

Be prepared to evacuate during an emergency. Follow the officials' instructions.

Expect emotions - fear, anxiety, anger, grief. All these feelings are normal. Help your children - take their feelings seriously. Comfort and reassure. Ask for help to cope.

Visit the Toronto Public Health web site:
www.city.toronto.on.ca/health
for more information
about how to be prepared.

Your 6 Week Emergency Supplies Checklist

Buy supplies over the next six weeks, or add a few items each time you shop, until you have these emergency supplies. Some items you may already have in your home.

Store canned ready-to-eat food, dry goods and water in a clean plastic bin or on a kitchen shelf. Check the canned and packaged foodstuffs every 6 months for best before dates and damaged containers. Rotate and replace unopened packages of food (such as breakfast cereal, granola bars) and replace bottled water every 6 months. Rotate and replace canned products at least once a year and discard damaged containers.

Choose foods that you like and for your particular needs. Buy individual serving size cans for a single person and larger size cans for family use.

Canned foods:

Meats and alternatives - baked beans, kidney beans, black beans, chick peas, meat, fish, poultry

Vegetables - peas, corn, carrots, green beans

Fruit - peaches, pears, applesauce, fruit cocktail, fruit juice

Combination foods - pasta in tomato sauce, soups & stews

Canned milk and milk products - 2% evaporated milk or UHT, fortified soya beverage, baby formula (if needed)

Packaged foods:

Crackers, cookies, instant breakfast, ready-to-eat breakfast cereals, granola bars, health bars, assorted nuts, skim milk powder, trail mix, instant noodles and Minute rice, prepared pudding cups

Jarred foods:

Peanut butter, jam, honey, other nut spreads

Dried foods:

Prunes, apricots, dates, figs, raisins, assorted dehydrated foods

Remember to buy special food for babies, infants, seniors and other members of your household who may need it.

Items marked with an asterisk * should be purchased for each person.

Week 1

Grocery store (*per person)

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| <input type="checkbox"/> 4 litres water * (or 1.5 litre x 4 bottles) | <input type="checkbox"/> Baby food or formula (ready to serve, in small tins), diapers and bottles with disposable plastic liners, if needed |
| <input type="checkbox"/> 2 cans food containing meats and alternatives * | <input type="checkbox"/> Food for people on special diets, if needed |
| <input type="checkbox"/> 2 cans juice * (individual or family size) | <input type="checkbox"/> 4 litres water per pet, if needed |
| <input type="checkbox"/> 2 cans fruit * | <input type="checkbox"/> Pet food, if needed |
| <input type="checkbox"/> 1 small jar peanut butter * | <input type="checkbox"/> Hand-operated can opener |
| <input type="checkbox"/> 1 can combination foods (soups, pasta, etc.) * | <input type="checkbox"/> Large heavy duty plastic bags |
| <input type="checkbox"/> 2 can vegetables * | <input type="checkbox"/> Paper towels |
| <input type="checkbox"/> Crackers, cookies and ready-to-eat breakfast cereal | <input type="checkbox"/> Candles and waterproof matches |

Week 2

Hardware store

- Leash or carrier for pet, if needed
- Portable am/fm radio, with batteries
- 2 flashlights with batteries
- Waterproof portable plastic container, with lid, for important papers
- Whistles
- Extra batteries for radio and flashlights
- Camping or utility knife
- Permanent marking pen

Week 3

Grocery store (*per person)

- 4 litres water *
- 2 cans food containing meats and alternatives *
- 2 cans juice * (individual or family size)
- 2 cans fruit *
- Quick energy snacks (raisins, granola bars, nuts) *
- 1 can combination foods *
- 2 cans vegetables *
- Crackers, cookies and ready-to-eat breakfast cereal
- Baby food and/or formula (ready to serve, in small tins), diapers and bottles with disposable plastic liners, if needed
- Food for people on special diets, if needed
- 4 litres water per pet, if needed
- Pet food, if needed

Week 4

Drug store First aid supplies

- ASA (i.e. Aspirin) and/or acetaminophen (e.g. Tylenol). Check expiry date.
- 20 gauze pads
- 20 assorted rolls of gauze or bandages
- 1 roll first aid tape
- Scissors
- Tweezers
- Antiseptic skin cleaner
- 12 safety pins
- Disposable exam gloves
- 2 triangular bandages
- Pocket face mask

You may wish to purchase a basic first aid kit from your local pharmacy in place of some of the same items mentioned above.

Week 5

Grocery store (*per person)

- 4 litres water *
- 2 cans food containing meat and alternatives *
- 2 cans juice * (individual or family size)
- 2 cans fruit *
- Dried foods (apricots, dates, figs, dehydrated foods)*
- 1 can combination food *
- 2 cans vegetables *
- Crackers, cookies and ready-to-eat breakfast cereal*
- Baby food and/or formula (ready to serve, in small tins), diapers and bottles with disposable plastic liners, if needed
- Food for people on special diets, if needed
- 4 litres water per pet, if needed
- Pet food, if needed

Week 6

Drug store First aid supplies

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| <input type="checkbox"/> Prescription medications. Keep each in original container. | <input type="checkbox"/> Saline solution and contact lens case or extra eyeglasses, if needed |
| <input type="checkbox"/> Disposable hand wipes/alcohol hand sanitizer | <input type="checkbox"/> Extra hearing aid batteries, if needed |
| <input type="checkbox"/> Sewing kit | <input type="checkbox"/> Denture care items, if needed |

Household items (*per person)

- | | |
|---|--|
| <input type="checkbox"/> A change of clothing, rain gear and sturdy shoes * | <input type="checkbox"/> Feminine hygiene products |
| <input type="checkbox"/> Blanket or sleeping bag * | <input type="checkbox"/> Assorted plastic containers with lids |
| <input type="checkbox"/> Extra clothing for babies or infants | <input type="checkbox"/> Plastic wrap |
| <input type="checkbox"/> Knives, forks, spoons (plastic or metal) | <input type="checkbox"/> Aluminium foil |
| <input type="checkbox"/> Disposable cups and plates | <input type="checkbox"/> Paper, pens and pencils |
| <input type="checkbox"/> Toilet paper | <input type="checkbox"/> Credit card, travellers cheques or small amount of cash |
| <input type="checkbox"/> Toothbrush, tooth paste and floss * | <input type="checkbox"/> Extra set of house and car keys |
| <input type="checkbox"/> Facial tissue | <input type="checkbox"/> Roll of quarters for emergency phone calls |