



Severe Winter Weather Preparedness



Updated SEPTEMBER, 2011

TABLE OF CONTENTS

SECTION	TITLE	PAGE NO.
	TABLE OF APPENDIXES	2
	WINTER WEATHER	3
	PREPARING FOR SEVERE WINTER WEATHER	5
SECTION 1	GENERAL PRECAUTIONS TO TAKE	6
1.1	Before a Winter Storm	6
1.2	Personal Responsibility	7
1.3	Personal Emergency Supply Kits	7
	Basic Kit	7
	Recommended Additional Items	8
	Car Kit	8
	Important Family Documents	8
1.4	Preparedness for Your Pets	9
	Preparedness	9
	Pet Kits	10
	Special Care for Other Pets (birds, reptiles, small animals, fish)	10
	After an Emergency	10
1.5	Preparedness for Livestock	11
	Preparedness	11
	Livestock/Farm Kit	12
	Sheltering in Place	12
	Evacuation	13
SECTION 2	LEARN HOW TO EVACUATE	14
2.1	When to Evacuate	14
2.2	How to Know to Evacuate	14
2.3	If Ordered to Evacuate	14
SECTION 3	BLIZZARD/WINTER STORM PRECAUTIONS	15
3.1	Before a Blizzard/Winter Storm	15
3.2	Before an Ice Storm	16
3.3	During a Blizzard/Storm	16
3.4	After a Blizzard/Storm	16
SECTION 4	POWER OUTAGE	17
4.1	Before an Outage	17
4.2	During an Outage	18
4.3	When Power is Restored	18
SECTION 5	EXTREME COLD AND YOUR HEALTH	20
5.1	What to do During Extreme Cold	20
5.2	Signs of Cold Emergencies	20
5.3	Treatment of Cold Emergencies	21
SECTION 6	OTHER WEB RESOURCES	22
	Links for weather warnings, road conditions, being prepared, etc.	22
SECTION 7.	BOOKLET REFERENCES	23

TABLE OF APPENDIXES

APPENDIX	TITLE	PAGE NO.
A	Personal Emergency Checklist	24
B	Emergency Car Kit Checklist	25
C	Emergency Pet Kit Checklist	26

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 endorse 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.

WINTER WEATHER

Severe winter weather can occur in all regions of Canada and can develop quickly and threaten life and property. Listen to the local radio or television stations for severe weather warnings and advice. a

Blizzards

- A blizzard, in general, **is a winter storm with** winds exceeding 40 km/h with visibility reduced by falling or blowing snow to less than a kilometre and lasting for at least three hours
- Blizzards come in on a wave of cold arctic air, bringing snow, bitter cold, high winds and poor visibility in blowing snow. While these conditions must last for at least three hours to be designated a blizzard, they may last for several days
- Poor visibility, low temperatures and high winds combine to create a significant hazard
- In Canada, blizzards with high winds are most common in: **Prairies**, eastern Arctic & eastern Ontario
- Heavy snowfalls are most common in British Columbia, the Atlantic Provinces, southern and eastern Quebec and areas around the Great Lakes
- Freezing rain can occur pretty much anywhere in the country, but is particularly common in Ontario, Quebec and the Atlantic provinces

Ice storms

- Freezing rain is tough, clings to everything it touches and is more slippery than snow
- A little freezing rain is dangerous, a lot can be catastrophic

Wind Chill

- The temperature the body feels when the air temperature is combined with the wind speed
- Based on the rate of heat loss from exposed skin caused by the effects of wind and cold
- As the speed of the wind increases, it can carry heat away from the body much more quickly, causing skin temperature to drop
- High winds can cause weather-related health problems even when temperatures are only cool

Wind Chill Index

A new formula and reporting methods for wind chill was developed in the early 2000's that would be more accurate, easier to understand, and incorporate new scientific knowledge. The new wind chill index is based on the loss of heat from the face only - the area of the body that is most exposed to severe winter weather conditions. After conducting some additional research it was decided that wind chill readings would be expressed in temperature like units so that it would be easier to comprehend.

Wind Chill Range	Rating	Impact
0 to -9	Low	<ul style="list-style-type: none">• Minor increase in discomfort
-10 to -24	Moderate	<ul style="list-style-type: none">• Uncomfortable• Bared skin feels cold• Danger of hypothermia if outdoors for extended periods
-25 to -44	Cold	<ul style="list-style-type: none">• Danger of skin freezing (frostbite)• Remember that the average person's skin begins to freeze at a wind chill of -25• Examine face, fingers, toes, ears and nose for numbness or whiteness• Threat of hypothermia if outdoors for extended periods
-45 to -59	Extreme	<ul style="list-style-type: none">• Exposed skin may freeze in mere minutes• Examine face, fingers, toes, ears and nose for numbness or whiteness• Severe danger of hypothermia if outdoors for long periods• Be prepared to end outdoor activities early or cancel them completely
-60 or colder	DANGER! HIGH RISK!	<ul style="list-style-type: none">• Conditions outside are hazardous• Skin left uncovered may freeze in under 2 minutes• If possible stay indoors

Across the country, different criteria have been established to distinguish between the various wind chill ranges. The reason for this is because the threshold for cold varies across Canada. The federal government decided to group geographic areas of Canada with similar "cold thresholds" together.

The coldest wind chill on record in Canada was a bone chilling -78 recorded in Kugaarruk, Nunavut. Therefore for example, a wind chill of -25 in Southern Quebec would be considered noteworthy, whereas in Nunavut, a similar reading would be considered commonplace.

Geographic Area	Wind Chill	Rating	Impact
Central Ontario & Southern portion of Northern Ontario, Southern Quebec, Prairies , Central Interior and Northern B.C., Labrador	-25 to -44	cold wind chill, mentioned in forecast	risk of frostbite
	- 45 to -59	very cold wind chill, warning issue	frostbite in minutes
	-60 or less	extreme wind chill, warning issued	hazardous frostbite condition

REMEMBER: Heavy snow can immobilize a region and paralyze a city, stranding commuters, closing airports, stopping the flow of supplies, and disrupting emergency and medical services. Accumulations of snow can cause roofs to collapse and knock down trees and power lines. Homes and farms may be isolated for days and unprotected livestock may be lost. The cost of snow removal, repairing damages, and the loss of business can have severe economic impact.



This Booklet that can be found on the Rural Municipality of Corman Park's website under http://www.rm-cormanpark.ca/page/emergency_preparedness



PREPARING FOR SEVERE WINTER WEATHER



Winter is a fact of life in the Rural Municipality of Corman Park and in fact, the province of Saskatchewan. When a blizzard/winter storm hits it can be very difficult, even dangerous to get around. The R.M. of Corman Park urges its residents to winterize your family and home by planning how you will best manage a disruption in your routine during a blizzard/winter storm.

An effective plan should include what you will do before, during and after a blizzard/winter storm and covers all aspects of the normal daytime and evening routines and activities for each family member.

The municipality prepares for winter every year. Preparing for winter storms can reduce the potential for property damage/loss as well as increase personal safety. Remember, the protection of your property is your responsibility.

If a winter storm or emergency happens in your area, 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. Though all levels of government are working to reduce the impact of storms, *individuals* also play an important role.

Preparing for Severe Storms

When a severe storm is on the horizon, the Meteorological Services of Canada issues watches, warnings and advisories through radio and television stations, the Weather Office Website, automated telephone information lines and Environment Canada's Weatheradio. The Weather Network will also broadcast these watches, warnings and advisories on their website and television channel. The weather office issues, and radio & television repeat weather watches and warnings. Stay tuned to your local TV & radio stations for updated storm information especially when weather conditions exist for generating a tornado.

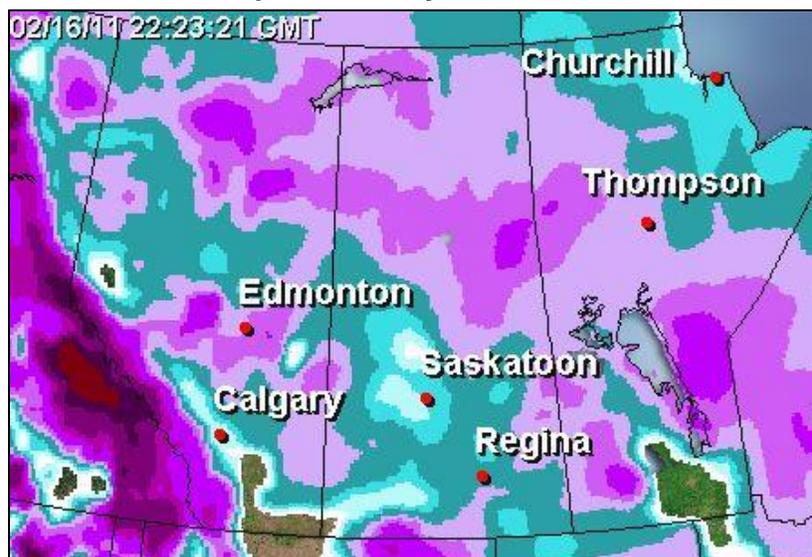
▪ A Watch

- Is an advisory only
- Stay alert! Listen to your radio/television/weather channel
- Conditions exist that are favourable for a possible winter storm
- In winter, a watch can be issued up to 12-24 hours in advance
- Nothing may happen but a watch could develop into a warning

▪ A Warning

- The event is imminent and with a winter storm you may be given 6-24 hour warning
- If the warning is for the area where you live, take precautions immediately and listen to your radio for constant updates

Weather Map of February 16, 2011 Snow Storm



SECTION 1: GENERAL PRECAUTIONS TO TAKE

1.1 BEFORE WINTER STORM/BLIZZARD/ICE STORM

- Winterize your home and vehicle **BEFORE** the cold weather arrives
 - Have your heating system inspected annually by a qualified service technician
 - Have your car inspected, winter tires put on, etc.
 - Have your fire place inspected annually
 - Make sure your home is well insulated and that you have weather stripping around your doors and windowsills to keep the warm air inside
 - Learn how to shut off water valves (in case a pipe bursts).
- Make sure that you have adequate insurance coverage
- Prepare a family plan
 - It will take you about 20 minutes to complete your personalized plan
 - Practicing your family emergency plan will help make sure you take appropriate actions in a real emergency situation
 - 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
 - Where is everyone (school, work, etc.)
 - 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 in case of a sudden emergency like a fire
 - 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 during an emergency, have a plan for getting back together. Separation is a possibility during the day when adults are at work & children are at school, etc.
 - Who will be our outside contact person(s)
 - Ask an out-of-town relative/friend to be your family contact (should live outside 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
- Ensure that each family member has identification
- Prepare personal Emergency Supply Kits (starts on Page 7) for your home, pet and car
- Have a grab-and-go kit ready if you have to leave your home quickly
- Keep your car/vehicle's gas tank full; have **sufficient windshield washer fluid** in the reservoir that is rated a minimum of -40°C temperature
- Stock up on heating fuel
- Keep important papers in watertight containers
- Have a record of your valuables in a safe place
- Check on elderly or disabled neighbours to ensure they are aware of the situation
- Secure everything that might be blown around or torn loose – indoors and outdoors.
 - Flying objects such as garbage cans and lawn furniture can injure people and damage property



- Trim dead branches and cut down dead trees
- Consider arrangements for your pets and any livestock
 - Make arrangements for the care of your pets in the event of an emergency
 - If you own livestock prepare an emergency contact list (employees, neighbours, veterinarian, poison control, animal care & control, transportation resources, etc.)
 - 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.
- If you are advised by officials to evacuate, do so. Take your emergency kit with you.
- Check out local media for developing weather; anticipate a storm rather than be surprised by it

1.2 PERSONAL RESPONSIBILITY

Although there are many municipal, provincial and federal agencies ready to provide aid should a devastating storm occurs, 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. During a blizzard/ice storm/winter storm you must be prepared for possible power outages.

Basic Emergency Kit (checklist on page 24, 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 and blankets. The key is to make sure they are organized, easy to find and easy to carry (in a suitcase with wheels or in a backpack) in case you need to evacuate your home.

- **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, powered milk
 - Choose foods that will not increase thirst (low sodium)
- Manual can opener
- Flashlight and batteries or wind-up flashlight
- Battery-powered or wind-up radio (and extra batteries)
- First aid kit
- A whistle
- Disposable cleaning cloths, such as "baby wipes" (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
- Copy of your emergency plan
- Pets -- Include a three-day supply of pet food and water

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. Keep 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; hand sanitizer; toilet paper
- 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
- Duct tape to tape up windows, doors, air vents, etc.
- Playing cards

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

Car Kits *(☑ checklist on page 25, 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)

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 a **Winter Storm/Extreme**:
 - Bring them indoors (house, garage, etc.) to provide warm shelter or provide adequate shelter (insulated dog house) to keep them warm
 - Pets that live outdoors should be fed a bit more in the winter because they need the extra calories to keep warm
 - Always provide plenty of clean water and ensure that the water doesn't freeze
 - Use a plastic dish to prevent your pet's tongue from freezing to a metal bowl
 - If traveling with pets, DO NOT leave them alone in a parked vehicle
 - If taking them for a walk:
 - Shorter coat dogs or dogs with thin hair/fur will need a dog coat to protect them from the wind, snow and cold
 - Check paws upon return to make sure that ice is not building up between the toes and that salt or ice melt is not irritating their skin
 - Check underneath your car's hood for small animals (i.e. cats) that may have crawled inside seeking warmth
 - Keep antifreeze where animals will not ingest it (fatal to all pets)
 - Watch for frostbite especially ears, tail and paws
 - Watch for signs of hypothermia (extreme shivering, slow, shallow breathing, gums may be pale or blue, unresponsive)



Pet Kits (*☑ checklist on page 26, 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 cold weather

- To reduce stress and keep your bird comfortable in cold weather, cover your pet's cage with a cage cover or small blanket, allowing some ventilation for breathing

▪ **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 it
- 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

1.5 PREPAREDNESS FOR LIVESTOCK

Emergency preparedness is especially important for livestock because of their size and special shelter & transportation requirements. 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.

Hypothermia & dehydration are the two most probable life-threatening conditions for animals in cold weather.

Preparedness:

- Barn fires are the most common disaster for livestock at anytime of the year
 - 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 a 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 **Winter Storm/Extreme Cold**:
 - Wet conditions and wind-chill add greatly to the cold-stress for animals
 - Livestock should be provided with wind-break and roof shelter
 - Monitored for signs of discomfort (extensive shivering, weakness, lethargy, etc.)
 - Provide extra hay/forage/feed as up to double the calories for normal body heat maintenance may be needed in extreme cold and if you are unable to get to the animals for a couple of days because of deep snow, etc. they will have enough food.
 - It is critical that animals have access to drinking water at all times
 - Usual water sources may freeze solid in low temperatures and dehydration becomes a life-threatening factor
 - Many animals, especially the young, may not know how or be unable to break several inches of ice to reach water
 - Animals tend to drink less in extreme cold, risking dehydration
 - Research with horses shows horses drink more water if it is warmed during winter weather
 - If possible, move animals to an indoor shelter or building
 - Provide additional bedding to keep animals insulated & to keep them dry
- Place sand or other non-toxic gritty material on icy feedlots to provide good footing
- Ensure heaters are working properly and are in areas with adequate ventilation
- Ensure adequate ventilation in buildings
 - Animals could suffocate from lack of oxygen
 - Open vents to facilitate natural air flow
 - Clear ice and snow from vents
- Know the signs of Cold Related Illnesses in any species of animals you own:
 - Frostbite
 - Extremities (ears, tails, teats, male reproductive organs) are particularly subject to frostbite
 - Signs may not necessarily be obvious for several days (waxy or pale appearance to affected areas, sloughing of freeze-damaged tissue)



-
- Hypothermia
 - Extreme shivering
 - Increased respiration
 - Confused, erratic, clumsy behaviour

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 can be challenging especially in winter 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)
- There is shelter &/or windbreak areas
 - Shallow open front sheds
 - Solid sided feed wagons can serve as temporary wind protections (place plywood or bales of straw under the wagon to block the wind)
- If your pasture doesn't meet the above criteria, you should move your animals to a barn/building
 - Winterize any building that may provide shelter for livestock
 - Check roof structure and stability to hold the weight of accumulated snow/ice
 - Repair roof leaks
 - Have proper ventilation



If your building(s) does not meet the above criteria, you should evacuate your animals.

Evacuation:

The leading causes of death of large animals in disasters are collapsed barns (winter snow is too heavy for roof or roof is susceptible to high winds), dehydration (frozen water), electrocution and accidents resulting from fencing failure.

- If you must evacuate, do so as soon as possible otherwise everything will get caught in the storm
- 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



SECTION 2: LEARN HOW TO EVACUATE

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 (if power is not out) to all buildings, barns, etc. If power is already out see advise below:
- 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.

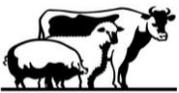


SECTION 3: BLIZZARD/WINTER STORM PRECAUTIONS

Storm damage can cost an individual or family a significant amount of money; therefore it is best to take precautions ahead of time to minimize these costs. **YOU** are the first line of defence against damage and it is up to you to minimize any harm that may occur.

3.1 Before a Blizzard/Winter/Ice Storm

- If a blizzard or heavy blowing snow is forecasted, you may want to string a lifeline between your house and any outbuildings to which you may have to go during the storm
 - In wide open areas, visibility can be virtually zero during heavy blowing snow or a blizzard
 - A lifeline will guide you and give you something to follow
- If a severe storm is forecast, secure everything that might be blown around or torn loose – indoors & outdoors.
 - Flying objects such as garbage cans and lawn furniture can injure people and damage property
- When a winter storm hits, stay indoors
- If you must go outside, dress for the weather
 - Outer clothing should be tightly woven and water-repellent
 - The jacket should have a hood
 - Wear mittens – they are warmer than gloves
 - Wear a hat, as most body heat is lost through the head
 - Avoid travel; if you are safe where you are, stay where you are
- If you **must** travel during a winter storm
 - Do so during the day
 - Let someone know your route and arrival time.
- If travel is unavoidable make sure you have:
 - Enough fuel
 - A vehicle emergency kit
 - A winterized, reliable vehicle
 - Check out local media for weather updates, road conditions & the level of civic services available
- If your car gets stuck in a blizzard or snowstorm:
 - Remain calm and stay in your car
 - Try to move the car away from trees or power lines that might fall on you
 - Allow fresh air in your car by opening the window slightly on the sheltered side (away from the wind)
 - You can run the car engine ~ 10 minutes every half-hour if the exhaust system is working well
 - Beware of exhaust fumes and check the exhaust pipe periodically to make sure it is not blocked with snow. **Remember: you can't smell potentially fatal carbon monoxide fumes**
 - To keep your hands and feet warm, exercise them periodically. In general, it is a good idea to keep moving to avoid falling asleep
 - If you do try to shovel the snow from around your car, avoid overexerting yourself
 - Overexertion in the bitter cold can cause death as a result of sweating or a heart attack
 - Keep watch for traffic or searchers.
- If you live on a farm, shelter animals:
 - Generally, if the structure is sound, the animals should be placed indoors
 - Once they are inside, secure all openings to the outside
 - The sheltering should be ordered and completed before similar action is taken for humans
 - Water supplies should be checked for freezing. Many animals have died of thirst during the winter, even with abundant water sources, because they could not drink the water as it was frozen solid.
- **Prepare for Power Outages and Blocked Roads**
 - Winds, ice and snow tend to bring down power lines
 - Make sure that you have an emergency kit (see Page 6)
- Staying warm when the power goes out may be a problem
 - Be prepared with alternative heat sources and plenty of blankets



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- Stock up on shovels and snow removal equipment **before** the snow storm
 - Be sure you know how to open your garage door manually
 - Cover the windows and spaces around the doors to keep drafts at a minimum in the event the heat shuts off
 - Regular fuel sources may be cut off
 - Have an adequate supply of alternate fuel sources available
 - If you have a fireplace or a wood burning stove, stock up on dry seasoned wood
 - If you live in an area that gets bad storms regularly, consider investing in an emergency generator
 - A cellular phone is a 'hot' commodity for the snowbound. If you have a cell phone, make sure it is charged and easy to find. Even if the phone and power lines go out you can get word out that you are stranded and need help.

3.2 Before an Ice Storms

- Ice from freezing rain accumulates on branches, power lines and buildings. If you must go outside when a significant amount of ice has accumulated, pay attention to branches or wires that could break due to the weight of the ice and fall on you. Ice sheets could also do the same.
- **Never** touch power lines
 - A hanging power line could be charged (live) and you would run the risk of electrocution
 - Remember also that ice, branches or power lines can continue to break and fall for several hours after the end of the precipitation
- When freezing rain is forecast, avoid driving
 - Even a small amount of freezing rain can make roads extremely slippery
 - Wait several hours after freezing rain ends so that road maintenance crews have enough time to spread sand or salt on icy roads.
- Rapid onsets of freezing rain combined with the risks of blizzards increase the chances for extreme hypothermia
 - If you live on a farm, **move livestock promptly** to shelter where feed is available
 - Forage is often temporarily inaccessible during and immediately after ice storms
 - Animal reactions to ice storms are similar to that of blizzards

3.3 During a Blizzard/Ice Storm/Winter Storm

- If you must go to the outbuildings, dress for the weather
- If you lose Heat/Power
 - Insulate your pipes so they do not freeze
 - Consider letting your faucets drip a little if the temperature drops below freezing
 - Moving water will not freeze as fast as standing water
 - Keep a supply of antifreeze on hand to protect plumbing from freezing
 - Know where your water main valve shut off is located and how to turn it off if a pipe does break or you are unable to have your faucets drip

3.4 After a Blizzard/Winter/Ice Storm

- Assess the damage to your property, if any
- Check out local media regularly for the level of civic services available
 - If you must travel, plan your route accordingly. The first priority for snow clearing is to ensure movement of traffic on the major roads and access to emergency locations
- Exercise caution and care when shoveling snow, especially during very cold weather

SECTION 4: POWER OUTAGE

A winter storm/blizzard/ice storm may lead to power outages.



Most power outages will be over almost as soon as they begin, but some can last much longer – up to days or even weeks, ESPECIALLY in rural areas. Power outages are often caused by freezing rain, sleet storms and/or high winds which damage power lines/poles and equipment. Poles may be damaged by vehicles losing control and running into them causing power outages. Cold snaps can also overload the electric power system.

During a power outage, you may be left without heating, 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. In other words, you could be facing major challenges. 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 PREPARING FOR AN OUTAGE

- You can install a non-electric standby stove or heater
- Choose heating units that are not dependent on an electric motor, electric fan, or some other electric device to function
- It is important to adequately vent the stove or heater with the type of chimney flue specified for it
- Never connect two heating units to the same chimney flue at the same time
- If you have a wood-burning fireplace, have the chimney cleaned every fall in preparation for use and to eliminate creosote build-up which could ignite and cause a chimney fire.
- If the standby heating unit will use the normal house oil or gas supply, have it connected with shut-off valves by a certified tradesperson.
- Before considering the use of an emergency generator during a power outage, check with furnace, appliance and lighting fixture dealers or manufacturers regarding power requirements and proper operating procedures.
- 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
- 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
- Make sure you have a Personal Emergency Kit prepared (list on Page 6 of this booklet)
- Keep a supply of antifreeze on hand to protect plumbing from freezing

4.2 DURING AN 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
- If you have to **Evacuate during a power outage** in the winter:
 - Turn off the main breaker or switch of the circuit-breaker panel
 - Turn off the water main/pipe where it enters the house
 - Protect the valve, inlet pipe, meter or pump with blankets or insulation material
 - Drain the water from your plumbing system
 - Start at the top of the house
 - Open taps, flush toilets (several times)
 - Go to the basement and open the drain valve
 - Drain you hot water tank by attaching a hose to the tank valve and running it to the basement floor drain
 - If you hot water tank is gas-fired, turn out the pilot light
 - Unhook washing machine hoses and drain
 - Add a small amount of glycol or antifreeze to water left in toilet bowl(s) and the sink & tub taps
 - Do not worry about the small amount of water trapped in horizontal pipes
 - If your house is protected from ground water by a sump pump, clear valuables from the basement in case of flooding



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. 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.



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- 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.

SECTION 5: EXTREME COLD AND YOUR HEALTH

Extreme cold temperatures can be hazardous to people & animals** but can also help to limit the spread of pests/disease. When wind is experienced with cold temperatures the impact is even more pronounced.

Whenever temperatures drop decidedly below normal and as wind speed increases, heat can leave your body more rapidly. These weather related conditions may lead to serious health problems. Extreme cold is a dangerous situation that can bring on health emergencies in susceptible people, such as those without shelter, those who are stranded, or those who live in a home that is poorly insulated/without heat.

5.1 WHAT TO DO DURING EXTREME COLD

- Stay out of the cold
- If you have to go out, check the forecast
- If you go outside, dress appropriately:
 - A hat
 - A scarf or knit mask to cover face/mouth
 - Sleeves that are snug at the wrist
 - Mittens
 - Water-resistant coat and boots
 - Wear several layers of loose-fitting clothing
 - Wool, silk or polypropylene inner layers of clothing will hold more heat than cotton
 - Avoid exertion as your body is already working hard to stay warm
 - If you must do heavy outside chores, dress warmly and work slowly
- STAY DRY
- Do not ignore shivering. It's an important first sign that the body is losing heat
- Keep hydrated
- Keep moving; activities help to keep you warm
- Understand wind chill
- Watch for signs of frostnip, frostbite and hypothermia
- Some people are more susceptible to the cold, particularly children, the elderly and those with circulation problems
- The use of alcohol, tobacco and certain medications will increase susceptibility to cold

5.2 SIGNS OF COLD EMERGENCIES

Watch for the following signs of hypothermia, frostnip and frostbite:

Hypothermia

- Being cold over a prolonged period of time can cause a drop in body temperature
- Shivering, confusion and loss of muscular control (e.g., difficulty walking) can occur.
- It can progress to a life-threatening condition where shivering stops or the person loses consciousness. Cardiac arrest may occur.

Frostnip

- Weaker form of frostbite where only the skin freezes
- Skin takes on a yellowish or white colour, but remains soft to the touch.
- Accompanied by a painful tingling or burning feeling

Frostbite

- A more severe condition, where both the skin and the underlying tissue (fat, muscle, bone) are frozen.
- Skin appears white and waxy and is hard to the touch.
- No sensation – the area is numb or tingling.

5.3 TREATMENT OF COLD EMERGENCIES

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

Hypothermia

- Get medical attention immediately
- Lay the person down and avoid rough handling, particularly if the person is unconscious
- Get the person indoors
- Gently remove wet clothing
- Warm the person gradually and slowly, using available sources of heat

Frostnip

- Do NOT massage or rub the affected area
- Slowly warm up the area using body heat (a warm hand) or some warm water
- Do not use any form of direct heat which can burn the skin
- After the area has been warmed, do not re-expose it to the cold

Frostbite

- Frostbite can be serious, and can result in amputation. Get medical help!
- Do not rub or massage the area
- Do not warm the area until you can ensure it will stay warm
- Warm the area gradually; use body heat, or warm water (40°C to 42°C). Avoid direct heat which can burn the skin.

**Information on extreme cold and animals/livestock please refer to page 9, Preparedness for Pets or page 11, Preparedness for Livestock

SECTION 6: OTHER WEB RESOURCES

Weather Warnings:

- Environment Canada Public Weather Warnings for Saskatchewan
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>

Get Prepared Website: (Federal Government Website), www.GetPrepared.ca

- Emergency 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
- Severe Storms: What To Do
<http://www.getprepared.gc.ca/KNW/ris/str-eng.aspx>
- Emergency Preparedness for Farm Animals, Livestock, and Poultry Booklet
http://dsp-psd.pwgsc.gc.ca/collection_2009/sp-ps/PS4-71-2009E.pdf
- Seven Steps to Cold Weather Safety
<http://www.getprepared.gc.ca/prod/tp/tp201101-eng.aspx?option=share>
- Power Outages: What to do
<http://www.getprepared.gc.ca/fl/pub/pwr-tqs-w-t-d-eng.pdf>

Red Cross Website:

- Information on Emergency Preparedness
<http://www.redcross.ca/article.asp?id=33841&tid=001>
- Let's Plan for the Unexpected Booklet, Information on preparing for an emergency. (Has a few activities for children and offers guidance on talking to your children about emergencies)
http://www.redcross.ca/cmslib/general/parent_brochure.pdf

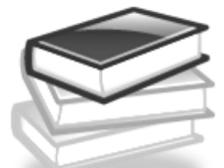
Canadian Mortgage and Housing Corporation (CMHC)

- Information on When You Must Leave Your House Due to a Prolonged Winter Power Outage
http://www.cmhc-schl.gc.ca/en/co/maho/em/em_004.cfm
- 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
- Information to help you deal with extensive roof icing or ice dam problems.
http://www.cmhc-schl.gc.ca/en/co/maho/gemare/gemare_006.cfm



SECTION 7: BOOKLET REFERENCES

- **Get Prepared Website:** (Federal Government Website), www.GetPrepared.ca, Accessed January 25, 2011
 - Emergency 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
 - Severe Storms: What To Do
<http://www.getprepared.gc.ca/knw/ris/str-eng.aspx>
 - Emergency Preparedness for Farm Animals, Livestock, and Poultry Booklet
http://dsp-psd.pwgsc.gc.ca/collection_2009/sp-ps/PS4-71-2009E.pdf
 - Seven Steps to Cold Weather Safety
<http://www.getprepared.gc.ca/prod/tp/tp201101-eng.aspx?option=share>
 - Power Outages: What to do
<http://www.getprepared.gc.ca/fl/pub/pwr-tgs-w-t-d-eng.pdf>
- Severe Storms: What to do?, Public Safety Canada, 2010
<http://www.getprepared.gc.ca/fl/pub/svr-strms-w-t-d-eng.pdf>, accessed January 25, 2011
- Winter Preparedness, City of Saskatoon Website, 2010
<http://www.saskatoon.ca/DEPARTMENTS/Fire%20and%20Protective%20Services/EMO/Pages/WinterPreparedness.aspx>, accessed January 27, 2011
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- Preparing for An Outage, SaskPower
http://www.saskpower.com/safety/prepare_for_outages.shtml?hdr_link=prep_for_outages, accessed on January 31, 2011
- Home Preparedness Plan, City of Saskatoon
<http://www.saskatoon.ca/DEPARTMENTS/Fire%20and%20Protective%20Services/EMO/Pages/Home%20Preparedness%20Plan.aspx>, accessed January 21, 2011
- Your Emergency Preparedness Guide: Is Your Family Prepared?, Public Safety Canada
<http://www.getprepared.gc.ca/fl/guide/national-eng.pdf>, accessed January 21, 2011
- Information on When You Must Leave Your House Due to a Prolonged Winter Power Outage
http://www.cmhc-schl.gc.ca/en/co/maho/em/em_004.cfm
- The Center for Food Security & Public Health, Iowa State University
<http://www.prep4agthreats.org/Natural-Disasters/winter-storms-pets-and-livestock>, Accessed July 18, 2011
 - Winter Storms and Your Pets
<http://www.prep4agthreats.org/Assets/Factsheets/Winter-Storms-and-Your-Pet.pdf>, published June, 2010. Accessed July 19, 2011
 - Winter Storms and Your Livestock
<http://www.prep4agthreats.org/Assets/Factsheets/Winter-Storms-and-Your-Livestock.pdf>, published June, 2010. Accessed July 19, 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 or at retailers across Canada. Canadian Red Cross kits can be purchased at 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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Canada Canada

Canada

APPENDIX B



IS YOUR FAMILY PREPARED?
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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

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 bans (for birds)
- Copy of License
- Muzzle – if required

