Emergency Preparedness Week toolkit 2022 Be ready for anything

May 1 - 7, 2022





This publication is issued under the Open Government Licence – Alberta (http://open.alberta.ca/licence). Please note that the terms of this licence do not apply to any third-party materials included in this publication.

Emergency Preparedness Week Toolkit | Municipal Affairs © 2022 Government of Alberta | April 11, 2022 |

Contents

AEMA Overview	. 4
Emergency Preparedness Week Overview	. 4
Know the risks	. 5
Get informed and stay informed	. 5
Alberta Emergency Alert Test	. 5
Create financial resilience	. 6
Start a conversation	. 7
Make an emergency plan	. 7
MyAlberta Digital ID	. 8
Alberta Emergency Alert Test	. 8
Go virtual	. 8
Translated materials	. 9
Get Prepared: 60 Second Emergency Tips	. 9
Toolkit	. 9
Scan to Prepare QR code posters	. 9
Social media challenge	10
#BePrepared	10
EP Week Communication Plan	11
Resources	13
Apps and alerts	14

Alberta Emergency Management Agency (AEMA)

AEMA Overview

AEMA's mission is to build a safer, more disaster-resilient Alberta. Under the authority of the *Emergency Management Act*, AEMA leads the coordination and cooperation of all organizations involved in emergencies and disasters. This includes emergency and disaster prevention, preparedness, response and recovery. AEMA also works to ensure vital public services, such as government services and first responders, are available during a crisis.

Emergency Preparedness Week Overview

Emergency Preparedness Week (EP Week) is a national event that has run for more than 25 years in Canada and takes place annually during the first full week of May. Public Safety Canada coordinates this event in close collaboration with the provinces, territories and other partners. Together, with community leaders, first responders, all levels of government and non-government organizations, we have an opportunity to encourage the people in our communities to invest a few minutes of their time to become better prepared to face a range of emergencies.

Be Ready for Anything

This year's EP Week theme: Be Ready for Anything, is a reminder that preparedness isn't just about being ready for the next big disaster. It's about making preparedness a part of our regular routine so we are better able to navigate disruptions, big or small.

More than two years of living with a pandemic has forced many of us to develop our own preparedness habits without even realizing it. Building a network of people you can rely on in case of quarantine, and stocking up on supplies, are all preparedness habits that we can use for more than a pandemic. Being prepared is a challenge for us all. By breaking it down into small steps and making it a part of our routine, over time we can be ready for anything.

We all have a role to play

Disasters affect us all. While local and provincial governments take steps to prepare for wildfires and other hazards, the people living and working in Alberta should be taking steps to prepare as well. When the people in our communities are prepared, it makes communities stronger and more resilient. When community members are ready for disruptions, it creates a stronger foundation for emergency management overall, allowing emergency resources to be better used to respond to the actual event and support vulnerable populations.

Preparedness behaviours



Know the risks

38% are aware of the risks in their community



Start a conversation

34% have discussed preparedness with their network



Stay informed

61% receive public alerts and emergency messaging



Make a plan

27% have a household plan and 24% are aware of emergency procedures at facilities for their loved ones



Financial resilience

54% have proper insurance and 50% have an emergency fund



Community connections

10% have made a neighbourhood contact list



Gather supplies

26% have an emergency kit and 51% have enough supplies to shelter in place

The results of the <u>2021 Preparedness Survey of Albertans</u> reflect a shared responsibility for all of us. By working together, we can help the people in our communities take steps towards preparedness.



If you know what the hazards are in your community, you know what to prepare for. The 2021 Preparedness Survey of Albertans shows only 38% of Albertans are aware of the risks in their community. Common hazards, like severe weather and fire, can quickly lead to large disruptions. Being aware of the hazards in your community can help you take the right steps to reduce your risk.

Want to increase your risk awareness? Check out these resources to help get you started.

- Before, during and after an emergency
- Blizzards, freezing rain, and ice storms
- Emergency preparedness for your pets
- Evacuation
- Farm animal and livestock preparedness
- Flood preparedness
- Helping children during emergencies
- Power and water outages
- Severe weather
- Shelter-in-place
- Thunderstorms, lightning, and hail
- Tornadoes and extreme winds
- What to do after a flood
- Wildfires
- Cybersecurity



Scan to get information on the largest disasters that occurred in Alberta over a 20 year period.



Get informed and stay informed

The 2021 Preparedness Survey of Albertans confirmed that 61% of Albertans have signed up to receive public alerts and emergency messaging. Get informed by signing up to your local emergency warning system and through identification of trusted sources of information before an emergency occurs. When we know what is happening we can make more informed and timely decisions during times of stress.

Alberta Emergency Alert Test

On May 4, 2022 at 1:55 p.m. (MT), Alberta Emergency Alert will send out a test alert using the wireless public alerting system. Wireless public alerting is done through a national system that sends life-saving emergency alert messages directly to compatible smartphones.



During the test, an alert sound will go off with a message to the cellphone user confirming there is no need for concern. The test is not just a test of the Alberta Emergency Alert system. It is an opportunity for all of us to test our own readiness to respond.

This year, consider using the test alert to prompt your community members to have a conversation about preparedness with their household.

Tips to get informed and stay informed:

- Download the <u>Alberta Emergency Alert</u> (AEA) mobile app Alberta issues alerts to provide critical information and what action you need to take to stay safe.
- Follow Alberta Emergency Alerts on Twitter at @AB_EmergAlert and on Facebook.
- Download other apps to help keep you safe like Wildfire, and Wethercan.
- Sign up for local, provincial and federal alerts through your mobile phone.
- Only use trusted information sources such as your community's social media pages, official websites and television/radio.

If possible, keep a battery-powered or crank radio on hand in case of a power outage.

Sign up and follow along on these social media platforms:

Government of Alberta

o Instagram: Youralberta

Facebook: <u>YourAlberta</u> (<u>Government of Alberta</u>)

Twitter: <u>@YourAlberta</u>YouTube: <u>@YourAlberta</u>

Public Safety Campaign

Advertising campaign <u>launched</u>

o Video ad Get Prepared

Public Safety Twitter

o GetPrepared Twitter

o Emergency Ready in Canada Facebook

Public Safety YouTube

Directions from authorities can vary based on the emergency and can change quickly.

Knowing what is happening in your community could save your life.



Create financial resilience

The 2021 Survey of Albertans shows only 54% of Albertans have the proper insurance and fewer have an emergency fund. Being financially prepared is about more than just having money in the bank. Insurance is a financial safety net. When you have the right coverage, it can help you and your loved ones recover when something bad happens.

- Understand the difference between <u>insurable vs. non-insurable</u> and speak with your insurance provider about your needs.
- Keep a detailed list of all property, including photographs, in case you have to file a claim.
- Keep cash on hand, as ATMs and debit services may become unavailable.
- If possible, create an emergency savings account to cover expenses during an emergency.
- Keep receipts for all expenses incurred during an emergency.
- Know the 7 steps for making a home insurance claim. For more information, see <u>Claims Management tips from the</u> Insurance Bureau of Canada.

As a last resort, the Government of Alberta's disaster recovery program may be an option, but it's important to note it does not cover all types of damage or loss and may not cover the full cost of replacement. Visit <u>Disaster Recovery Program</u> to learn more.



Make community connections

The 2021 Survey of Albertans shows only 10% of Albertans have made a neighbourhood contact list. Building relationships with the people around you can reduce stress and create community resilience. Neighbours and community members are often nearby when an emergency, disaster or unexpected situation occurs. Get to know those around you before an emergency. It makes it easier to ask for help when you need it, or offer help to those who need it most.

- Create community resilience build strength in your community by getting to know one another.
- Raise awareness in your community visit this web page for tools and materials to help you raise awareness, such as the Get Prepared: 60-second Emergency Tip video library.

6



The 2021 Survey of Albertans shows only 34% of Albertans have started to discuss emergency preparedness with their networks. Start the conversation with those around you. Talking about emergencies often leads to action and can be the first step in making your emergency plan.

- On May 4 at 1:55 p.m. when you hear the Alberta Emergency Alert test, please take a moment to consider how
 prepared you would be if that alert were real.
- Use current events. They can be excellent conversation starters and can prompt others to think about their level of preparedness and what steps they can take to prepare for similar situations.
- Listen to a subject matter expert talk about emergency preparedness with the <u>EPIC podcast team</u>.



Build an emergency kit and gather supplies

The 2021 Survey of Albertans shows only 51% of Albertans have gathered enough supplies to stay safe during disruptions and only 26% of Albertans have an emergency kit. Emergencies and disasters can impact grocery stores, pharmacies, and even gas stations and banking services. Having supplies is one thing you can do to help your household manage unexpected situations, whether they are big or small.

There are many ways you and your loved ones can become more prepared. You can build emergency kits to help you grab and go. You can make sure you have enough supplies at home so you can stay safe. In either case, your goal will be to have enough supplies to keep everyone safe, warm and comfortable.

Emergency supplies and kit checklists:

- <u>Build an emergency kit</u> having the supplies you need on hand can help keep you, your loved ones and pets safe and provide peace of mind, even if service disruptions occur.
- <u>Emergency kit checklist</u> when an unexpected situation occurs, it is easier to prioritize your safety and well-being if
 you have an emergency kit you can grab and go with at a moment's notice.
- Emergency kit checklist for your pets provides information about emergency preparedness for your pets.
- <u>Emergency kit checklist for your vehicle</u> create a vehicle emergency kit to help keep you and your family comfortable and safe during times of emergency.



Make an emergency plan

The 2021 Survey of Albertans shows only 27% of Albertans have a household emergency plan, and less are aware of the emergency plans at their loved ones facilities (such as their children's school or a family member's care home). Disasters often cause confusion and distress. An emergency plan will help you cope with the stress of an emergency or disaster. Being prepared is different for everyone. Think about your personal needs to create an emergency plan that works for you. Being ready can reduce the disruption to your daily life.

- <u>Make an emergency plan</u> this web page has information to help with planning. Being ready can reduce the disruption to your daily life.
- <u>Pet Preparedness</u> this web page includes tools and resources to help keep pets safe and comfortable, before, during and after an emergency.
 - <u>Farm animals and livestock</u> this web page includes tools and resources to help keep farm animals and livestock safe if you need to shelter in place or evacuate.
- Make an emergency plan with Public Safety Canada's Get Prepared fillable plan.

MyAlberta Digital ID

This free account lets you prove who you are online without paper documents or face-to-face visits. Creating and verifying an account before an emergency occurs can help you navigate disruptions by getting you access to information on supports and services you may be eligible for.

You can use your verified account to access provincial services that were previously considered too sensitive to offer online, including MyHealth Records and MyAlberta Emergency Benefits System, as well as Alberta Student Aid and the Canada Revenue Agency My Account for Individuals.

Get access to supports and services when you need them most by creating your MyAlberta Digital ID.

To create you ID, visit account.alberta.ca. For support, call 1-844-643-2789 between 8:15 am and 4:30 pm, Monday to Friday.

Practice preparedness

Alberta Emergency Alert Test

This year, consider using the test alert to prompt your community members to have a conversation about preparedness with the people around them. Ask "how prepared would you have been if this alert had been real?" and encourage them to visit Alberta.ca/BePrepared to learn more about what they can do to be ready for anything.

Alberta Emergency Alert test alerts are an ideal teaching moment. Not just in households, but in schools, businesses, in government...everywhere. Here are some ideas on who you can reach out to, to get the conversation started:

- **Organizational leaders** can use the test alert to demonstrate their commitment to preparedness. It is not just a test of the system. It is a test of an individual's ability to adequately respond to a range of hazards.
- **Schools** can use the test alert to practice one of their drills and send students home with preparedness materials so they can talk to their households about building their own emergency plan.
- **Families** can use the test alert to prompt a conversation. That evening, have a conversation about what you would have done if the test alert were real and take steps so you are ready for anything.
- **Employers** can test their emergency response and business continuity plans. Run an exercise prompted by the test alert or practice a drill, then provide staff with organization specific emergency plans, and preparedness materials (e.g. build an emergency kit checklist). When employees are prepared for disruption, it helps them continue to come to work while they deal with the disruption. This builds organizational resilience too.

Think about how you can use the test alert as an opportunity to build resilience.

Go virtual

Here are some ideas on how you can help raise awareness using social media and other communication channels. These are opportunities for you to champion preparedness all year long.

- Share links to the printable emergency kit checklists with community members through email.
- Share information about the hazards in your community with links to the <u>Alberta.ca/hazards</u> web page for more information.
- Post the Get Prepared: 60-second Emergency Tip videos on social media.
- Download and print the *Scan to Prepare* touchless QR posters and post them in public areas allowing individuals to scan them with their smartphones to watch *60-second Emergency Tips*.
- Create a preparedness presentation and share it with your community members online.
- Check out the Public Safety Canada's GetPrepared for additional tools and materials.

Translated materials

The Government of Alberta emergency preparedness materials are updated regularly and are designed for sharing virtually or in-person. Additionally, a number of materials are have been translated with more underway.

Translations available:

- عربي Arabic •
- Simplified Chinese 简体中文
- Traditional Chinese 繁體中文
- Spanish Español
- Punjabi ਪੰਜਾਬੀ
- French Français
- Tagalog
- High German Deutsch
- Low German Plautdietsch

Checklists and translations

Use the following checklists to build specific emergency kits. Translated versions are also available in جربي (Arabic), 简体中文 (Simplified Chinese), 繁體中文 (Traditional Chinese), ਪੰਜਾਬੀ (Punjabi), Deutsch (High German), Plautdietsch (Low German), Español (Spanish), Français (French) and Tagalog (Tagalog).



To access the translated checklists and factsheets, visit the <u>Resources for your community</u> web page, select your desired language then read, download, print or share with your community and networks.

Get Prepared: 60 Second Emergency Tips

There are now 19 videos in the <u>Get Prepared: 60 Second Emergency Tips</u> video series that deliver simple steps that anyone can take to become better prepared for an emergency or disaster. Need help deciding where to start? Consider a few of these questions.

- Do you know the difference between emergencies and disasters?
- Did you know you can prepare for an emergency or disaster without spending a lot of money?
- Wildfire season in Alberta started March 1 and runs till October 31. Are you prepared for a wildfire?
- Don't forget to plan for your pets. Do you have a plan to keep them safe when an emergency occurs?
- Summer heat is coming which means more demand on the power grid. Are you prepared for an outage?







Toolkit

The <u>Emergency Preparedness Toolkit for Seniors</u> provides information on how to reduce the impact and recovery time to you and those you care for. If you rely on others for assistance or provide care and services for a senior, use this toolkit to learn how you can become more prepared for emergencies and disasters.

Scan to Prepare QR code posters

This is a touch-free way to share preparedness information with community members through their smartphones.

Download the <u>QR Code Posters</u> to print and display in common areas to encourage community members to take small steps towards becoming more prepared.





Infographics

Download and share infographics with your community through communication channels available to you.

<u>Winter preparedness</u> – If you have lived in Alberta for a while this infographic won't share anything new. But for anyone new to Alberta winters (or if you know someone who is) or even if you know how to be prepared for winter hazards, you can share this with your friends and family to help make sure we all stay safe in winter.

<u>Survey of Albertans</u> – In May 2021, the Government of Alberta issued a survey to Albertans on emergency preparedness awareness, attitudes and behaviours to inform program development that will improve individual and community resilience across the province. Summarized results can be found in this infographic.

Disaster History in Alberta - A timeline of Alberta's largest disasters over the past 20 years.

Social media challenge

#BePrepared

Interested in championing the #BePrepared challenge in your community? Send us an email at BePrepared@gov.ab.ca to receive 8 weeks of preparedness messages that you can copy, edit, and share with your communities as you see fit.

#PrepareYourSelfie:

The #PrepareYourSelfie challenge uses social media to help you become better prepared. You can share each step you take with others through the #PrepareYourSelfie hashtag and create conversations with your community, invite local leaders and social media influencers to share the message and challenge businesses and neighbouring communities to take another step towards being prepared and to share the journey on social media.

Send us an email at BePrepared@gov.ab.ca to receive information to support your #PrepareYourSelfie challenge.

EP Week Communication Plan

EP Week provides us a unique opportunity to come together to spotlight emergency preparedness and pull more people into the conversation. In an effort to amplify the message, a seven day communication plan has been provided. Please take what works for you and share it, adding local context to make it meaningful for the people in your community.

Together, using the same voice, we can strengthen the message and motivate preparedness action.

	The Preparedness Survey of Albertans confirms that 41% of people feel unprepared. There are man reasons not to be prepared, but if you break it down into simple steps and make it a part of your rou over time you can be prepared for anything. Here are some easy ways you can make preparedness a habit:		
May 1, 2022	 Buy a case of water on your next tip to the grocery store. Keep your phone charged by carrying a phone charger with you. Contribute as little as \$5 a paycheck to a dedicated emergency savings account. 		
	Being prepared can help you and your loved ones recover when something bad happens. Challenge yourself to add a new preparedness habit to your routine each week or month. Over time, preparedness will become a part of your day-to-day life.		
To learn more about emergency preparedness visit alberta.ca/BePrepared.			
Did you know that signing up for MyAlberta Digital ID can help you be prepared for emergen disasters?			
MyAlberta Digital ID is a free account that lets you prove who you are online without paper doc face-to-face visits. Creating and verifying an account before an emergency occurs can help you disruptions, help you prove who you are and get you quick access to information on supports a services you may be eligible for.			
	Create yours now so it's ready if you need it: account.alberta.ca		
	To learn more about emergency preparedness visit <u>alberta.ca/BePrepared</u> .		
	Did you know that you can protect your livestock, poultry and other farm animals by applying to the Premises Identification (PID) program, which is used as an early warning system for natural disasters such as floods or wildfires? Emergencies and disasters can affect the well-being of your animals and operations. The PID program is used as an effective emergency response tool to help keep your animals safe.		
May 3, 2022	Apply to Alberta's PID program and keep your information current as part of your emergency plan and take one minute to watch this video to learn more.		
What can you do to protect your livestock, poultry and other farm animals during emerged disasters?			

11

Today at 1:55 p.m., the wireless public alerting system will send out a test alert across Alberta. During the test, an alert sound will go off with a message to the cellphone user confirming there is no need for concern. The test is not just a test of the Alberta Emergency Alert system. It is an opportunity for all of us to test our own readiness to respond. When you receive the alert, take a moment to reflect on how LBERTA May 4, 2022 prepared you would have been if that alert were real. Tonight, **ERGENCY** go home and ask your household about where they were when the alert went off and how ready they would have been. Having a conversation about preparedness is one step to becoming more prepared. Want to Be Prepared? Visit Alberta.ca/BePrepared to learn more. Hazards such as flooding, wildfire, and extreme temperatures are typical throughout Alberta and can pose a significant risk to you, your loved ones, and your property if not prepared for. Knowing your risk to the hazards in your community can help you reduce their impact when an emergency or disaster occurs. When looking to develop or buy property, avoid high-risk areas if possible. If you aren't looking to move, assess your property and take steps to reduce your risk. May 5, 2022 Take one step today by speaking with your insurance provider to make sure your policies fully protect you, your property, and belongings. Take two minutes to learn 3 reasons why you should prepare your home or property from flooding and visit Alberta.ca/BePrepared to learn more. How can you reduce your risk to the hazards in your community? Wildfires can affect communities in forested or grassland areas, including urban green spaces like ravines and parks. The 2021 Survey of Albertans shows that 53% of Albertans are concerned about wildfires. If your location is at risk from wildfire, you may be ordered to evacuate. #BePrepared by: Make an emergency plan so you know where to go. HOW CAN YOU PREPARE TO Start an emergency kit for your home and vehicle(s). May 6, 2022 Keep vehicle fuel tanks more than half-full, and if you don't **EVACUATE?** have a vehicle reach out to your network to make a plan. For more tips to prepare watch this 60 second video and visit alberta.ca/MakeAPlan to learn more. https://youtu.be/FzGJNC-eb6l What steps can you take to help your household be prepared to evacuate at a moments notice? Cyber attacks are becoming increasingly common and putting many Albertans at risk. As part of your emergency preparedness routine, make it a habit to regularly update passwords, back up data and ensure security software is up to date. May 7, 2022 By protecting yourself against cyber threats, you can keep information like your identity, finances and other personal information safe.

Visit alberta.ca/Cybersecurity for tips. Learn more about emergency preparedness

Alberta.ca/BePrepared.

Resources

Alberta Emergency Management Agency (AEMA) https://www.alberta.ca/alberta-emergency-management-agency.aspx .	Learn more about what AEMA does and how they are involved in emergencies and disasters.
Alberta Disaster Recovery Programs https://www.alberta.ca/disaster-recovery-programs.aspx	Financial recovery available for municipalities affected by disasters.
Emergency Preparedness https://www.alberta.ca/emergency-preparedness.aspx	Learn how you and your loved ones can prepare yourselves for an emergency or disaster.
Healthy Aging CORE https://corealberta.ca/	The knowledge hub for Community-Based Seniors Serving organizations and allied agencies and individuals in Alberta
Emergency Preparedness Training (E-Prep) https://public.3.basecamp.com/p/hr3XMSwXe2HG6EKCeVV m2TnQ	An interactive and educational workshop, developed by Alberta Health Services and Carya, uses a step-by-step plan for participants to develop their own personalized preparedness kit. Email to sign up or for more information: HPDIP.MH.EarlyID@albertahealthservices.ca
Psychosocial Disaster Network (PDN) newsletter Previous newsletters: https://public.3.basecamp.com/p/LVRB51V5haBV5Xw7qTnc994T	A virtual hub for psychosocial disaster preparedness and recovery Email to sign up or for more information: HPDIP.MH.EarlyID@albertahealthservices.ca
Psychosocial Disaster Network (PDN) online community https://3.basecamp.com/4684623/join/K4X4iSQQ1yza	Join the PDNs online community on Basecamp
Government of Canada: Get Prepared https://www.getprepared.gc.ca/index-eng.aspx	A web page dedicated to emergency preparedness that allows Canadians to learn about hazards and how they can prepare for them.
Government of Canada: Cyber Security https://www.getcybersafe.gc.ca/en	Get Cyber Safe is a national public awareness campaign created to inform Canadians about cyber security and the simple steps they can take to protect themselves online. How older adults can protect themselves from the most common cyber security threats.
Government of Canada: Cyber Security (seniors) https://www.getcybersafe.gc.ca/en/blogs/how-older-adults-can-protect-themselves-most-common-cyber-security-threats	
BlueSky Canada https://www.alberta.ca/bluesky-canada.aspx	This system is a collaboration between Alberta and British Columbia combining forest fire information with weather forecast computer models.

Apps and alerts

Alberta.ca apps	Listing of available Apps through the Government of Alberta.	
https://open.alberta.ca/blog/?page_id=115		
Alberta Emergency Alert app	Stay informed by downloading the AEA smartphone app.	
https://emergencyalert.alberta.ca/content/about/signup.html		
Alberta 511 app	Stay informed by downloading the 511 smartphone app.	
https://511.alberta.ca/about/mobileapp		
Alberta Rivers app	Stay informed by downloading data and advisories	
https://open.alberta.ca/blog/?page_id=197	smartphone app.	
Alberta Wildfire	Wildfire prevention is a responsibility we all share and it is	
https://wildfire.alberta.ca/prevention/default.aspx	important to understand safe fire practices so that everyone can enjoy Alberta's forests.	
Alberta Fire Bans app	The Alberta Fire Bans application will help you find the most	
https://open.alberta.ca/blog/?page_id=327	current and reliable information on all active fire advisories, fire restrictions, fire bans, and Off-highway vehicle (OHV) restrictions in Alberta	
The Alberta Wildfire app	See where wildfires are burning in Alberta. Get up-to-date	
https://open.alberta.ca/interact/alberta-wildfire	information on wildfire conditions and hazards or report a fire.	
Alberta 211	211 is a helpline and online database of Alberta's community	
https://ab.211.ca	and social services. Search by topic or location to find programs or services in your community.	
Government of Canada	Monitor public Weather Alerts for Alberta.	
https://weather.gc.ca/warnings/index_e.html?prov=ab		
Alert Ready	Stay informed through Canada's emergency alerting system.	
https://www.alertready.ca/#faq		