

During the COVID-19 pandemic it is important that you frequently wash your hands, wear a face mask in public, practise physical distancing and follow the recommendations of your local public health officials.

Scouts Canada's free Emergency Ready program, created with the support of Hydro One, offers youth and families tips, checklists and skill development to be prepared to safely respond to unexpected events at home or in the community. Through Emergency Ready, youth gain the confidence and skills to prepare, take action and stay safe in a variety of situations, from extreme weather to household accidents—even keeping themselves and others safe during a global pandemic.

Be prepared for EMERGENCIES

Consider the type of area where you live



URBAN

- Easier to check in on neighbours
- Public transportation systems could be shut down or not functioning, leaving people without transportation.
- Be aware that elevators may not work or are unadvised during an emergency; know the location of your nearest stairwell.
- Use caution when approaching emergency areas. Emergency Situations can lead to unforeseen hazards and accidents—exercise caution.



NORTH

- More severe winter weather and extreme cold conditions
- Winter darkness
- Small communities are often more isolated and will have fewer support networks.
- Slower emergency response times and fewer healthcare providers
- Limited access points to communities
- More challenging terrain



RURAL

- Fewer healthcare providers and emergency responders
- Slower emergency response
- More difficult to check on neighbours
- More isolated—less likely to have personal support networks
- Limited infrastructure
- Emergency and first responders may take some time to arrive in your region. Ensure you're prepared for delays in power being restored, and check in on neighbours who may be more isolated.



SOUTH

Consider the impact of seasonal flooding, ice storms, tornados and electrical storms where you live.



AT-RISK POPULATIONS

- Consider cultural and language barriers when it comes to emergency messaging and responding to emergency measures.
- Consider access and supports needed for those with reduced mobility around you, including the elderly.

Emergency Checklist for extreme weather

Before an extreme weather event

getprepared.gc.ca/cnt/plns/plan/mrgnc-pln-en.aspx



- Create a family emergency plan. Identify a safe meeting place, and ensure everyone knows where it is.
- Create the emergency contact list.



- Prepare a 72-hour emergency kit in case you can't leave your house. Make sure everyone knows where to find it.
- Check your 72-hour emergency kit every six months to ensure all resources are in good condition and charged.



- Fully charge all mobile phones. Make sure you have a spare battery or portable power source.
- Plug your electronics into a surge protector.

During an extreme weather event

- Locate your emergency kit. Ensure your flashlights are working.
- Unplug all electronics and appliances at home.
- Turn off all light switches except one (so you know when power is restored).
- Bring outdoor items, such as patio furniture, inside.
- Check in with the members of your household who are not currently at home with you.
- Report a power outage to your provider using a mobile phone.
- Avoid opening the fridge and freezer (to retain the cold).
- Stay inside and away from windows and doors.
- Check the local news for weather updates.

After an extreme weather event

- Replenish your emergency kit.
- Inspect your property for any damage. Document your findings.
- Check in on your neighbours and friends in your area.

