

Emergency Go Kits

In the event you need to leave your home quickly during an emergency or disaster, all members of your household should have Emergency Go Kits stored in an easily accessible location in your home. Your Emergency Go Kit should contain essential items to sustain you and your family for up to **24 hours**. Review the items in your kits every 6 months and replace any items that have been used or have expired.



1 litre of water
(per person)



Non-perishable
food



Manual can
opener



Disposable
utensils, plates
& paper towels



Entertainment
& headset



Digital & physical
copies of important
documents



Mobile device
back up batteries &
charging blocks with
extra cables



Seasonal clothing
(per person)



Extra glasses or
contacts & solution



First aid kit



Multi-tool



Flashlight



Radio



Cash (\$50.00)



Personal hygiene
items



Emergency Response
Information Kit
(ERIK)



Prescription &
over the counter
medications



Toilet paper, garbage
bags with ties &
baby wipes



Water purification
straws or sanitation
tablets



Other types of Emergency Go Kits

Don't forget to prepare Emergency Go Kits for others in your family that have different requirements. It's recommended you create Emergency Go Kits for each child, pet, and anyone in your family with special needs.

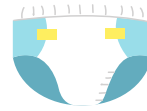
For Your Children



1 litre of water (per person)



Non-perishable food



Personal hygiene items



Mobile device back up batteries & charging blocks with extra cables



Clothing for the season



Medications & ointments



Entertainment



For Your Pet



Leash and collar

Medications

1 litre of water (per animal) & container

Toy such as ball or stuffy

Food & treats

Baby wipes

Animal waste bags

Cat litter & container

Additional Considerations

Consider speciality diets and equipment needs when creating your Emergency Go Kits.



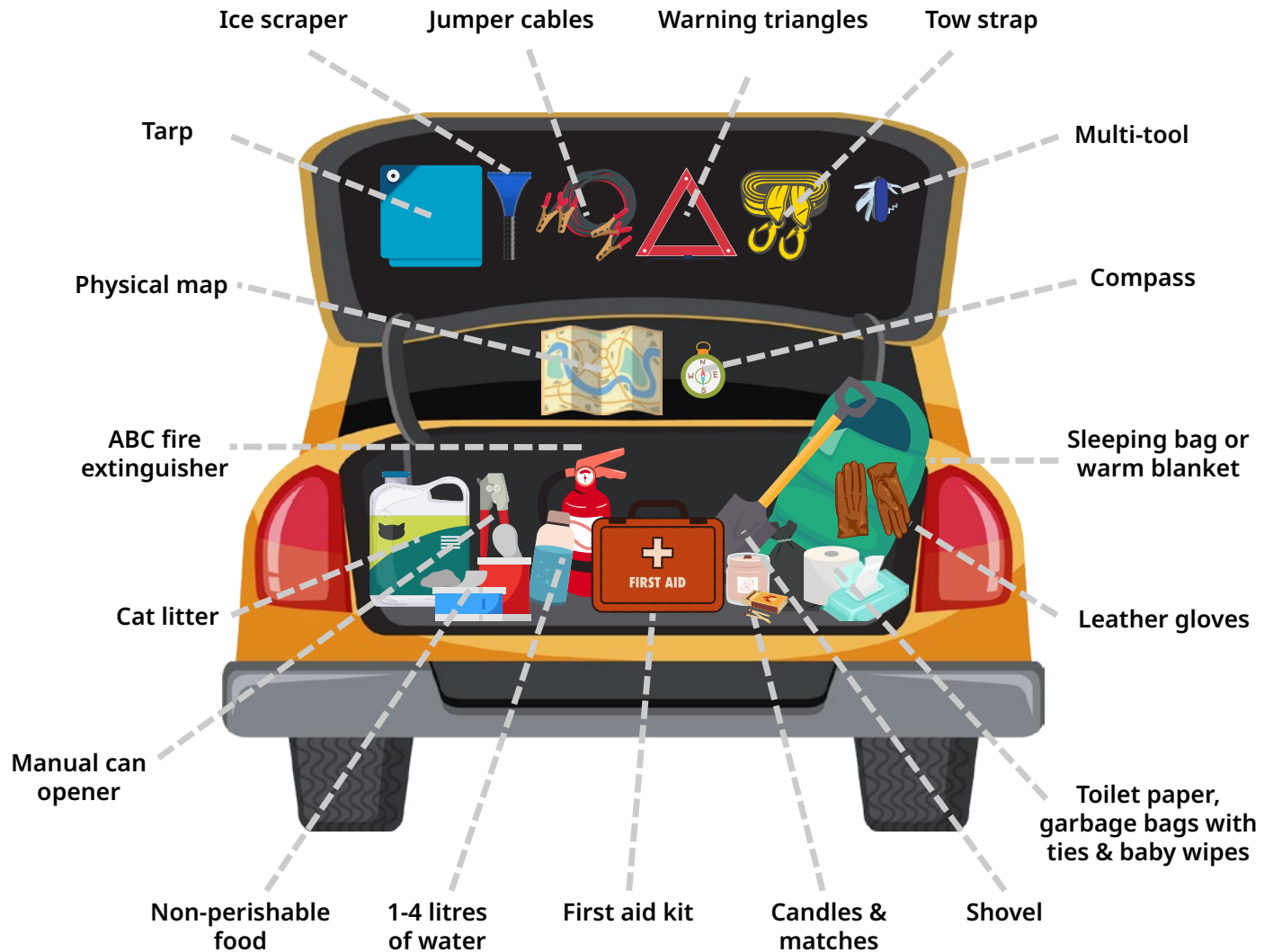
Non-perishable food for special diets. Consider special diets such as diabetic, gluten free, lactose free, nut free, vegan, kosher, low sodium & extra water.



Equipment for activities of daily living. Consider a walker, cane, wheelchair, oxygen, suction, dialysis equipment, hearing aids and extra batteries, magnifying glass, computer equipment, software and power supplies.

Emergency Vehicle Kit

Every vehicle in your household should be equipped with emergency supplies in the event your vehicle breaks down, you get into an accident, or your smart phone doesn't work.



Review the items in your kit every 6 months and replace any items that have been used, expired, or compromised due to extreme heat or extreme cold.

For more information on how to prepare for an emergency or disaster, visit

Manitoba.ca/EMO

First Aid Kit

Every household should have a fully stocked first aid kit stored in an easily accessible location in your home. Consider storing your first aid kit in your Emergency Go Kit, in the event you need to leave your home quickly during an emergency or disaster.



Adhesive bandages



Sterile gauze pads



Adhesive tape



Tweezers



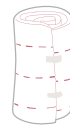
Scissors



CPR pocket mask



Disposable gloves



Sterile roller bandage



Resealable waterproof storage bag



Medical masks



Non-prescription pain relievers



Antiseptic ointment



Antacid



Allergy medication



Other necessary medications



Antiseptic wipes or antiseptic solution

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Home Emergency Supplies

All households should have **14 days** of emergency supplies on hand in the event you are unable to leave your home.



4 litres of water
(per person per day)



Non-perishable
food



Manual can
opener



Candles &
matches



Fuel operated stove or
barbecue (outdoors)



First aid kit



ABC fire
extinguisher



Cash (\$50.00)



Back-up generator



Radio



Flashlight



Personal
hygiene
items



Toilet paper,
garbage bags
with ties &
baby wipes



Emergency
Response
Information
Kit (ERIK)



Digital &
physical copies
of important
documents



Water
purification
straws or
sanitation
tablets



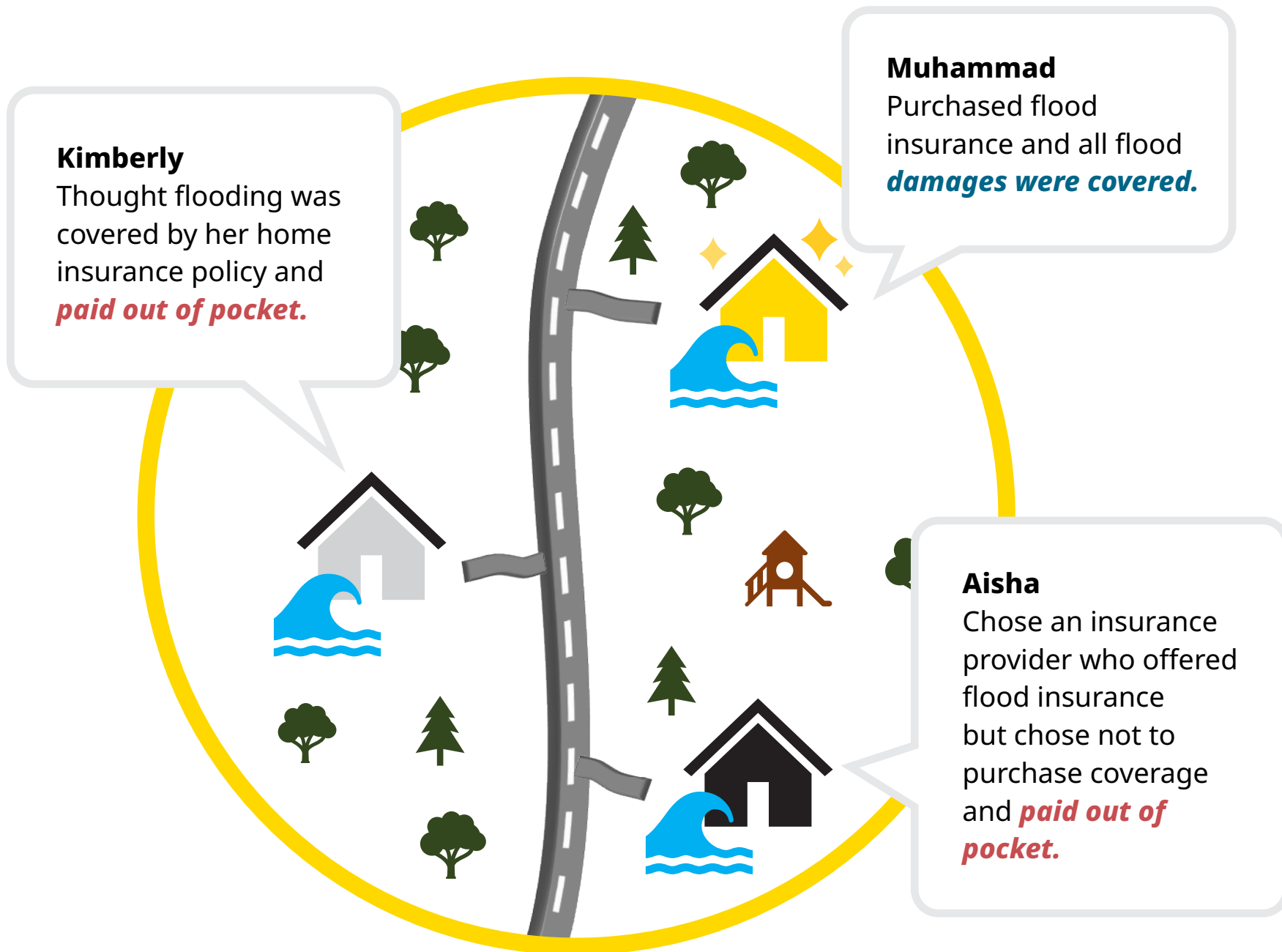
Mobile device
back up batteries
& charging blocks
with extra cables

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Are You Protected?



Is Insurance Covering Your Risk?

Severe weather is becoming more common in Manitoba. Residential **overland flood coverage** is offered by many insurers and is typically combined with sewer backup and groundwater seepage.

You do not have to live beside a river or lake to experience flooding. Heavy rains, snowmelt, water main breaks, and blocked ditches can lead to flooding. Overland flood coverage in Manitoba typically costs \$100-\$300 annually, depending on your risk, and often covers \$10,000 in damages.

One of the top pieces of advice given by Canadians affected by flooding is “ensure you have flood insurance and understand what it covers.”

Do not be caught paying out of pocket! Talk to your insurance provider today and if needed, shop around. You may find a better fit elsewhere.

Important ways to protect your property

Learn about proactive approaches that could be taken to protect your property from disasters at Manitoba.ca/emo/mitigation



Residential Checklist

What projects could you undertake as a property owner?

Common Projects: Proactive Projects:

Flooding

- Purchase flood insurance coverage
- Raise and slope land away from home
- Install a backwater valve
- Install and maintain a sump pump
- Use water-resistant building materials for flooring, walls, and insulation in basements
- Identify where your community provides sandbags
- Store sandbags and plastic sheeting for emergencies
- Elevate washers, dryers, and other appliances on platforms
- Elevate water heaters and HVAC
- Relocate electrical panel to main floor
- Plant deep-rooted native vegetation that can withstand flooding and drought
- Create a rain garden for flood water
- Maintain wetlands and marshes which absorb excess water
- Install a ring dike
- Raise or move your home above flood levels

Wildfire

- Ensure chimneys and stovepipes have spark arresters
- Use ember-resistant vents or screens and check for holes or damages
- Have hoses that reach all structures and firepits
- Clear dead plants, leaves, and weeds within 10m of structures
- Choose fire-resistant vegetation or non-flammable materials like rock for landscaping within 10m of structures
- Install roof sprinklers
- In rural or remote regions, have a dedicated water supply for firefighting such as a well or pond

Winter Storms

- Keep snow and ice clearing equipment within your home
- Ensure structure roofs are rated for heavy snow loads
- Plant shelterbelts to decrease blowing snow accumulation around your home

For More Information

Homeowners should contact their local authority to ensure all by-laws and construction codes are adhered to.

Visit [GetPrepared.gc.ca](https://www.getprepared.gc.ca) to learn how to build an emergency kit, create a household emergency plan, and understand the risks.



Residential Checklist

What projects could you undertake as a property owner?

Common Projects: Proactive Projects:

Extreme Temperatures

- Use weather stripping on windows and doors
- Insulate walls and attics
- Maintain your HVAC systems
- Identify local heating and cooling centres in case of emergency

Extreme Heat

- Plant trees for shade
- Install shade structure like awnings, pergolas or canopies
- Use LED lights which produce less heat
- Use energy-efficient appliances

Extreme Cold

- Have extra blankets and sleeping bags
- Insulate pipes in external walls
- Allow faucets to slowly drip to prevent freezing during extreme lows
- Have an alternative power or heating source (generator, wood-burning stove)

Drought

- Check for and repair water leaks
- Install water efficient appliances, faucets, and shower heads
- Avoid watering your lawn, or water deeply, infrequently and between midnight and 10 a.m.
- Use rain barrels for lawn and garden
- Plant deep-rooted native vegetation that can withstand flooding and drought

Strong Wind

- Anchor outdoor furniture and items
- Store lightweight items in a secure location
- Cut down dead trees and prune dead branches
- Check for loose or damaged shingles and make repairs
- Choose roofing materials resistant to high winds like metal roofing
- Install storm shutters

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