

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, most gracious, ever merciful



# EMERGENCY PREPAREDNESS



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## OBJECTIVE

The objective of this document is to educate the Jama'at members to prepare themselves and their families to deal with an emergency situation; and how to stay safe during and after such a situation. It is very important for families to create an Emergency Plan according to their own needs and have a household Emergency Kit to deal with such situations.



## EMERGENCY PLAN

To help ensure your family's safety in such a situation, it is important to have an Emergency Plan and have the following thoroughly discussed with family members:

Stay Informed where your family members usually are at any given time. Identify a Safe Place where your family can contact and meet one another when coming home is not possible. Establish Secondary Contacts when you cannot contact your immediate family to be able to inform about your situation. Identify Critical Utilities such as your home's water valve, electrical panel, gas valve and floor drain.

- Devise Evacuation Plan along with preparing emergency kits. Ensure everyone in the house knows location of a "Grab & Go Emergency Kit" (more information below).
- Identify Special Needs of toddlers, kids and elderly family members, especially persons with disabilities.
- Gather Important Documents and make copies of all important documents (e.g. birth certificates, passports, wills, and insurance info).





## EMERGENCY KIT

An Emergency Kit provides you most of your necessities that you may need in such situations. An Emergency Kit that is well stocked, portable and easy to find for everyone in household, can help ensure that you have basic supplies to keep you and your family safe for at least 72 hours within your home or even if you must evacuate.

A basic emergency kit would include the following in a backpack:

- Clothing for all family members
- Water and food for 72 hours
- Medications/Medical Kit
- Toiletries, garbage bags
- Sleeping bag and warm blanket



## WATER

Water is essential to life. We need it daily for drinking, cooking and personal hygiene; as a rule of thumb, every person needs a daily water supply of two liters for drinking and two liters for hygiene.





## ALTERNATE WATER SOURCE

When clean tap water or bottled water is unavailable, one needs to consider how to use the abundance of fresh water sources in Canada such as lakes, wells, streams, and rivers with the use of filtration systems. Water from such natural sources can be contaminated and unsafe to drink. It is highly recommended to use water purification tablets to make water drinkable. Such tablets will make this water drinkable in 30 minutes.



## FOOD STORAGE

There can be some extraordinary situations that you may have to deal with for longer periods when supplies are not available or become very expensive. In addition to the Emergency Kit, you should also have some supplies stored in your home to make sure that you are prepared to face such a situation as well.

**NOTE** the checklist below is for reference purpose only. Feel free to build your own list, enhance the one provided below with changes suitable to your household and family needs or ignore items that you believe are not applicable to you. Members are highly recommended to also prepare and document their own family emergency plan.



# EMERGENCY PREPAREDNESS LIST

<b>FOOD - ESSENTIAL ITEMS</b>	<b>Supply</b>
Rice	2-3 months
Wheat flour	2-3 months
Different types of grains including pulses: e.g. Split Chickpeas, Chickpeas, Lentils, Peas, Kidney Beans, etc	2-3 months
Cooking necessities: Cooking Oil, Salt, Peppers, Spices, etc.	2-3 months
Cooking: Oil, Salt, Peppers, Spices, etc	2-3 months
Canned/bottled item: (Tomatoes, Garlic, Chickpeas, Peas, etc.)	2-3 months
Sugar	2-3 months
Cereals: Oatmeal, Pasta, Powdered Milk; Energy Bars	2-3 months
Canned Food: Pickles, Olives, Cucumbers, Hot Banana Peppers, Mixed Vegetables	2-3 months
Water: 2L drinking water per person per day (bottled water preferred for portability)	2-3 months
Dried fruits and Nuts:	optional
Canned Fish: Tuna / Sardines / Mackerel / etc.	optional
<b>FOOD PREPARATION AND SUPPLIES (RECOMMENDED)</b>	
Backup Cooking Options: Kerosene Stove; + 90 L Kerosene OR Propane Stove + 180lb Propane; Fuel must NOT be stored indoors, store them in garage, sheds, etc. <i>Propane can NOT be used indoors. Kerosene may be used for emergency indoor cooking in a ventilated area in presence of a working carbon monoxide detector.</i>	2-3 months
Portable Stove: Kerosene Stove + 10L Kerosene OR Propane Stove + 20lb Propane.	2-3 months
Disposables: Plates, Cups, Spoons, Knives, Forks, etc.	2-3 months
Cooking Supplies: Pots; Pans; Cooking knife; Cooking & Serving Spoon; Utensils.	2-3 months
Seasoned Firewood: (If stored indoors please ensure to keep them away from drywalls and floors to avoid any risk)	2-3 months

# EMERGENCY PREPAREDNESS LIST

<b>PERSONAL CARE (RECOMMENDED)</b>	
Water: for personal Hygiene 2L per person per day (stored in barrel/drum)	2-3 months
Personal Hygiene: Soap; Shampoo; Toothpaste; Toothbrushes; Razors; Feminine products;	2-3 months
Toilet paper	2-3 months
Wet Wipes; Laundry detergent;	2-3 months
<b>HEALTH CARE (ESSENTIALS)</b>	
First Aid Kit - (A good quality prepackaged one preferred)	
First Aid Items Bandages (multiple size); Gauze pads; Medical tape; Dressing; Antibiotic ointment; Liquid bandage; Thermometer; Tweezers; Alcohol Swabs; Calamine lotion/Antihistamine cream; Antifungal cream; Hydrogen peroxide;	
Common Medication: Acetaminophen (Tylenol); Ibuprofen (Advil) / Naproxen (Aleve); Aspirin; Decongestants; Antihistamine (Allegra/Zyrtec/Claritin); Tums/Roloids/Maalox; Laxatives (MiraLAX/Surfak/Senokot); Antidiarrheal (Imodium/Pepto-Bismol); Multivitamin; KI Pills (Potassium Iodide);	
Aluminum Free Deodorant (helps to seals wounds)	
<b>SPECIAL NEEDS (ESSENTIALS)</b>	
Baby formula or special food	2-3 months
Extra pairs of prescription glasses	
Asthma Puffers; Diabetes Medicine & Glucometer;	
Prescription Drugs (Try to always keep a stock and keep them handy)	2-3 months
Baby Supplies Diapers; Powder; Wipes;	2-3 months

# EMERGENCY PREPAREDNESS LIST

<b>TOOLS &amp; UTILITIES (RECOMMENDED)</b>	
Portable & Collapsible Water Containers (5L-10L collapsible)	
Filtered water containers with extra filters	
Household chlorine bleach and/or water purifying tablets	6 x 50tabs
Ignitor Fluid; Lighters; Kindles; Strike anywhere matches (in plastic bag);	
Crank (Hand power); LED Flashlight; Light sticks;	
Batteries (AAA; AA; D; Deep Cycle 12V Batteries;)	
Extra phone chargers; Candles (2 x 20 pk);	
Wood Axe; Hand Saw; Shovel;	
Gasoline filled in Jerry cans	50-100L
Bicycles: Bikes; Pump; Tubes; Break wires; Tire Repair Kit;	
Compass; Whistle; Survival Knife;	
Basic tools: Hammer; Screwdrivers; Pliers; Wrenches; Gloves; Scissors; Knives; Ropes; Nylon twine; Duct Tape; Ties;	
<b>MISCELLANEOUS (RECOMMENDED)</b>	
Copies of Important Documents: Health cards; Passports/Citizenship; Birth certificates; Car Ownership; Home & Business; Insurance;	
Printed Maps; Survival guides; Holy Qur'an;	
Change of clothing and footwear for everyone in household	
Cash in small denominations	
Copy of Family Emergency Plan	
<b>COMMUNICATIONS (RECOMMENDED)</b>	
Hand powered Radio, Shortwave Radio	
Walkie Talkies (Ham Radio); Basic manual phone with cord	
Aluminum Box to keep electronics protected (Phone, Laptop)	
<b>WEATHER PROTECTION (RECOMMENDED)</b>	
Family Tent; Waterproof Tarps;	
Sleeping Bags (rated -30° ~ -40°); Thermal blankets;	