

## Emergency Preparedness Week Coming Up May 3 to 9

Emergency Preparedness Week is a national awareness initiative and opportunity for residents to become better prepared to protect themselves, their families and their community during an emergency. This year's theme, *In it Together*, recognizes the importance of community connection. The Regional District of Nanaimo (RDN) encourages everyone to be ready with emergency supplies on hand, and to work together so that we can collectively respond to and recover from emergencies more effectively.

Residents can learn about [emergency preparedness](#) through helpful tips, resources and links on the RDN website. Everything from creating a plan and building a kit, to being prepared at home, work, school, farm or small business, and planning for the safety of pets and livestock.

An emergency plan is essential and should include information such as where to meet if separated from family members, ensuring everyone has key phone numbers, identifying an out-of-province contact and considering friends or family outside the area who could provide temporary accommodation during a local emergency. Having a plan also helps individuals and households be prepared and self-sufficient for a minimum of 72 hours, though many emergencies may require being ready for up to two weeks.

An emergency kit is also vital and can be used as a grab-and-go bag. The basics of what to include are:

- 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 cash
- 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, medications list
  - safe deposit box information
- Large garbage bags to use as a rain poncho, waterproof shelter, to keep a pack dry or to capture rainwater

Staying informed through verified and trusted sources is also critical during an emergency. Voyent Alert! is a free notification system that the RDN uses to issue emergency messages through an app, text message, voice call or email. To learn more and to sign up, visit [rdn.bc.ca/voyent-alert](http://rdn.bc.ca/voyent-alert). Subscribers can also choose to opt in or out of RDN non-emergency alerts.

**Get Involved RDN!**

Taking these steps and knowing what to expect during or after a major local emergency can greatly improve coordination and residents' safety. For additional resources and to learn more about RDN Emergency Services, visit, [rdn.bc.ca/emergency-services](http://rdn.bc.ca/emergency-services), [rdn.bc.ca/emergency-preparedness](http://rdn.bc.ca/emergency-preparedness) and [rdn.bc.ca/events-and-public-education](http://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 2

Also during May is Wildfire Community Preparedness Day. On May 2, 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](http://getinvolved.rdn.ca/rdn-firesmart) and [firesmartbc.ca](http://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. To request a FireSmart assessment on your home, email [firesmart@rdn.bc.ca](mailto:firesmart@rdn.bc.ca).

-30-

### For media inquiries, please contact:

Rebecca Taylor  
Communications Coordinator  
Regional District of Nanaimo



250-713-2400



[engagement@rdn.bc.ca](mailto:engagement@rdn.bc.ca)

Get Involved RDN!