



# Ideas for Emergency Preparedness: Prepare Individually

- 1. Assemble a Personal Emergency Kit or Grab and Go Bag:** Assemble a kit with essential supplies such as water, non-perishable food, first aid supplies, flashlight, batteries, and important documents.
- 2. Develop an Emergency Plan:** Create a plan for various scenarios including evacuation routes, communication strategies, and meeting points for family members.
- 3. Learn Basic First Aid and CPR:** Take a first aid and CPR course to be prepared to assist yourself and others in case of injuries.
- 4. Secure Your Home:** Identify potential hazards in your home and take measures to secure heavy furniture, appliances, and other items that could cause harm during an emergency.
- 5. Keep Important Contacts and Important Contacts Handy:** Keep a list of emergency contacts including family members, neighbours, and local emergency services, as well as print and digital copies of IDs, passwords, important documents

