

GOVERNMENT OF ALBERTA
BE PREPARED

Emergency Preparedness Week Toolkit 2024

Be Prepared. Know Your Risks.

A toolkit to support local campaign planning
May 5 - 11, 2024

Alberta 

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Preparedness Public Education in Alberta

Alberta Emergency Management Agency (AEMA) Overview

AEMA builds capacity for preparedness public education year-round through the [Be Prepared](#) program and serves as a central source of truth in Alberta. Be Prepared helps community leaders (a leader who supports and serves a social group whose members have something in common, such as a shared government, geographic location, culture, or heritage) champion preparedness and build community resilience.

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.

While being prepared for disruption is important year-round, EP Week provides a unique opportunity to spotlight emergency preparedness nation-wide. Between May 5th and 11th, join the campaign to encourage your community members to take actions to reduce their risk.

EP Week 2024 campaign theme: Be Prepared. Know Your Risks.

In early 2024, Public Safety Canada decided to implement a 3-year theme cycle, which means that last year's national theme is now in effect until 2025. This allows communities and organizations to plan and leverage existing content.

The theme reminds us that increased risk literacy enables individuals to take appropriate preparedness actions that are unique to their circumstances before, during and after an emergency. Prepared individuals are more self-reliant and will achieve better outcomes when disruptions occur, big or small.

We all have a role to play

Disasters impact people first. They start in our communities. In people's homes and places of work. The first call for help goes to municipal services, and then as the situation becomes more severe, different orders of government come to help. As more control of the situation occurs, the layers of government that stepped in to help, begin to step back until it returns to where it started, at the individual level.

The [2023 Preparedness Survey of Albertans](#) found that despite a slight increase in preparedness actions when compared to 2022, Albertans were still unprepared for disruptions in 2023. Many feel they lack the information and resources needed to take action to reduce their risk.

The results of this annual survey are a shared responsibility for all of us. By working together, we can increase our community members' [risk literacy](#) and encourage [risk reduction action](#).

Risk reduction behaviours are still down when compared to 2021.

By working together, we can reduce barriers to preparedness and motivate action.

Risk reduction behaviours

*Actions individuals can take to reduce their risk.



3 pts

Know the risks

35% have learned about the risks in their community



2 pts

Start a conversation

30% have discussed preparedness with their network



5 pts

Get informed

61% proactively seek emergency messaging



6 pts

Make a plan

25% have a household plan



5 pts

Loved ones' plans

19% know emergency procedures at loved ones' facilities



8 pts

Insurance

55% have adequate insurance



2 pts

Emergency fund

38% have an emergency fund



7 pts

Community connections

23% have a community support system



1 pt

Build a kit

24% have an emergency kit



1 pt

Gather supplies

42% have enough supplies to shelter in place



1 pt

Home mitigation

19% have made improvements to protect their property



Know the risks

While local and provincial governments take steps to prepare for wildfires and other hazards, the people living in our communities should be taking steps to prepare as well. However, if the people in our communities do not understand the risks around them, they are less likely to take preparedness action.

Increase awareness by inviting local media to cover an upcoming emergency exercise, activity or workshop. Inform your community members of the actions being taken regularly to ready their community for emergency and disaster situations and provide them with resources that are relevant to the local hazards so they can take appropriate actions to reduce their risk.

Free resources to help:

- [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](#)
- [Cleaning your home after a flood](#)
- [Helping children during emergencies](#)
- [Power outages](#)
- [Shelter-in-place: Hazardous air](#)
- [Shelter-in-place: Severe weather](#)
- [Calling 9-1-1 from a cellphone](#)
- [Thunderstorms, lightning, and hail](#)
- [Tornadoes and extreme winds](#)
- [Wildfires](#)
- [Cybersecurity](#)
- [Extreme Heat](#)
- [Pandemic](#)
- [Steps to take following a disaster](#)

Build resilient and disaster-ready communities by taking a whole of society approach.

Be Prepared tip: If your community, organization, etc. has a website, consider adding a link to direct your public to the [Be Prepared](#) program. You can use the program to fill gaps in your own preparedness public education offerings, either in part or entirely. The program is maintained year-round and supports collective efforts to increase disaster risk literacy across Alberta.



Get informed and stay informed

Signing up for local and provincial communications and downloading alerting apps can help keep community members informed so they are better able to respond to threats. The 2023 Preparedness Survey of Albertans confirmed that 61% of those surveyed are proactively signing up for emergency messaging.

The communication channels used to deliver emergency messaging differs from community to community. Make sure your community members know where to find critical instructions and updates during disruptions. If social media is a part of your community's communications plan, identify your channel before an emergency occurs so they know it can be seen as a source of truth. You may also want to consider a strategy to manage disinformation, so your community members understand that not everything seen on social media during an emergency can be trusted or acted upon.

Trusted sources of information to promote:

- [511 Alberta](#) – Traveller information, know before you go;
- [Alberta Wildfire](#) – Stay current on Alberta’s wildfire situation;
- [WeatherCan](#) – Weather alert notices for your area, and other locations you choose;
- [Alberta Rivers: Data and Advisories](#) – Latest information about Alberta’s rivers, including flood advisories;
- [Alberta Government apps](#) – AQHI Canada, Alberta Fire Bans, etc.; and
- [Alberta Government advisories](#) – For health events, disasters and public safety on crown land.
- Government of Alberta
 - Instagram: [YourAlberta](#)
 - Facebook: [YourAlberta](#)
 - Twitter: [@ABPublicSafety](#)
 - Twitter: [@YourAlberta](#)
- Public Safety Canada
 - Twitter: [Public Safety Canada](#)
 - Twitter: [Get Prepared](#)
 - Facebook: [Emergency Ready in Canada](#)
 - YouTube: [Safety in Canada](#)

Directions from authorities vary on the emergency and change as the situation unfolds.

Encourage community members to sign up, download and follow local and provincial sources of information to stay informed.

Be Prepared tip: Share year-round communications about seasonal hazards and the steps community members can take to reduce their risk to local threats. To help, the Be Prepared program issues weekly *Prompting Preparedness* messages that you can copy or edit to add local context and share on your communication channels. Email BePrepared@gov.ab.ca to sign up or refer to the [archives](#) for past messages.

Emergency public alerting

Alberta Emergency Alerts are issued to provide you with lifesaving instructions when there is a potentially life-threatening situation in your area. Alerts can be issued for many hazards, including wildfires, floods, and tornadoes. Emergency alerts include information about the location of an emergency and what action you need to take to protect yourself. Alerts are sent out on TV, radio, websites, social media, the Alberta Emergency Alert mobile app and to all connected and compatible smart phones in the impacted area.



Various organizations in Alberta issue alerts based on the emergency:

- Local authorities handle fires, floods, and hazardous materials.
- Police manage criminal events including AMBER Alerts.
- Alberta 511 handle hazardous road conditions.
- Environment Canada oversees weather-related alerts.
- Alberta Emergency Management Agency (AEMA) supports all alert issuers and communities.

The system is tested twice a year (usually in May and November) to ensure the emergency alert system works and acts as a reminder for Albertans to be ready for a real emergency.

- Alberta Emergency Alert
 - Web page: [Find active alerts, archived alerts, and details about the alerting system](#)
 - Facebook: [Alberta Emergency Alert](#)
 - Twitter: [@AB_EmergAlert](#)



Create financial resilience

Being financially prepared is about more than just having money in the bank. Insurance is a financial safety net; the right coverage will speed up the recovery process. The 2023 Survey of Albertans shows only 55% of those surveyed have adequate insurance and 38% have an emergency fund. Encourage your community members to build their [financial resiliency](#) with these tips:

- If possible, create an emergency savings account to cover expenses during an emergency or for insurance deductibles if making a claim.
- Keep cash on hand in case banking services become unavailable during disruptions like a power outage and enroll in automatic direct deposit for sources of income such as benefits or payroll.
- Gather important and hard to replace documents and identification and store hard and digital (USB) copies in a secure location, such as a safe. Create electronic password protected copies that you can access from anywhere.
- Reduce [cyber risk](#) by making it a habit to update passwords, back up data and ensure security software is up to date.
- Over time, build an emergency kit with items from your home and check thrift shops and dollar stores for deals.
- When looking to buy, rent, or develop property, avoid high-risk areas like [floodways and fringes](#). You should also find out if a property has received [disaster financial assistance](#) in the past and learn the difference between emergencies and disasters to ensure you purchase adequate insurance.
- The Government of Alberta's Disaster Recovery Program may be an option for recovery after a disaster but should be considered as a funder of last resort. It does not cover all types of damage, loss or the full cost of replacement. Visit [disaster assistance and recovery support](#) to learn more.
- Talk to your insurance provider to ensure you understand what your policy covers, and more importantly, what it doesn't cover. And use your annual policy renewal as a reminder to check that your coverage is adequate, your detailed list of property is accurate and to take new photographs of your property.
- Know what type of assistance your insurance policy provides during an emergency and how to claim it if needed. Make sure to keep all receipts from expenses incurred during an emergency and know the [3 steps](#) for making a home insurance claim.

Be Prepared tip: Preparedness is often associated as being a high-cost activity; but in reality, being unprepared is costlier. To help address the barrier of costly preparedness actions, break preparedness down into bite sized steps. Encourage it as a habit, something that is worked into day-to-day lives and built over time.



Make community connections

Connected communities are resilient communities. Research shows that communities with strong social connections experience better outcomes following emergency and disasters, including reduced impacts and recovery time. The 2023 Preparedness Survey of Albertans reports that of those surveyed, only 23% have a community support network in place.

Build more resilient communities with these tips:

- Work with local organizations that offer supports and services to the most vulnerable people in your community to find ways to increase their disaster resilience. These are the members of your community that will require additional supports during and after an emergency or disaster.
- Look for funding opportunities to support local community preparedness initiatives. Create pathways that enable your community members to come together to find solutions for a shared problem – by community, for community!
- Find free preparedness events, workshops, etc. that you can host for your residents, either in person or virtually, to create space for networking and relationship building. Encourage conversation and connections beyond the session.
- Host a public information session to share the hazard outlook for the season and your communities' level of readiness. Make sure the platform allows for engagement and encourage community members to stay informed and share information with them that empowers self-reliance.

Be Prepared tip: One person can't be ready for everything, but together we are stronger and more resilient. Share this short [video](#) on how to build resilient communities with your networks.



Start a conversation

Starting a conversation is an easy and affordable way to get community members to consider their own vulnerabilities and support systems. According to the 2023 Survey of Albertans, as little as 30% of those surveyed have discussed preparedness with their networks.

Get community members talking with these tips:

- Use current events, when they are not affecting your community, to prompt preparedness action. Encourage your residents to talk with each other about the actions they can take to prepare for similar situations and share resources to help them take steps to protect themselves and their loved ones.
- Leading up to the anniversary of past disasters, ask community members to share their stories to help others learn from their experiences and to encourage risk reduction actions.
- Integrate emergency preparedness into already occurring events for public education opportunities. For example, on Earth Day in April, encourage residents to practice preparedness for a [utility outage](#). In October, use cyber month to encourage building [financial resilience](#) and in advance of wildfire season (March 1), promote [FireSmart](#).

Be Prepared tip: Starting a conversation about being prepared for emergencies can be difficult. Listen to this podcast to hear the Be Prepared team provide subject matter expertise on how to effectively communicate preparedness on the [Emergency Preparedness in Canada \(EPIC\) Podcast](#).



Build an emergency kit and gather supplies

During an emergency, services such as grocery stores, pharmacies, gas stations and banks may not be available; or critical public services can become quickly overwhelmed or under-resourced to operate at full capacity. Individuals equipped with the right supplies are more likely to avoid personal emergencies (e.g., running out of critical medications) during prolonged disruptions.

According to the 2023 Survey of Albertans, 42% of those surveyed have gathered enough supplies, including extra medication and food items to stay safe, and 24% have assembled an emergency kit if required to leave their location quickly. Share the benefits of being prepared with your community members to motivate them to keep a minimum of 3 days worth of supplies that will meet their unique needs.

Share the following checklists with your community members to help them prioritize:

- [Supplies for sheltering at home](#) – maintaining your supplies at home can help you navigate unexpected situations when they occur.
- [Emergency kit checklists](#) – it is easier to prioritize your safety and well-being when you have an emergency kit ready to go.

Be Prepared tip: Break down the barriers to preparedness such as a lack of money and procrastination by encouraging your community members to create a grab and go list that they can post in a central location for their household, instead of building an emergency kit. Motivate preparedness action by sharing the benefits of being prepared, which include being able to navigate emergencies more safely and with less stress and reducing the effects and the time it takes to recover; overall creating a better outcome for themselves and their loved ones when the unexpected happens.



Make an emergency plan

Prepared individuals reduce pressure and demand on local and provincial resources, allowing emergency responders to focus on supporting the most vulnerable and high-risk community members as well as getting the situation under control. This focus is critical to reducing economic disruptions, helping people return to their lives and work sooner.

The 2023 Survey of Albertans shows 25% of those surveyed have a household emergency plan and even less are aware of the emergency plans at their loved one's facilities, such as their child's school or a parent's care home. Disasters cause confusion and distress; an emergency plan can help. Share the following resources with your community members to help them plan:

- [Make an emergency plan](#) – planning considerations and resources.
- [Get Prepared: Make an emergency plan](#) – online planning tool.
- [Pet Preparedness](#) – to help keep pets safe, before, during and after an emergency.
- [Farm animals and livestock](#) – to help keep farm animals and livestock safe when sheltering or evacuating.

Be Prepared tip: Knowledgeable and prepared individuals are an important resource for managing emergencies. Support your community members by informing them of local supports and services they may be eligible for, provide eligibility criteria in advance where possible and clearly communicate the roles and responsibilities of all members before, during and after an emergency.

Alberta.ca Account

Encourage community members to sign up: This free [account](#) lets you verify who you are without paper documents or face-to-face visits. Creating and verifying an account before an emergency occurs helps 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 other online services, including MyAlberta Emergency Registration System, MyHealth Records, MyAlberta Emergency Benefits System, as well as Alberta Student Aid and the Canada Revenue Agency My Account for Individuals.

All people living in Alberta, where possible, should have an Alberta.ca Account.

Visit account.alberta.ca to create yours.

For support, call 1-844-643-2789 between 8:15 am and 4:30 pm, Monday to Friday.

MyAlberta Emergency Registration System (MAERS)

Once an Alberta.ca account is created, or if you already have an account created, you now have access to create a profile for your household, including pets. When a profile is created before an emergency occurs, it helps local emergency social service teams prepare to meet the needs of their community members in an evacuation.

A MAERS profile can also be created during an emergency, as long as you already have an Alberta.ca account, which would allow community members to virtually register at their designated reception centre/other identified location. If evacuated, the emergency social service team can pull their profile and check them in on arrival.

Be Prepared tip: Get to know the members of your local emergency social services as they play a critical role in communities across Alberta ensuring those in need receive support during a crisis.

Practice emergency preparedness throughout the year

Leverage teaching moments

A teaching moment is an opportunity for empowerment during low-risk times. They exist everywhere, can be leveraged year-round and can happen in public spaces, organizations, classrooms, at home, etc.

Teaching moments can be applied to the anniversary dates of significant disasters, community gatherings, internal training and/or employee onboarding processes. You can display resources in public spaces, develop relevant content for a public education campaign, reach out to local media to help raise awareness, send resources home or add a “preparedness moment” to team meetings.

National test alerts

The national test alert is a teaching moment that can be used in contexts like households, schools, businesses and beyond twice a year. The test alerts are an easy way to start conversations with the people around you.

Here are some ideas to get you started:

- **Leaders** can use the test to demonstrate their commitment to safety and wellbeing by sharing emergency preparedness resources and encouraging preparedness actions to build resilient organizations.
- **Schools** can use the test alert as an opportunity to practice one of their drills. Reference the School Resource Guide ([English](#) and [French](#)) for discussion topics and visit alberta.ca/CommunityPrep for educational resources.
- **Households** can use the test alert to prompt discussion. After the test alert is issued, talk to your loved ones about what you would have done if the test alert were real and what you can do to become more prepared.
- **Employers** can use the test alert to practice their emergency response and business continuity plans. Share organizational emergency plans with staff and preparedness materials for them to take home or incorporate preparedness conversations into meetings to cultivate a culture of preparedness.

Be Prepared tip: Incorporate this short [video](#) on how the test alert can be used in campaign communications. Encourage your community members to post the video on their social media channels and to share it broadly to encourage thought and conversation on test alert day.

Go virtual

Contribute to the culture shift towards preparedness by using social media and other communication channels to keep preparedness topical.

- Share web page links to the printable [emergency kit checklists](#).
- Share web page links to [relevant hazards](#) in your community.
- Post a video from the [Get Prepared: 60-second Emergency Tip](#) series on social media.
- Download and print the [Scan to Prepare QR code posters](#) and post them in public areas.
- Create a preparedness presentation and share it with your community members online.
- Visit Public Safety Canada's [GetPrepared](#) website for additional tools and materials.

Translated materials

Emergency preparedness materials are updated regularly and designed for sharing virtually or in-person. Translated materials are available in ten different languages, with more translations underway.

Available translations include:

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

Checklists and translations

Use the following checklists to build specific emergency kits. Translated versions are also available in українською (Ukrainian), عربي (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).

Expand all

Emergency kit checklist

[Emergency kit checklist](#) (printable brochure) Printing instructions: use double-sided print setting and flip on short edge.

- [українська](#)
- [عربي](#)
- [简体中文](#)
- [繁體中文](#)
- [ਪੰਜਾਬੀ](#)
- [Español](#)
- [Deutsch](#)
- [Plautdietsch](#)
- [Français](#)
- [Tagalog](#)

Emergency kit checklist for your pets

To access translated resources, visit alberta.ca/CommunityPrep. Find your resource, then select the plus symbol for the list of translations. Most alberta.ca/BePrepared web pages have been translated into [French](#), look to the top right of the web page for the alternate web page option.

Be Prepared tip: Meet people where they are by sharing resources that best support their learning needs. The Be Prepared program offers resources in a variety of languages in an ongoing effort to be as diverse and inclusive as possible.

Get Prepared: 60 Second Emergency Tips

There are now 21 videos in the [Get Prepared: 60 Second Emergency Tips](#) series that deliver simple steps that anyone can take to become better prepared.

Some of the questions answered in these 1-minute videos include:

- Do you know what steps to take to reduce your risk of wildfire threat?
- Do you know about the risks associated with extreme heat and how to prepare for them?
- Don't forget your pets. Do you have a plan to keep them safe in the event of an evacuation?



Toolkits

These one-stop shop [toolkits](#) offer a variety of preparedness resources such as communication plans, themed initiatives and specific considerations.

- National test alert day – a guide for teachers: available in English and French, offers a selection of quick activities that complement the biannual test of the National Public Alerting System (NPAS). It was developed to support teachers' efforts in building resilience among our youth but can be adapted to fit a variety of contexts not specific to classrooms.
- Emergency Preparedness Toolkit for Seniors: if you rely on others for assistance or provide care and services for older adults, this guide can help.

Scan to share/access Be Prepared QR code posters

This is a touchless way to share preparedness information with community members through their smartphones.

Download the [QR Code Posters](#), print and display in common areas to encourage community members to take small steps to become more prepared.

Infographics

Download and share [infographics](#) through your communication channels.

Available infographics include:

- [Winter preparedness](#) – Alberta winters pose health risks to all of us, but especially to Alberta's newcomers. Help make sure we all stay safe by raising awareness about how to prepare for the cold.
- [Preparedness Survey of Albertans \(2023\)](#) – The annual Preparedness Survey of Albertans was first conducted in 2021 to measure risk reduction behaviours and preparedness actions across the province. The survey continues to be administered annually. Visit [Alberta.ca/PrepSurvey](https://alberta.ca/PrepSurvey) to learn more.
- [Disaster History in Alberta](#) – A timeline of Alberta's largest disasters over the past 20 years, from 2000 to 2020.

- [Be prepared for extreme heat](#) – Everyone has some level of risk to the harmful effects of extreme heat. Reduce your risk of serious health issues (even death) by taking preparedness actions.
- [Total costs of disasters by year \(billions\)](#) – Graph comparing the total costs of disasters in Alberta with total costs across Canada, from 2001-2020.

EP Week content suggestions

EP Week provides us an opportunity to come together to motivate action and pull more people into the conversation. These communications can help you champion preparedness among your community members and networks. They can be copied and pasted directly into your own communication channels. To make it more relatable, add local context.

Be Prepared tip: Whenever possible, strengthen the message by tailoring it to speak to your intended audience.

Alberta Emergency Alert

The 2023 Preparedness Survey of Albertans confirmed that 61% of respondents proactively seek emergency messaging. Getting the right information at the right time helps you respond quickly and appropriately.

Get alerts by downloading the [Alberta Emergency Alert](#) app and visit [Alerts and Advisories](#) to learn what other alerting services are available.

Want to be more prepared? The Government of Alberta developed the Be Prepared program to help. Visit alberta.ca/BePrepared to learn more.



Calling 9-1-1

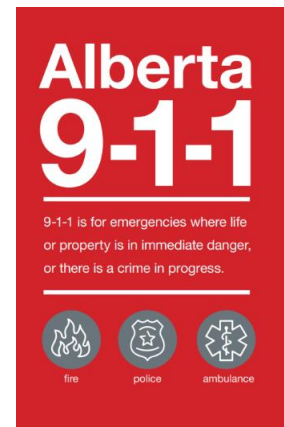
Emergencies and disasters can happen anywhere, at any time. Knowing what situations require a call to 9-1-1 will help ensure you receive access to ambulance, fire and police services. Avoid putting strain on public safety resources by placing non-emergent calls.

During emergencies and disasters, call 9-1-1 when:

- There is an immediate threat to a person or property
- You or someone else is in immediate danger and needs assistance
- Utility lines become damaged resulting in blocked roadways or gas leaks

If you are unsure if your situation is an emergency, dial 9-1-1.

Learn more about [9-1-1 services in Alberta](#).



Alberta.ca account

Did you know that signing up for an Alberta.ca account can help you prepare for disruptions?

Alberta.ca account is a free account that 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 get quick access to information on supports and services you may be eligible for.

Create yours at account.alberta.ca so it's ready when you need it.

To learn more about emergency preparedness, visit alberta.ca/BePrepared.

Protecting your property

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. Knowing your risk to the hazards in your community can help you reduce the impact of an emergency.

When looking to develop or buy property, try to avoid high-risk areas. If you aren't looking to move, assess your property and take steps to reduce your risk.

Reach out to your insurance provider to make sure your policies fully protect you, your property and belongings.

Watch [3 reasons](#) why you should prepare your home or property from flooding and visit alberta.ca/BePrepared to learn more.

3 REASONS



Here are three reasons why it's important to prepare your home or property from flooding.

Cyber security

Cyber attacks are becoming increasingly common and put many Albertans at risk. Reduce your cyber risk by making it a habit to update passwords, back up data and ensure security software is up to date.

Protecting yourself against cyber threats can reduce your risk of an attack.

Visit [cybersecurity in Alberta](#) for more tips and learn about emergency preparedness at alberta.ca/BePrepared.

Website: Hivesystems.io/password

TIME IT TAKES A HACKER TO BRUTE FORCE YOUR PASSWORD IN 2022

Number of Characters	Numbers Only	Lowercase Letters	Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters, Symbols
4	Instantly	Instantly	Instantly	Instantly	Instantly
5	Instantly	Instantly	Instantly	Instantly	Instantly
6	Instantly	Instantly	Instantly	Instantly	Instantly
7	Instantly	Instantly	2 secs	7 secs	31 secs
8	Instantly	Instantly	2 mins	7 mins	39 mins
9	Instantly	10 secs	1 hour	7 hours	2 days
10	Instantly	4 mins	3 days	3 weeks	5 months
11	Instantly	2 hours	5 months	3 years	34 years
12	2 secs	2 days	24 years	200 years	3k years
13	19 secs	2 months	1k years	12k years	202k years
14	3 mins	4 years	64k years	750k years	16m years
15	32 mins	100 years	3m years	46m years	1bn years
16	5 hours	3k years	173m years	3bn years	92bn years
17	2 days	69k years	9bn years	179bn years	7tn years
18	3 weeks	2m years	467bn years	11tn years	438tn years

Financial resilience

The 2023 Survey of Albertans shows only 55% of respondents have adequate insurance and even fewer have an emergency fund.

Financial resilience is about more than just having money in the bank; insurance is a financial safety net. When you have the right coverage, it helps you and your loved ones' during recovery.

Take one minute to watch this [video](#) and visit alberta.ca/BePrepared to learn more.

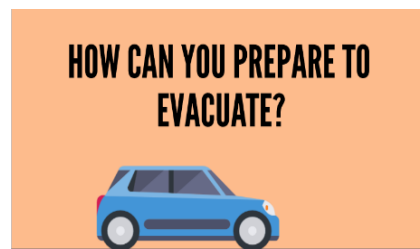
Do you know what your policy covers and more importantly, what it doesn't cover?



Evacuation

When a hazard is life threatening, you may be ordered to evacuate. #BePrepared by:

- Creating a list of essential items for a quick grab and go.
- Having an emergency plan so you know where to go.
- Packing an emergency kit for your vehicle(s).
- Keeping fuel tanks more than half-full, and if you don't have a vehicle, reaching out to your network to make a plan.
- Calling your insurance provider to learn if your policy offers emergency financial assistance, or short-term housing.



For more tips to prepare, watch this 60-second [video](#) and visit alberta.ca/MakeAPlan to learn more.

Emergency plan

The 2023 Survey of Albertans shows only 25% of respondents have a household emergency plan and even 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).

- Make a list of emergency contacts, including phone numbers for family members, friends and emergency services.
- Share this list with everyone in your household and encourage your loved ones to do the same.
- Ask about emergency plans at your loved ones' facilities and how they will keep them safe during an emergency.

You can start building your plan by visiting [Get Prepared](#) to access a digital personal emergency planning tool.

Emergency kit

The 2023 Survey of Albertans shows only 24% of respondents have an emergency kit. Having an emergency kit with at least three days of supplies can keep you safe and help you deal with unexpected situations.

Building a kit doesn't have to be hard and doesn't have to be done all at once.

- When you are grocery shopping, add some non-perishable food items to your cart.
- When tidying up at home, store extra items with your emergency supplies.
- Make sure your emergency kit is easy to access and kept in a place that everyone in your household knows about.

Take one minute to watch this [video](#) and visit alberta.ca/GetSupplies for ideas on what to put in your kit.



If you only had 15 minutes notice to evacuate, what would you pack that you could not live without?

Gathering supplies

The 2023 Survey of Albertans shows only 42% of respondents have gathered enough supplies to stay safe during disruptions. Emergencies and disasters can affect 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.

Take one minute to watch this [video](#) and visit alberta.ca/GetSupplies for ideas on what kind of emergency supplies you may need.



Preparedness habits

The Preparedness Survey of Albertans confirms 45% of respondents feel unprepared. Here are some tips to help you make preparedness a habit:

- Buy a case of water on your next trip to the grocery store.
- Keep your phone charged by carrying a phone charger with you.
- When you can, consider setting aside \$5 a month to go towards an emergency savings account. Every dollar counts.

To learn more about emergency preparedness, visit alberta.ca/BePrepared.

Community connections

The Preparedness Survey of Albertans confirmed that 23% of respondents have a community support system. Connecting with people you know and trust is an easy and affordable way to boost your mental health and improve your ability to navigate disruptions.

Knowing your neighbours makes it easier to ask for help when you need it. Build your network by:

- Attending local events so you can meet new people in your area.
- Joining community groups that interest you, either in-person or online.
- Creating a community contact list through email or a messaging app.

Watch this [video](#) for ideas on how to connect with those around you.



Mental health (Emotional Preparedness)

Health and Safety Week, Mental Health Week and Emergency Preparedness Week take place during May and serve as great reminders to build personal resilience. Taking care of your mental health will help you navigate unexpected situations more easily when they occur.

Tips for building personal resilience:

- Practice coping and wellness actions to improve your ability to think clearly, make informed decisions and know when to ask for help.
- Build stronger connections with those around you. Support systems are essential to individuals wellbeing.

Visit [211 Alberta](#) to find out what information, resources and supports are available near you.

Water shortages

Water shortages happen for a variety of reasons including drought, planned utility repairs and maintenance or unexpectedly, such as extreme temperature fluctuations causing pipes to freeze or burst. They can last minutes, days or longer and can affect a single property, a building, a community, or an entire region. Be Prepared when an unexpected water shortage occurs with these tips:

- Store bottled water for drinking, cooking and hygiene (4 litres per person per day).
- Create a contact list that includes your water service provider and emergency plumbers.
- Draw a map of your property's main water line, add all fixtures and appliances with independent water valves, and include instructions on how to turn them on and off.
- Make an emergency cookbook with recipes that don't require water.



Learn more about [tips and strategies to conserve water](#).

Extreme heat

As we approach the summer season, start preparing for extreme heat conditions. Extreme heat affects everyone but taking steps now can help reduce your risk during heat waves.

Here are some steps to start with:

- Check the seals on weatherstripping so cool air stays inside
- Use plants to create shade, both inside and outside
- Install curtains, blinds, or awnings to block the sun



Learn more tips on how you can [prepare for extreme heat](#).

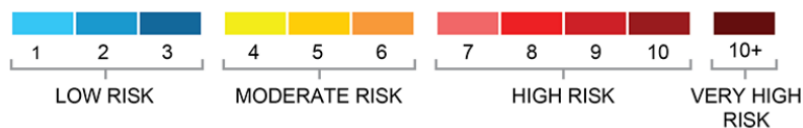
Air quality

When air quality advisories are in effect, all individuals within the affected area are advised to be aware of potential health concerns that can be associated with poor air quality conditions.

Track the air quality in your community by:

- Checking the [Alberta Health Services Air Quality Advisories](#) page
- Viewing the [Air Quality Health Index \(AQHI\)](#) map
- Downloading the [WeatherCAN](#) app

Learn more about [air quality](#) and what outdoor activities are recommended at each level of health risk.



Teaching moments

Encourage preparedness action year-round by looking for teaching moments at home, school and work. Teaching moments are an opportunity to empower your network when the risk is low so they are prepared when the risk is high.

Here are some ideas:

- Home: Use current events such as hazards (heavy snowfall, extreme wind, etc.) to start a conversation with your household about what you can do together to increase your self-reliance during these situations.
- School: Take 5 to 10 minutes before, during, or after an emergency drill to talk about preparedness and how students/staff could be better prepared if the threat was real.
- Work: Post preparedness tips in public spaces by sharing program fact sheets, checklists, and QR-code posters to motivate preparedness action.

Teaching moments exist everywhere and the [Be Prepared program's](#) resources can support your efforts to increase disaster risk literacy.

Organizational resilience

Research shows that when staff are prepared for disruptions in their personal life, it helps them continue to come to work while they navigate the situation. In other words, prepared staff increase organizational resilience.

Build your organizations resilience to disruptions with these tips:

- Integrate disaster risk literacy into employee training and onboarding processes, like cyber security training.
- Dedicate time during meetings to share a “preparedness moment”, include how being prepared reduced the disruption or risk. Invite “unpreparedness moments” too, as personal stories of lessons learned motivate action.
- Share professional development opportunities related to building self-reliance, like preparedness webinars and e-learning courses that increase risk literacy.

When risk literacy is increased at the staff level, that knowledge is often brought home and further shared contributing to more resilient communities across Alberta. The [Be Prepared program's](#) resources can help.



Farm animals and livestock

During an emergency or disaster, a well-thought-out plan can help you respond effectively, protect your animals and property and help you cope with the stress of the situation.

When building your plan consider the following:

- Build a map and set a meeting place or muster point in case an evacuation is ordered.
- Identify safe transportation methods.
- Ensure animals are visually identified (for example, ear tags, tattoos) whenever possible.
- Create an emergency contact list: include neighbours, animal handlers/transporters, veterinarians, and feed suppliers.

Learn more tips to keep your [farm animals and livestock](#) safe in the event of an emergency or disaster.

Pet preparedness

Unexpected situations happen to all of us. Do you have a plan for your pets? Here are some tips to get you started:

- Ensure your pet's tags have your current contact information. This can help keep them out of shelters and returned if they become lost.
- Build a pet emergency kit with items like food, water and blankets. Include up to date vaccination records, and license information to ensure access to supports and services.
- The buddy system can help if you're unable to get to your pet. Consider someone in your community that you could call for help.

When your emergency plan includes your pets, it can help you navigate stressful situations more easily. Be [pet prepared!](#)

Protect your property

Heavy wind and rain can cause damage to your home and property. Are you ready for spring and summer storms?

To prepare your home for storms, check:

- The seal around your windows, skylights and doors to prevent water leaks.
- Your drainage, such as eavestroughs and downspouts, so they are clear of debris and point away from your home.
- For loose objects outside, secure them so they won't become a hazard in strong winds.



After a storm, perform routine checks of your property to keep your home #ABStorm ready. For more tips, visit [severe storms](#).

Travel

Planning to escape for a summer getaway? Whether you are staying local or travelling across provinces you should prepare for possible disruptions.

The following tips can help ensure you and your loved ones are safe during your time away:

- Wildfires, road closures and construction can affect your driving routes. Check provincial highway maps like [511 Alberta](#), [DriveBC](#) and [Highway Hotline SK](#) to plan your trip.
- Download the [Alberta Emergency Alert](#) app on your devices and have an evacuation plan.
- If you are taking pets with you, attach a temporary tag to their collar with the location of where you are staying to help reunification in case you become separated.
- Stock your vehicle emergency kit with weather appropriate supplies, non-perishable food and lots of water.

Learn more [emergency preparedness tips](#) to keep you and your family safe and comfortable during unexpected situations.

Resources

Websites

<p>Alberta Emergency Management Agency (AEMA)</p> <p>https://www.alberta.ca/alberta-emergency-management-agency</p>	<p>Learn more about what AEMA does and how they are involved in emergencies and disasters.</p>
<p>Emergency Preparedness</p> <p>https://www.alberta.ca/emergency-preparedness</p>	<p>Learn how you and your loved ones can prepare yourselves for an emergency or disaster.</p>
<p>Disaster financial assistance and recovery support</p> <p>https://www.alberta.ca/disaster-assistance-and-recovery-support</p>	<p>Financial assistance available for Albertans affected by uninsurable loss and damage caused by disasters.</p>
<p>Disaster Recovery Program homeowner property search</p> <p>https://www.alberta.ca/lookup/disaster-recovery-program-address-search.aspx</p>	<p>Determine which homeowner property locations are subject to funding restrictions.</p>
<p>Insurance and disasters</p> <p>https://www.alberta.ca/insurance-and-disasters</p>	<p>Information on types of disasters and respective insurance coverage.</p>
<p>Alberta 911</p> <p>https://www.alberta.ca/alberta-911-program</p>	<p>Learn about the 911 program.</p>
<p>Compassionate Alberta</p> <p>https://compassionatealberta.ca/</p>	<p>This website is designed to help people and communities plan ahead and support each other to live and die well.</p>
<p>Healthy Aging CORE</p> <p>https://corealberta.ca/</p>	<p>The knowledge hub for senior serving organizations in Alberta.</p>
<p>Psychosocial and Emergency Preparedness Workshops</p> <p>https://public.3.basecamp.com/p/jTmaXG3QErX5NTcoNXQL8ta7</p>	<p>Developed by Alberta Health Services, these workshops are free to the public.</p> <p>Email to sign up or for more information: HPDIP.MH.EarlyID@albertahealthservices.ca</p>
<p>Government of Canada: Get Prepared</p> <p>https://www.getprepared.gc.ca/index-eng.aspx</p>	<p>A web page dedicated to emergency preparedness that allows Canadians to learn about hazards and how they can prepare for them.</p>
<p>Government of Canada: Cyber Security</p> <p>https://www.getcybersafe.gc.ca/en</p>	<p>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.</p>
<p>Government of Canada: Cyber Security (seniors)</p> <p>https://www.getcybersafe.gc.ca/en/blogs/how-older-adults-can-protect-themselves-most-common-cyber-security-threats</p>	<p>How older adults can protect themselves from the most common cyber security threats.</p>

<p>BlueSky Canada</p> <p>https://www.alberta.ca/bluesky-canada.aspx</p>	<p>This system is a collaboration between Alberta and British Columbia combining forest fire information with weather forecast computer models.</p>
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Apps, Alerts, Maps and Links Directory

<p>Alberta.ca</p> <p>Link – https://open.alberta.ca/blog/?page_id=115</p>
<p>Alberta Emergency Alert</p> <p>App & Info – https://www.alberta.ca/alberta-emergency-alert.aspx</p>
<p>Alert Ready (National Public Alerting System)</p> <p>Info – https://www.alertready.ca/</p>
<p>Alberta.ca Account <i>(required for MAERS sign up)</i></p> <p>Link – https://account.alberta.ca/</p> <p>Info – https://account.alberta.ca/available-services</p>
<p>My Alberta Emergency Alert Registration System (MAERS)</p> <p>Link – https://emergencyregistration.alberta.ca/</p>
<p>Alberta 511</p> <p>App & Info – https://511.alberta.ca/about/mobileapp</p>
<p>Environment and Climate Change Canada - WeatherCan (Federal)</p> <p>App – https://www.canada.ca/en/environment-climate-change/services/weather-general-tools-resources/weathercan.html</p>
<p>Alberta Map</p> <p>Link – https://weather.gc.ca/?alertTableFilterProv=AB</p>
<p>Alberta Wildfire</p> <p>App – (iPhone) https://apps.apple.com/ca/app/ab-wildfire-status/id1554525514</p> <p>App – (Android) https://play.google.com/store/apps/details?id=com.ab.wildfire</p> <p>Info – https://www.alberta.ca/alberta-wildfire</p>
<p>Alberta Fire Bans</p> <p>App – https://open.alberta.ca/blog/?page_id=327</p> <p>Map – https://www.albertafirebans.ca/</p>
<p>Alberta FireSmart</p> <p>Link - https://firesmartalberta.ca/</p>

<p>Canada's Wildfire Smoke Prediction System (FireWork)</p> <p>Daily smoke forecast maps (Federal)</p> <p>Link – https://www.weather.gc.ca/firework/index_e.html</p>
<p>BlueSky Canada</p> <p>Link – https://www.alberta.ca/bluesky-canada.aspx</p> <p>Link – https://firesmoke.ca/</p>
<p>Alberta Rivers</p> <p>App – https://open.alberta.ca/blog/?page_id=197</p> <p>Map – https://rivers.alberta.ca/ (near real-time data and flood advisories)</p> <p>Map - Alberta Floods Portal (Flood Awareness map application)</p>
<p>Air Quality (Health Information for air quality events)</p> <p>Link – https://www.albertahealthservices.ca/news/air.aspx</p>
<p>Air Quality Health Index (AQHI)</p> <p>App – https://open.alberta.ca/interact/aqhi-canada</p> <p>Map – http://airquality.alberta.ca/map</p>
<p>Alberta 211</p> <p>Link – https://ab.211.ca/</p>
<p>COVID-19 info for Albertans</p> <p>Link – https://www.alberta.ca/coronavirus-info-for-albertans</p>
<p>Cybersecurity in Alberta</p> <p>Link – https://www.alberta.ca/cybersecurity-in-alberta</p>
<p>Government of Canada: Cyber Security (Seniors)</p> <p>Link – https://www.getcybersafe.gc.ca/en/blogs/how-older-adults-can-protect-themselves-most-common-cyber-security-threats</p>
<p>Alberta Minimum housing and health standards (Seniors)</p> <p>Link – Minimum Housing and Health Standards</p>
<p>Emergency Management British Columbia</p> <p>Link – https://www2.gov.bc.ca/gov/content/safety/emergency-management</p> <p>App – Wildfire http://bcfireinfo.for.gov.bc.ca/</p> <p>Transportation - https://www.drivebc.ca/</p>

Emergency Management Saskatchewan

Link – <https://www.saskpublicsafety.ca/at-home/emergency-preparedness-at-home>

Transportation – Highway Hotline SK – <http://hotline.gov.sk.ca/map.html>

Map – Active emergencies and wildfires – <https://www.saskpublicsafety.ca/active-emergencies>

Emergency Management Ontario

Link – <https://www.ontario.ca/page/emergency-management>