

Emergency Preparedness Week May 4 - 10, 2025

Emergency Preparedness Week is a national awareness initiative and opportunity for residents to act to be better prepared to protect themselves, their families and their community during an emergency. This year, the theme is *Be Prepared. Know Your Risks*. The Regional District of Nanaimo (RDN) encourages everyone to learn about the hazards within the RDN and the actions they can take before and during an emergency. We should all be ready to take care of ourselves for a minimum of 72 hours when an emergency happens. Having a plan helps us be prepared and self-sufficient until help is available.

Residents can learn about [emergency preparedness](#) in our region through helpful tips, downloadable resources and links. Everything from creating a plan and building a kit, to being prepared for different situations at your home, work, school, farm or small business, and how to plan for the safety of pets and livestock. Being aware of the different kinds of emergency alerts that may get issued, how to FireSmart your home and property and what to expect during or after a major local emergency is also important.

A vital aspect of emergency preparedness is staying informed through verified and trusted sources including Voyent Alert!, a free notification system that issues critical service and emergency messages through an app, text message, voice call or email. To learn more and to sign up, visit rdn.bc.ca/voyent-alert. Subscribers can also choose to opt in or out of RDN non-emergency alerts.

Emergency Preparedness Week is a good reminder to build an emergency kit, or to refresh an existing one as needed. It can also double as a handy grab-and-go bag. Here are the basics of what you should include:

- Flashlight/radio/cell phone charger (battery, 9 volt, solar and crank varieties are available)
- Personal medications for one week
- Basic first aid kit
- Personal/hygiene/toiletry items such as glasses, waterless shampoo, toothbrush, etc.
- Books, games - something to keep kids busy
- Family photos
- Small amount of money
- Extra keys to house, vehicles, safe deposit box
- Walking shoes, change of clothing, outerwear
- Bottled water 2 litres/person/day (minimum)
- Whistle and map
- Nonperishable food, can opener
- Lightweight emergency blankets
- Personal papers:
 - copies of house, life, medical and car insurance
 - identification
 - out-of-province contacts
 - list of medications, dosage and frequency
 - daytime contact information for all family/household members
 - pet vaccination record, list of any medications
 - safe deposit box information
- Large garbage bags to use as a rain poncho, waterproof shelter, to keep a pack dry or to capture rainwater

Get Involved RDN!

For additional resources and to learn more about RDN Emergency Services, visit, rdn.bc.ca/emergency-services, rdn.bc.ca/emergency-preparedness and rdn.bc.ca/events-and-public-education. The RDN's social media accounts are also valuable resources to help you stay informed during an emergency.

Wildfire Community Preparedness Day May 3, 2025

Also during May is Wildfire Community Preparedness Day. On May 3, residents are encouraged to take actions that increase their home, neighbourhood and community's resilience to wildfire. As the dry season approaches, now is the time to clean up yards and do a FireSmart assessment of your home and property. Being FireSmart is all about living with and managing wildfire risk. FireSmart principles are effective at reducing risk to life and property in the most extreme wildfire conditions across Canada, including in the Regional District of Nanaimo.

A great way to prioritize the FireSmart work around your home is to follow FireSmart Canada's Home Ignition Zone (HIZ) recommendations. Working in the immediate zone which is the most vulnerable area (0 to 1.5m from the edge of a building) will help remove and reduce potential ignitions of highly flammable items such as vegetation and wood chips. The HIZ Assessment focuses on reducing the chance for flames to spread and places where embers may easily ignite objects or buildings.

Visit getinvolved.rdn.ca/rdn-firesmart and firesmartbc.ca to learn more about the Home Ignition Zone and to access a variety of resources that will help you prepare your home and community for wildfire season.

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For more information, please contact:

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