



CPIN
Canadian
Primary Care
Information
Network

RCIP
Réseau canadien
d'information pour
les cliniques de
première ligne

Be ready, stay safe

Emergencies can happen at any time of year and often without warning. These may include severe storms, floods, fires, power outages, or other events that disrupt daily life. Being prepared ahead of time can help protect your health, safety, and peace of mind.

Emergency preparedness means having a simple plan and the right supplies so you can act calmly and safely if something unexpected happens. A basic emergency plan includes knowing how to stay safe at home, when it may be necessary to leave, where you would go if you had to evacuate, and how to contact family or trusted contacts if phones or the internet are not working.



It is also important to keep an emergency kit at home. This kit should include enough water, non perishable food, and essential supplies to last at least 72 hours. Other important items include medications, a flashlight, batteries, a battery powered radio, and basic first aid supplies.

Keeping these items in one place and checking them once or twice a year can help ensure they are ready when needed.



Preparing ahead of time can reduce stress, help you make safer decisions, and support those around you during an emergency. Clear, reliable, and easy to follow emergency preparedness information for Canadians, including [checklists and planning tools](#), is available from the Government of Canada

Please review this information and take one small step today to improve your emergency preparedness.