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**FOR IMMEDIATE RELEASE**

***Plan. Prepare. Be Aware.***  
***Emergency Preparedness Week is May 7 to 13***

(Barrie, ON) Are you and your family prepared to be self-sufficient for at least 72 hours in the event of an emergency? *Emergency Preparedness Week* is May 7 to 13 and it's the perfect time to make sure you and your family know the risks, make a plan and get an emergency kit. This year, the national theme is "Plan. Prepare. Be Aware."

"Public safety begins at home. Everyone should be equipped to take care of themselves and their families for up to three days in the event of an emergency or disaster," said Jeff Weber, Deputy Fire Chief. "*Emergency Preparedness Week* is a time to review your emergency plan with your family, build an emergency kit and keep yourself informed by learning about potential hazards in your area,"

**PLAN**

Make a Plan

- Every household needs an emergency plan. It helps you and your family know what to do if disaster strikes. This includes where to go, how to go, where to stay and who to contact.
- Ensure your plan includes the special needs of family members, such as where to get medical devices or medications in an emergency. Your family's emergency plan should include all family members. Don't forget about your pet.

**PREPARE**

Get a Kit

- During an emergency, vital services such as power or tap water may be unavailable for several days. Stock enough basic supplies to be self-sufficient for up to 72 hours.
- Kits should include bottled water, non-perishable food, crank radio or radio and batteries, flashlights and batteries, footwear and clothing, toiletries, medication, cash and important papers.
- Keep these emergency supplies in a 'grab & go bag', such as a case or suitcase on wheels, so you can quickly grab your kit in case of an evacuation. Don't forget to cater for the special needs of family members and your pets.
- Consider getting additional kits for your car, work, and cottage as you may not be home when an emergency strikes.

**BE AWARE**

Know the Risks

- Different hazards require a different approach for being prepared. Learn more about potential hazards in Barrie so you know what to do to protect yourself and your family. Visit [barrie.ca/EmergencyManagement](http://barrie.ca/EmergencyManagement)
- During an emergency situation, listen for instructions from radio, television, online or mobile broadcasts.

Prepare today at [barrie.ca/EmergencyManagement](http://barrie.ca/EmergencyManagement).

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***For further information contact:***

Emma Sharpe  
Communications Advisor  
[emma.sharpe@barrie.ca](mailto:emma.sharpe@barrie.ca)  
705-739-4220 x4436