



Emergency kit

Colour items that belong in your emergency kit.



Household Communications Plan

If you have a household communications plan, it will be easy to contact your family, guardians or friends in a disaster! Fill out this emergency contact form with your household, and make sure everyone knows where to meet and who to call. When you finish, cut out this page and hang it where everyone in your household can see it.

My name: _____

My address: _____

My telephone number: _____

Who to call in case of emergency

Emergency Number: 9-1-1 or _____

Name and number of neighbour or relative: _____

Name and number of out-of-town contact: _____

My Household

Parent/guardian work and cell numbers

Work number: _____

Cell number: _____

Work number: _____

Cell number: _____



ontario.ca/beprepared

Ontario

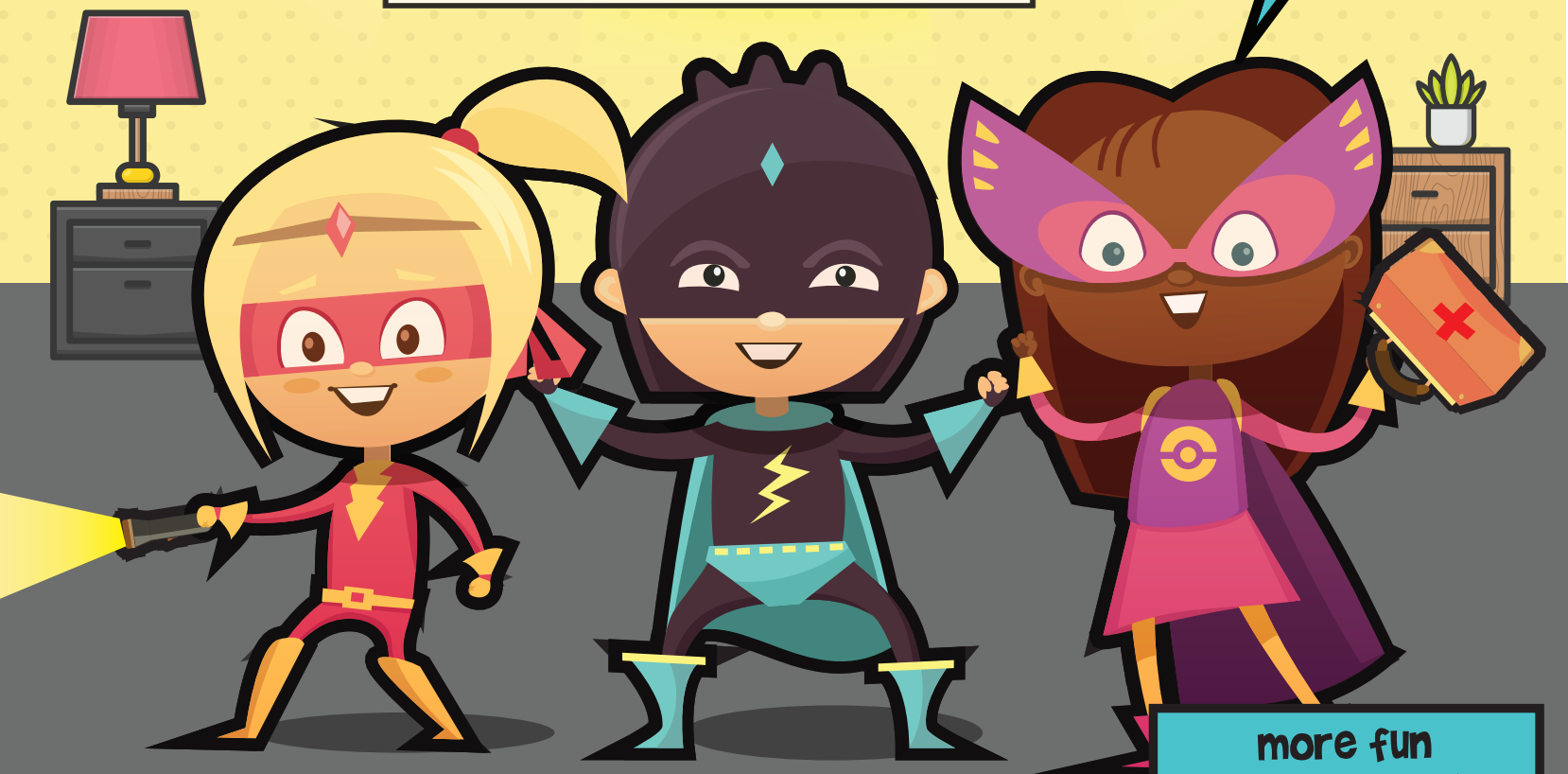
Are you ready for an emergency?

Find the hidden emergency words in the puzzle.

BACKPACK
BATTERIES
CLOTHING
TORNADO
WHISTLE
CANDLES
STORM
WATER
ALERT
FOOD
CASH
KIT

E	Z	O	I	H	S	V	B	P	O	F	O	P	K	N
B	M	X	D	I	P	V	A	S	Y	F	Y	C	B	T
W	H	E	D	A	A	S	E	H	E	F	L	C	H	U
B	E	Z	R	E	N	L	T	G	T	O	J	G	N	G
A	L	G	T	G	D	R	F	O	T	I	I	R	T	E
C	T	L	X	N	E	R	O	H	R	L	K	X	Z	C
K	S	U	A	O	Q	N	I	T	H	M	W	W	V	U
P	I	C	L	I	H	N	C	S	A	E	A	U	Y	C
A	H	W	B	T	G	O	A	Y	P	S	T	Q	N	R
C	W	N	K	A	D	L	H	S	A	C	E	G	Y	F
K	R	Y	D	C	F	B	A	T	T	E	R	I	E	S
T	Y	X	F	I	R	E	T	S	A	S	I	D	H	N
D	D	O	N	D	I	S	T	Y	R	V	X	F	W	R
N	O	A	R	E	L	T	D	D	B	D	J	S	V	P
D	B	L	N	M	D	A	L	E	R	T	T	U	N	H

MEDICATION
EMERGENCY
FLASHLIGHT
DISASTER



more fun activities inside

Did You Know?

During an emergency you may have no electrical power or be asked to evacuate. An emergency kit contains items you and your household need for at least three days. Work with your household to build a kit. It should be easy to carry, like a backpack or suitcase. Check the kit twice a year to ensure the freshness of food and water, and add new items if needed.

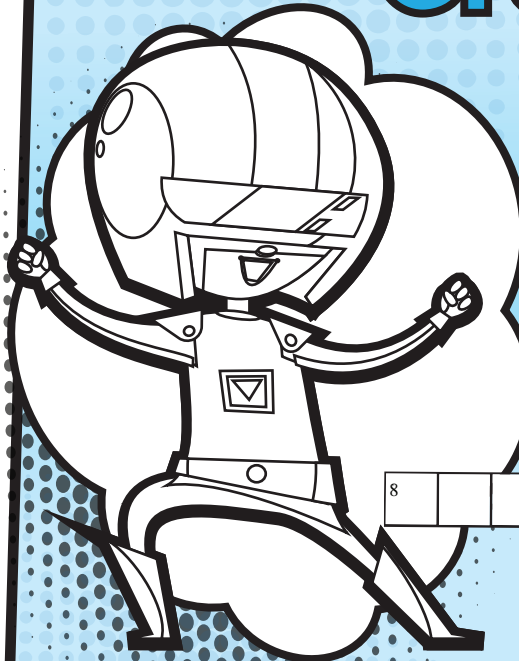
Emergency Kit Essentials Checklist (Three-day supply per person)

- ☐ non-perishable food and manual can opener
- ☐ bottled or bagged water (4L per person, per day)
- ☐ medical masks or respirators, and hand sanitizer
- ☐ medication(s) and first-aid kit
- ☐ toilet paper and other personal items
- ☐ cell phone charger and power bank
- ☐ cash in small bills
- ☐ flashlight, headlamp or glow stick
- ☐ radio (crank or battery-run)
- ☐ extra batteries
- ☐ candles and matches/lighter
- ☐ extra car and house keys
- ☐ whistle (to attract attention, if needed)
- ☐ zip-lock bags, garbage bags and duct tape
- ☐ copies of important documents (identification, insurance)

Unscramble the disaster...

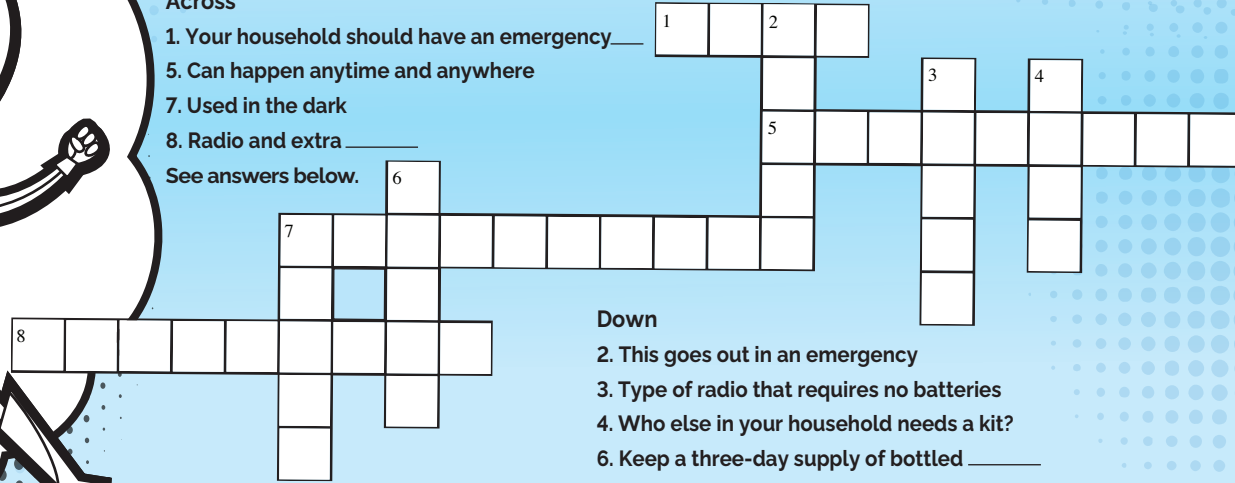
woper ilfaure _____
diwldlna irfe _____
cei rmots _____
rtheauakeq _____
daornot _____
loodf _____

Crossword Fun!



Across

1. Your household should have an emergency _____
5. Can happen anytime and anywhere
7. Used in the dark
8. Radio and extra _____
See answers below.



Down

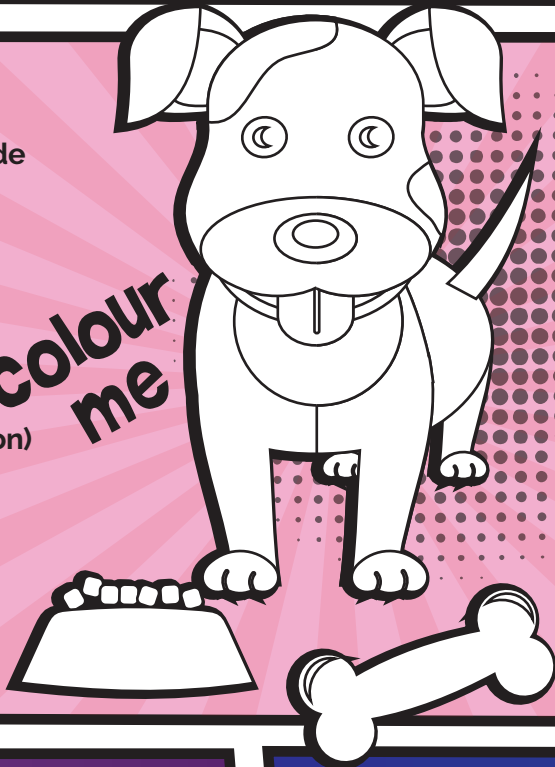
2. This goes out in an emergency
3. Type of radio that requires no batteries
4. Who else in your household needs a kit?
6. Keep a three-day supply of bottled _____
7. If someone gets hurt, you need a _____-aid kit

Pet Emergency Kits

Pets are part of our families. Your pet emergency kit should include the following items:

- food, water, bowls, paper towels, and a can opener
- blanket and small toy
- sturdy leash and harness
- cat litter/pan (if required) and plastic bags
- carrier for transporting your pet
- medicine and medical records (including vaccination information)
- up-to-date ID tag with your phone number and name/phone number of your veterinarian
- current photo of your pet in case your pet gets lost
- how-to guide for how to care for your pet
- copy of license (if required)
- muzzle (if required)

colour me



Match-It-Up

Draw a line to connect each emergency with the correct action you should take to stay safe.



Tornado



Flood



Power Outage



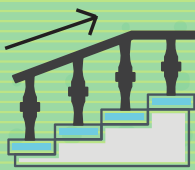
Wildland Fire



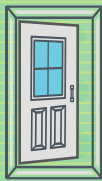
Thunderstorm



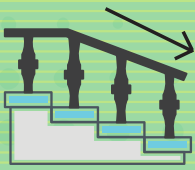
Leave the area



Get to higher ground



Go inside



Go to the lowest level of a building



Use glow sticks or flashlights

Preparing an emergency plan

1. Choose an out-of-town contact who you can connect with.
 2. Establish a meeting place away from your home.
 3. Build and customize an emergency kit to meet the unique needs of your household.
- For more information on how to be prepared visit: ontario.ca/BePrepared

Answers

Crossword

Across

1. Plan
5. Emergency
7. Flashlight
8. Batteries

Word Scramble

power failure
wildland fire
crank
ice storm
pets
earthquake
6. Water
7. First
flood