HOUR 73 · PAPER BACKUP

OUR EMERGENCY PLAN

Marko, Ana, Mila (4) and Pepe the cat · third-floor flat, East Vancouver · made with Hour 73

PRINTED 28 NOV 2026 REGION: INTERNATIONAL METRIC UNITS

SAMPLE

IN AN EMERGENCY

Police · Fire · Ambulance	911
FortisBC gas emergency	1-800-663-9911
BC Drug & Poison Information	1-800-567-8911
Building manager	_____

OUR MEETING POINTS & CONTACTS

MEETING POINT NEAR HOME
The park across the street, away from buildings, then the Britannia Disaster Support Hub, 1661 Napier St

OUT-OF-AREA CONTACT
Ana's sister Petra in Calgary, (403) 555-0182

IF THE BUILDING IS UNSAFE, WE GO TO
Petra's flat in Calgary, once roads and flights run

DOCTOR / DAYCARE
Dr. Horvat (family doctor) · Little Cedars Daycare (604) 555-0143

INSIDE

1 **My plans** — Earthquake, Tsunami

2 **Kit checklist** — 3 people · 1 pet · 14 days · International

3 **Go bag list** — 14 items

4 **What to do now** — Large type, 2 hazards

5 **Picture guides** — Drop, Cover, Hold On, Shutting off gas, water, power, Draw your evacuation map + 3 more

OUR HOUSEHOLD

NAME	BORN	MEDICAL NEEDS
Marko Novak	1985	High blood pressure · tablets
Ana Novak	1988	Glasses · spare pair in the go bag
Mila Novak	2022	Little Cedars Daycare, Commercial Dr
Pepe (cat, 4 kg)	2020	Hides when scared · carrier by the door

HOW TO USE THIS BINDER

- Keep one copy with your kit and one at work or in the car.
- Fill in every blank line by hand.
- Go through it with everyone at home, kids too.
- Print a new copy when your plans change, at least every 6 months.

MY PLAN · NATURE'S FURY

EARTHQUAKE

7 of 7 plan steps

BOTH Shelter in place during shaking, then evacuate a damaged building.

01	WHEN SHAKING STARTS	Drop, cover and hold on: under the kitchen table, against an inside wall, away from windows. In bed, stay there and cover your head with a pillow.
02	NEXT TO THE BED	Shoes, flashlight, glasses, phone
03	AFTER THE SHAKING	If the building is damaged, get out. Meet at the park across the street, away from buildings, then the Britannia Disaster Support Hub, 1661 Napier St. Text Ana's sister Petra in Calgary, (403) 555-0182.
04	GAS	If you smell gas: my partner turns it off, then everyone leaves.
05	MILA'S DAYCARE	Only Ana, Marko or neighbour Joan (2B) may pick Mila up
06	GAS AND PEPE	Gas off only if we smell it; FortisBC turns it back on, cat carrier by the door

WARNING SIGNS

- There is no prediction. Early-warning systems detect a quake that has already started and can give a few seconds to tens of seconds before strong shaking (US-only: ShakeAlert).
- If you feel shaking or get an alert: Drop, Cover and Hold On immediately.

KEY NUMBERS

- Early warning: a few seconds to tens of seconds (where available)

GET READY · TICK WHEN DONE

☐	HOME PROTECTION	Fasten TVs and anything hanging on walls; put heavy and breakable things on low shelves.
☐	SHELTER SPOTS	In every room, find the safe spot: under a sturdy table, or against an inside wall away from windows.
☐	DRILLS	Practise Drop, Cover, Hold On with family and coworkers.
☐	COMMUNICATION	Set up an out-of-area contact and a meeting place in case you get separated.
☐	DOCUMENTS	Check whether your home insurance covers earthquake damage.

NOTES

SAMPLE

MY PLAN · NATURE'S FURY

TSUNAMI

6 of 6 plan steps

EVACUATE Evacuate to high ground, on foot if possible.

01	GO NOW IF	Strong quake near the coast, a roar from the sea, or the sea draining away or rising. Alert rule: no, I go at the first natural sign.
02	GO TO	Follow the blue tsunami route signs uphill to the marked safe area, on foot (best), Mila in the carrier.
03	STAY AWAY	Do not go back for hours. Waves keep coming after the first one. Coast: on holidays, a summer week in Ucluelet on Vancouver Island.
04	ON ARRIVAL	Find the campground's tsunami map and walk the route once, Pepe stays home with neighbour Joan (2B)
05	IF WE GET SPLIT UP	Meet at the top of the route by the signpost, stay up there until officials give the all-clear, even if the sea looks calm

WARNING SIGNS

- Natural signs, leave immediately without waiting for an alert: a strong earthquake near the coast; a loud roar from the ocean; the sea suddenly rising like a wall, or draining away and exposing the sea floor.
- Warning: dangerous coastal flooding and strong currents; move to high ground or inland.
- Advisory: strong currents and dangerous waves; stay out of the water and away from beaches and waterways.

KEY NUMBERS

- Danger can last several hours after the first wave

GET READY · TICK WHEN DONE

☐	ALERTS	Learn the natural warning signs.
☐	EVACUATION	Learn your community's tsunami evacuation routes and practise them.
☐	EVACUATION	When staying at the coast, note the nearest high ground.

NOTES

SAMPLE

INVENTORY · BASE KIT

KIT CHECKLIST

3 people · 1 pet · 14 days · International

4.7 days	14 days	3 + 1 pet
COVERED NOW	TARGET	HOUSEHOLD

WHAT YOUR HOUSEHOLD NEEDS · 14 DAYS

	SUPPLY	NEEDED	WE HAVE	LASTS
○	**Water**	**129 L**	80 L	8.7 days
●	**Food**	**87,640 kcal**	91,400 kcal	14 days+
○	**Medicine**	**13 items**	9 in stock	69%
○	**Power**	**840 Wh**	280 Wh	4.7 days
○	**Cash**	**$1,400**	$300	3 days
●	**Toilet**	**42 bags + 28 pet bags**	60 bags + 20 L cat litter	14 days+
○	**Tools**	**8 items**	7 ticked	88%
○	**Radio**	**6 items**	3 ticked	50%

WATER

3 L per person per day (PreparedBC suggests 4 L), pets 55 ml per kg of body weight (4 kg)

- [ ] Purified / bottled — 80 L
  Target 129 L
- [x] Not purified yet (hot water tank, 150 L) — 150 L

FOOD

About 2,000 kcal per person, pets by body weight (4 kg) per day

- [x] Days of food (calculated) — 14.6 days
  Target 14 days
- [x] Calories stored — 91,400 kcal
  Target 87,640 kcal
- [x] Canned meals and soups · expires Oct 2027 — 40 cans
- [x] Rice, pasta and oats — 8 kg
- [x] Peanut butter or nut spread — 4 jars
- [x] Dried fruit and nuts — 10 bags (200 g)
- [x] Long-life or powdered milk — 12 L
- [x] Pet food — 4 kg

MEDICINE

- [x] Prescription medicines (Marko's blood pressure tablets) · expires Aug 2027 — 30 days
  Target 14 days
- [x] Pain and fever relief (adult + children's) · expires Jun 2027 — 2 packs
- [ ] Allergy tablets — _____
- [ ] Oral rehydration salts — _____
- [x] Upset-stomach medicine · expires Jan 2028 — 1 pack
- [x] First aid kit · expires Mar 2028 — 1 kit
- [x] Face masks (FFP2 / N95) — 10 pcs
- [ ] Pet medicines and flea or tick treatment — _____
- [x] Thermometer — Have
- [x] Spare glasses or lenses — Have
- [x] Disposable gloves — Have
- [ ] Medicine list with doses (written) — _____

SAMPLE

POWER

20 Wh per person per day

- [ ] Power banks / station — 280 Wh
  Target 840 Wh
- [x] Spare AA / AAA — 20 pcs

CASH

Small bills, $30 per person and $10 per pet per day

- [ ] Cash in small bills — $300
  Target $1,400

TOILET

One bag per person per day, 2 waste bags per pet

- [x] Strong bags — 60 pcs
  Target 42 bags + 28 pet bags
- [x] Cover material (cat litter) — 20 L
- [ ] Pet waste bags — _____

TOOLS

- [x] Torch or headlamp — Have
- [x] Multi-tool or knife — Have
- [ ] Duct tape — _____
- [x] Whistle — Have
- [x] Work gloves — Have
- [x] Manual can opener — Have
- [x] Fire extinguisher — Have
- [x] Lighter and matches — Have

RADIO

- [x] Battery or hand-crank radio — Have
- [x] Spare batteries for the radio — Have
- [ ] Solar or crank charging — _____
- [ ] FM radio for local emergency broadcasts — _____
- [x] Local emergency stations written down — Have
- [ ] Walkie-talkies — _____

EARTHQUAKE KIT

- [x] Whistle — Have
- [x] Flashlight — Have
- [x] Fire extinguisher — Have
- [x] Sturdy shoes and work gloves — Have
- [ ] Extra batteries and chargers for phones and critical equipment — _____
- [x] Water-heater strap — Have
- [x] Wrench hung by the gas meter — Have

TSUNAMI KIT

- [x] Go-bag ready by the door — Have
- [x] Comfortable walking shoes — Have

Water: about 3 L per person per day; EU Preparedness Union Strategy: at least 72 hours. Power and cash are Hour 73 rough guides.

SAMPLE

INVENTORY · GO BAG

GO BAG LIST

72-hour bag · 14 items · limit 12 kg

9 / 14	4.8 kg	_____
ITEMS PACKED	WEIGHT · LIMIT 12 KG	BAG IS KEPT AT

- [x] Water bottles — ~1.5 kg — 72-HOUR LIST
- [x] Food bars and snacks — ~0.5 kg — 72-HOUR LIST
- [x] First aid kit — ~0.4 kg — 72-HOUR LIST
- [x] Flashlight or headlamp — ~0.2 kg — 72-HOUR LIST
- [x] Whistle — ~0.05 kg — 72-HOUR LIST
- [x] Sturdy shoes and work gloves — ~1.2 kg — 72-HOUR LIST
- [x] Copies of IDs and documents — ~0.1 kg — 72-HOUR LIST
- [x] Cash in small bills — ~0.05 kg — 72-HOUR LIST
- [x] Mila's snacks, spare clothes and her stuffed rabbit — ~0.8 kg — 72-HOUR LIST
- [ ] Cat carrier, food and vet records — ~1.5 kg — 72-HOUR LIST
- [ ] Power bank and cables — ~0.3 kg — 72-HOUR LIST
- [ ] Prescription medicines — ~0.15 kg — 72-HOUR LIST
- [ ] Battery or crank radio — ~0.3 kg — 72-HOUR LIST · TO ADD
- [ ] Emergency blanket — ~0.1 kg — 72-HOUR LIST · TO ADD

ADD BY HAND

A 72-hour go bag: ticked items are packed; "to add" items are recommended but not in the bag yet. Keep this list inside the bag and check food, medicines and batteries every 6 months.

SAMPLE

WHAT TO DO NOW

EARTHQUAKE

LIFE IN DANGER? CALL 911

1 DROP

Drop onto your hands and knees.

- Go down on hands and knees before the shaking throws you down.
- This position lets you crawl to cover and protects you from falling.

2 COVER

Cover your head and neck with one arm. Crawl under a sturdy table if one is close; if not, get next to an inside wall away from windows. Crawl only if you can reach better cover without crossing debris.

- Get under a sturdy table or desk if it is within a few steps.
- No table: get low next to an inside wall, away from windows, mirrors and tall furniture.
- Cover your head and neck with one arm and hand.
- Don't try to move to another room during shaking.

3 HOLD ON

Hold on to your shelter until the shaking stops.

- Hold a table leg with one hand; if the table moves, move with it.
- No shelter: keep both arms over head and neck.
- Stay put until the shaking fully stops, then look around for hazards before moving.

4 IN BED

Stay there and cover your head and neck with a pillow.

- Stay in bed, face down, pillow over head and neck.
- Getting up in the dark risks cuts from broken glass.
- Afterwards, put on the shoes and use the torch you keep by the bed.

SAMPLE

5 INDOORS

Stay inside until the shaking stops. Do not run outside, do not stand in a doorway.

- Stay inside until the shaking stops: falling glass and masonry make doorways and streets dangerous.
- Doorways are not stronger than other places.
- Afterwards, check for gas smell, fire and damage before moving around.

6 WHEELCHAIR OR WALKER

Lock your wheels, get as low as you can, cover your head and neck, hold on.

- Lock the wheels.
- Bend forward as low as you can, cover head and neck with arms or a book or cushion.
- Using a walker: sit on the floor or a chair if you can, then cover.

7 OUTDOORS

Stay outside; move to open ground away from buildings, trees, streetlights and power lines; drop and cover.

- Walk to open ground away from buildings, trees, streetlights and power lines.
- Drop, cover your head and neck, and stay there.
- Afterwards, don't go back into damaged buildings.

8 IN A VEHICLE

Pull over in a clear spot away from buildings, trees, overpasses and power lines.

- Pull over in a clear place; stop and set the handbrake.
- Stay inside with your seatbelt on until the shaking stops.
- Afterwards, drive slowly; avoid bridges, ramps and damaged roads.

9 HIGH-RISE

Expect fire alarms and sprinklers; do not use lifts.

- Drop, cover and hold on; move away from outside walls and windows.
- Expect alarms and sprinklers; don't use lifts.
- Leave by the stairs only after the shaking stops, and only if the building is damaged or on fire.

10 NEAR SLOPES OR CLIFFS

Watch for falling rocks and landslides.

- Move away from the base of slopes and cliffs.
- Listen for rumbling or cracking: it can mean a landslide.
- After the shaking, stay clear of steep ground; aftershocks can loosen more rock.

SAMPLE

WHAT TO DO NOW

TSUNAMI

LIFE IN DANGER? CALL 911

1 EARTHQUAKE FIRST

If there's an earthquake, protect yourself first: Drop, Cover, Hold On.

- Drop, cover and hold on until the shaking stops.
- Then leave immediately: don't wait for a warning or pack.

2 GO HIGH, GO INLAND

Then go to high ground, as far inland as you can. Don't wait.

- Go on foot to your high ground or as far inland as you can.
- Aim for 30 m above sea level or 3 km inland if you can; if not, the upper floors of a strong concrete building.
- Stay there until officials say it's safe: waves keep coming for hours.

3 FOLLOW OFFICIALS

Follow instructions from local emergency services.

- Follow tsunami route signs and instructions from emergency services.
- Listen to the radio; don't go to the beach to watch.

4 ON A BOAT

Head out to sea.

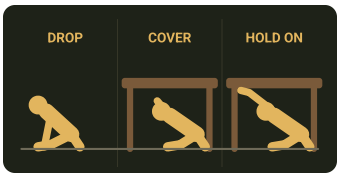
- In a harbour: leave the boat and go to high ground.
- At sea: head for deep water and stay there until told it's safe.

SAMPLE

PICTURE GUIDES

HOME SAFETY DROP, COVER, HOLD ON

The first seconds of an earthquake



1 DROP onto hands and knees before the shaking knocks you down. COVER head and neck under a sturdy table, or against an inside wall with your arms over your head. HOLD ON to the table leg and move with it until the shaking stops.

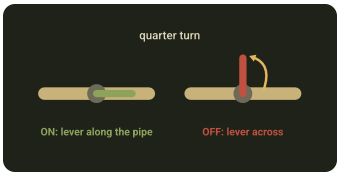
Good to know

- Don't run outside during shaking: most injuries come from falling glass and walls.
- Wheelchair or walker: lock the wheels, bend forward, cover head and neck.
- In bed: stay there, cover your head with a pillow.

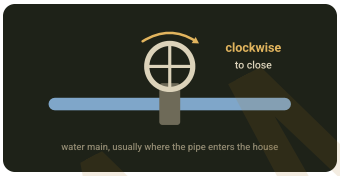
Sources: Earthquake Country Alliance / Ready.gov · EMSC

HOME SAFETY SHUTTING OFF GAS, WATER, POWER

Know where they are before you need them



1 Gas: shut it off only if you smell gas, hear hissing, or officials tell you to. A quarter turn so the lever sits across the pipe closes it. Don't switch lights or use flames; get out and call from outside. Only the gas company turns it back on.



2 Water: turn the main valve clockwise to close it if pipes burst or officials report contaminated water. It also keeps the water in your pipes clean for drinking.



3 Electricity: switch off the main switch in the fuse box before flooding reaches it, or if wiring is damaged. If you are standing in water or the box is wet, don't touch it — leave and call for help.

Good to know

- Tag each shut-off with tape and keep the right tool next to it.
- Show everyone at home over age 12 where they are.

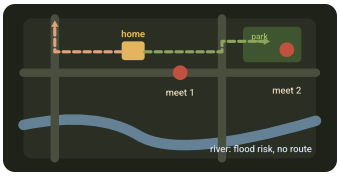
Sources: FEMA / Ready.gov utility shut-off guidance · DSB Norway

SAMPLE

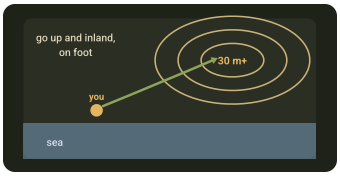
NAVIGATION & MAPS

DRAW YOUR EVACUATION MAP

Two ways out and two places to meet



1 On a paper map of your area mark: home, two routes out in different directions, meeting point 1 near home (a corner or tree), meeting point 2 outside the neighbourhood (school, relative). Avoid rivers, bridges, forest edges and narrow roads.



2 Flood or tsunami: your route goes up and inland, on foot — at least 30 m above sea level or 3 km inland, or the upper floors of a strong building as a last resort.

Good to know

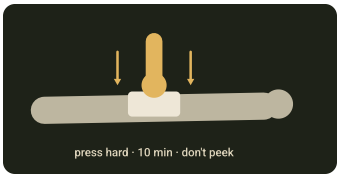
- Keep a copy in every grab bag and in the car; phones and GPS may not work.
- Walk both routes once with the family, by day and at dusk.
- Write the out-of-area contact's phone number on the map.

Sources: Ready.gov family emergency plan · DSB Norway · UNESCO-IOC tsunami guidance

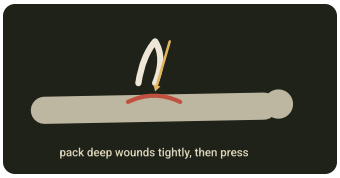
FIRST AID

SEVERE BLEEDING

Stop the bleed: pressure, pack, tourniquet



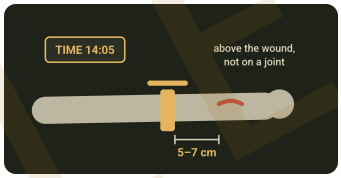
1 Call the local emergency number. Put gloves or a plastic bag on your hands if you have them. Press hard directly on the wound with a clean pad or cloth and keep pressing for at least 10 minutes without lifting to look.



2 Deep wound in the arm, leg, armpit, neck or groin: pack gauze or clean cloth tightly into the wound, then keep pressing on top.



3 Wrap a bandage firmly over the pad. If blood soaks through, add more pads on top; don't remove the first one.



4 Life-threatening bleeding from an arm or leg that pressure cannot stop: put a tourniquet 5–7 cm above the wound, not on a joint. Tighten until the bleeding stops, write down the time, and never loosen it yourself.

Good to know

- A person can bleed to death in a few minutes: act before anything else.
- Improvised tourniquet: a wide band (at least 4–5 cm) and a stick to twist; never thin wire or string.
- Lay them down and keep them warm to fight shock.

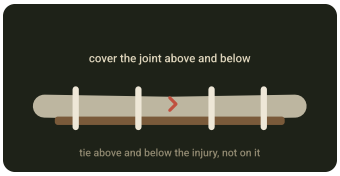
Sources: European Resuscitation Council Guidelines 2021 (First Aid) · American College of Surgeons Stop the Bleed

SAMPLE

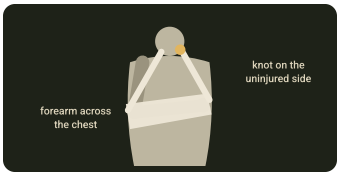
FIRST AID

FRACTURES, SPLINTS & SLINGS

Keep it still, support it, check circulation



1 Keep the injured part still in the position you found it. Pad it with soft cloth, lay something rigid alongside (board, rolled magazine, straight stick) long enough to cover the joint above and below, and tie it at several points, never over the injury.



2 Arm or collarbone: support the forearm across the chest with a triangle of cloth (or a buttoned jacket), fold it up over the arm and tie it at the neck on the uninjured side.

Good to know

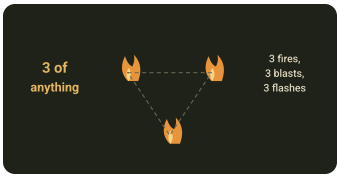
- Check fingers or toes every 15 minutes: if cold, pale, blue or numb, loosen the ties.
- Open fracture (bone through the skin): cover with a clean dressing, press around it, not on it.
- Don't try to straighten a broken limb unless there is no pulse beyond it and help is hours away.

Sources: European Resuscitation Council Guidelines 2021 (First Aid) · FM 3-05.70 Survival (US Army, public domain), first aid chapter

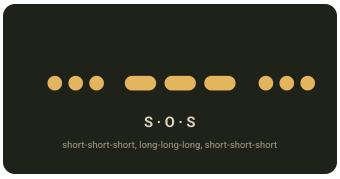
SIGNALS & RESCUE

SIGNALLING FOR RESCUE

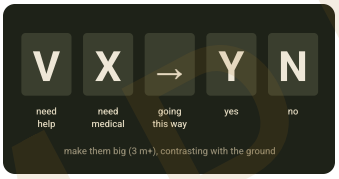
Be seen and heard by searchers



1 Three of anything means distress: 3 whistle blasts, 3 fires in a triangle, 3 flashes. Pause, then repeat. A whistle carries much further than your voice and costs less energy.



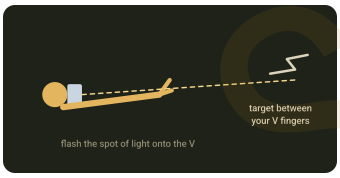
2 SOS with a torch or whistle: three short, three long, three short. Repeat after a pause.



3 Signs for aircraft on the ground: V = we need help, X = we need medical help, arrow = we are going this way, Y = yes, N = no. Make them at least 3 m long from rocks, branches or clothing that stand out.



4 To a helicopter: both arms raised in a Y means "yes, we need help". One arm up and one down (an N) means "no, we don't need help".



5 Mirror or any shiny surface: stretch out an arm with two fingers in a V around the aircraft or rescuer, and tilt the mirror so the spot of light falls on your fingers. Then rock it gently to flash.



6 Trapped at home after a quake or flood: put a HELP or OK sign in a window so rescuers know where to go first. Bright cloth on a balcony helps too.

Good to know

- If trapped under rubble: tap on a pipe or wall in groups of three; shout only when you hear rescuers, to save air and energy.

Sources: ICAO / IAMSAR ground-to-air signals · FM 3-05.70 Survival (US Army, public domain), signaling chapter · Ready.gov earthquake guidance

SAMPLE