

## **Wetaskiwin recognizes Emergency Preparedness Week**

May 3, 2021

(Wetaskiwin, Alberta) – The City of Wetaskiwin recognizes Emergency Preparedness Week from May 2 to 8, 2021. This national awareness initiative has been ongoing since 1996 and celebrates its 25<sup>th</sup> anniversary this year.

Fires, floods, and extreme weather events can happen in Alberta each year, with devastating results. Ensuring you are prepared is key! Emergencies can occur without warning; however, you can be prepared to protect you and your family.

Make your own **72-hour Emergency Kit!** What goes into this kit?

### **Food & Water**

- Non-perishable items (canned goods), dry cereal, granola bars or energy bars, dried fruit or trail mix, and de-hydrated food products or MRE's (Meals Ready to Eat)
- It is recommended that you have 4 litres of water per person, per day. You may add electrolyte packets to your kit if you wish.

### **Medical Supplies**

- First aid kit, stocked and up to date
- Prescription medication (heart medication, inhalers, insulin)
- Over the counter medication (pain relievers, cold and flu medications, digestive aids, and anti-nausea aids)
- Essential medical equipment with back-up power
- Spare eyeglasses or contact lenses with solutions.

### **Critical Documents**

- Have a copy of all documents in a sealable bag to protect from moisture
- Include identification, birth certificates, passports, medical health care card, record of prescriptions, Social Insurance Number card, and a list of emergency contacts.

### **Sanitation and Hygiene**

- Hand sanitizer and wipes, non-medical masks
- Personal Hygiene products (tissue and toilet paper)
- Trash bags.

### **Other Items**

- Emergency cash to last 72 hours for incidental expenses
- Multi-tool, extra blankets
- Books and board games
- Electronics with vehicle charger, battery or crank powered radio, flashlight, candles with matches or a lighter.

### **For your pets**

- Food (dry or canned), treats, water to last at least 72 hours
- Toys, collar, and leash
- Any required medications for your pet.

“Wetaskiwin Fire Services and the City of Wetaskiwin would like to remind everyone to be prepared,” said Wetaskiwin Fire Services Chief Jamie Wilkinson. “An emergency or unforeseen event can happen day or night without notice. Having a 72-hour kit available will allow you and your family to more easily get through any emergency.”

Another way to ensure you stay informed should an emergency occur in your area is to download the Alberta Emergency Alert (AEA) app onto your phone or tablet. The app is available for Android and Apple devices.

Visit [alberta.ca/build-an-emergency-kit.aspx](http://alberta.ca/build-an-emergency-kit.aspx) for more information on how to build your emergency kit.

### **About the City of Wetaskiwin**

Wetaskiwin is a secure, connected, and inclusive community, home to a diverse population of 13,000 people. Located only 30 minutes south of the Edmonton International Airport, the City of Wetaskiwin provides a high quality of life through ample recreation opportunities, diverse cultural activities, and a modernized, business-friendly downtown.

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