

Emergencies

Important: This document is designed as a guide. Please adapt these recommendations to meet the specific needs of your household, your community, and the types of emergencies you are preparing for.

Why do we need an Emergency Plan?

- A Family Emergency Plan will help you and your family know what to do if you're impacted by floods, fire, extended power outages, etc.
- The Plan is an expected Caregiver Practice. See STANDARD E.2 Safety and Emergency Practices

What is in my plan?

- Safe exits if you need to leave the home
- Meeting place to reunite with family. How will you communicate if separated?
- Important contact information
- Photos of individual household members
- Location of your fire extinguisher and first aid kits
- Location of electric, water and gas utilities and how to switch them off
- Place for your family to stay. Place for your pets to stay
- Information about the Emergency Plans for your workplace, school and community
- Emergency Kit for your home, with supplies to support your family for 72 hours
- Grab and Go bag for each member of your household

[Click here for a Fill-in-the-blanks Home Emergency Plan](#)

What's different for Foster Families?

Foster Caregivers must

- Create a plan and practice it at least every six months
- Update Emergency Plan and kits regularly, especially when a new child joins your family
- If evacuated, call 1-800-663-9122 as soon as it is safe to do so
- Be sure children/youth know to call the Children's Helpline (310-1234) whenever they need help.
- Always provide children/youth with access to a phone
- Ensure MCFD has your latest contact information, especially cell phone

Prepare a Comfort Kit for each child/ youth, which includes valued possessions, family contact info, and items that will comfort or entertain.

What's in a Grab and Go Bag?

- Food, water, and clothes
- flashlight and batteries, battery-powered or wind-up radio
- first aid kit, blankets
- special items – medications, infant formula, glasses, equipment for people with disabilities
- extra keys – for your car and house
- cash – include smaller bills.
- important papers in a waterproof container
- cell phones and chargers, and don't forget your pets!

What if we must evacuate?

Foster Families are expected to obey evacuation orders.

Call 1-800-663-9122 as soon as it is safe to do so, if:

- You have been evacuated as a result of a flood or a wildfire
- You have been evacuated or are in the process of evacuating and require support to seek alternative accommodation

If you are evacuated from your home community and require support, contact the MCFD office in your new area.

What should I take?

- Your Emergency Plan, Emergency Kit, Grab and Go Bags, Comfort Kits
- Important phone numbers, including MCFD office numbers, Centralized Screening (was After Hours) and Foster Caregiver Support Line
- Essential medications and copies of prescriptions, important papers

Be sure to:

- Register at the evacuation office as instructed
- Call MCFD. Tell them where you are going to be
- Leave a note telling others when you left and where you are going

Where can I get more information?

- www.preparedbc.ca
- www.getprepared.ca
- www.emergencyinfo.bc.ca/

