



Emergency Preparedness Basics

Land acknowledgment

North Shore Emergency Management respectfully acknowledges that we live and work on the traditional and unceded territories of the Sk̓wx̓wú7mesh (Squamish), səlilwətał (Tseil-Waututh) and x^wməθk^wəy̓əm (Musqueam) Nations.

NSEM is committed to reconciliation with these Nations, who have lived on these lands since time immemorial.

North Shore Emergency Management



west vancouver

NS  **M**

city
of north
vancouver

DISTRICT OF
**NORTH
VANCOUVER** 

What you will learn

- Why prepare?
- Three steps to preparedness
 1. Know your hazards
 2. Make your plan
 3. Gather your supplies
- Where to go for more information

Why prepare?

Resilience: “The ability of a system, community or society exposed to hazards to resist, absorb, accommodate, adapt to, transform and recover from the effects of a hazard in a timely and efficient manner, including through the preservation and restoration of its essential basic structures and functions through risk management.”

- United Nations Office for Disaster Risk Reduction (UNDRR)

Why prepare?

Resilience

- Your most important resource is YOU
- Be self-sufficient for **at least** 72 hours (ideally, 2 weeks)
- Take care of yourself before others

Emotional well-being

- Faster recovery

Return to work

- Support business continuity

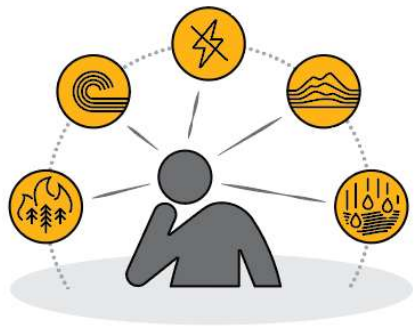
A quick check in

You may already be doing one or more of these:

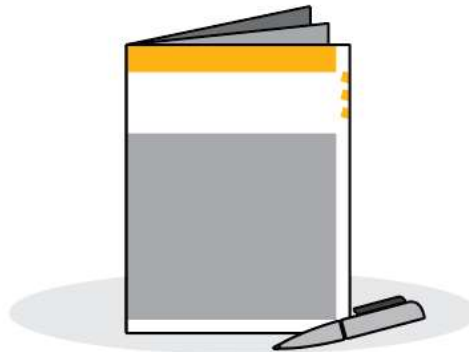
- Smoke alarms/detectors. Do you check them monthly?
- Fire extinguisher. Do you know how to use it?
- Evacuation plan. Do you have one?
- First aid kit & emergency supplies? Do you replenish supplies?
- Emergency Support Services. Have you registered for ESS?
- Alertable. Have you downloaded the app?

How to prepare

Three steps to preparedness:



Know your hazards



Make your plan



Gather your supplies

Step 1: Know the hazards

Keyword review

Hazard

A hazard is a dangerous event that can lead to an emergency or disaster. Hazards may come from nature and our environment, or they may be caused by people.

Emergency

An emergency is a serious situation that requires immediate action to keep people, animals or land safe.

Disaster

A disaster is a large emergency that has harmed people, animals or land.

Step 1: Know the hazards



Top North Shore hazards

⚡ Earthquakes

⚡ Extreme heat

⚡ Floods

⚡ Clearwater

⚡ Coastal/Sea level
rise

⚡ Hazardous material spills

⚡ Landslides/debris flow

⚡ Wildfires

⚡ Windstorms

Windstorms



110 km/hr wind gusts, rain storm, Nov. 2020

Image source: Ben Nelms, CBC

Floods



Seymour River, November 2021

Image source: Paul McGrath, North Shore News

Wildfires

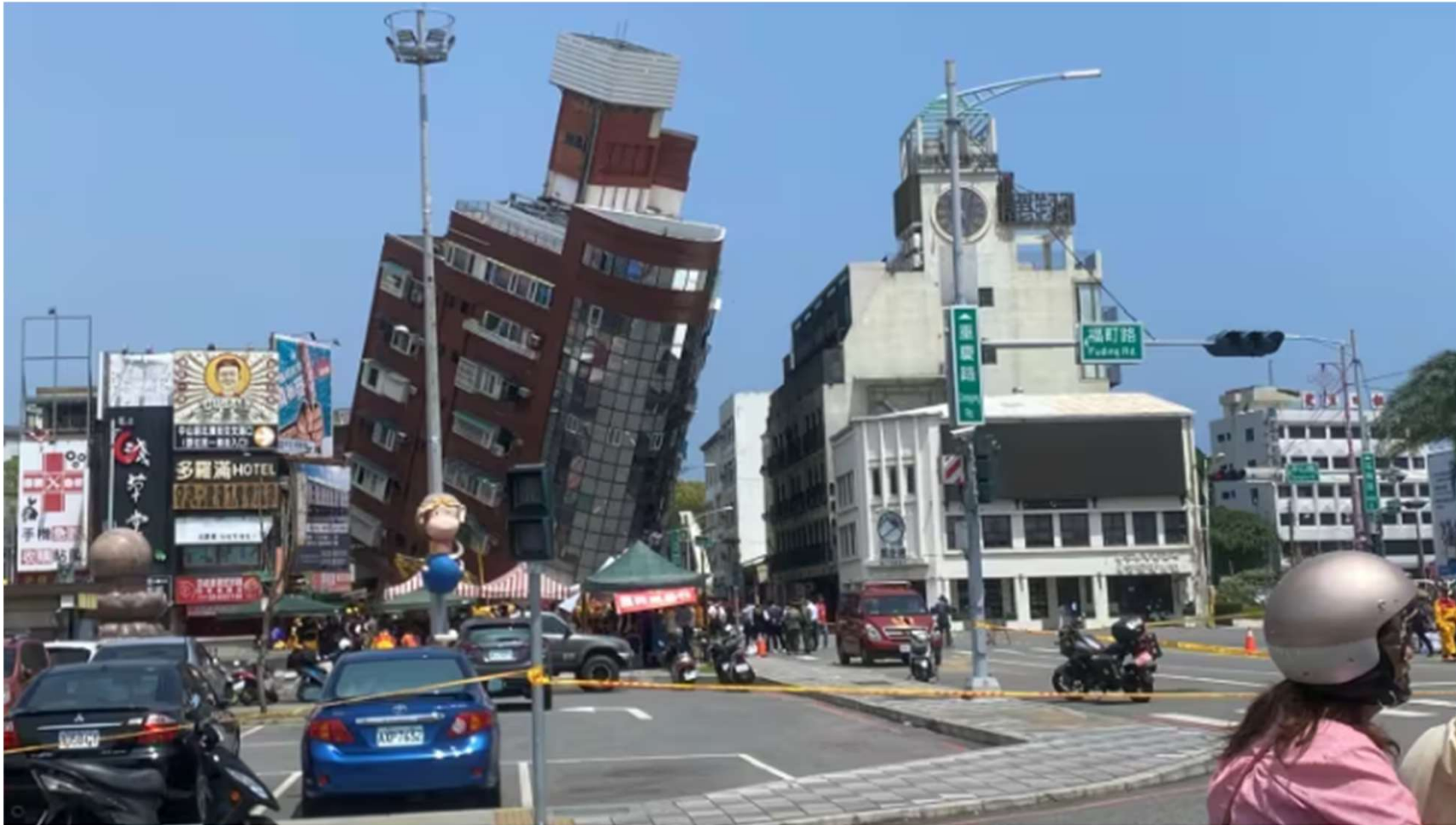


Whyte Lake, West Vancouver, 2018
Image source: Jody Lotzkar, North Shore News

Wildfires



Earthquakes



Taiwan earthquake, April 2024

Image source: H. Zhang, Reuters

Earthquakes



New Zealand earthquake, February 2011

Image source: D. Hallett, The Press

Earthquakes

The Story of the Great Tsunami

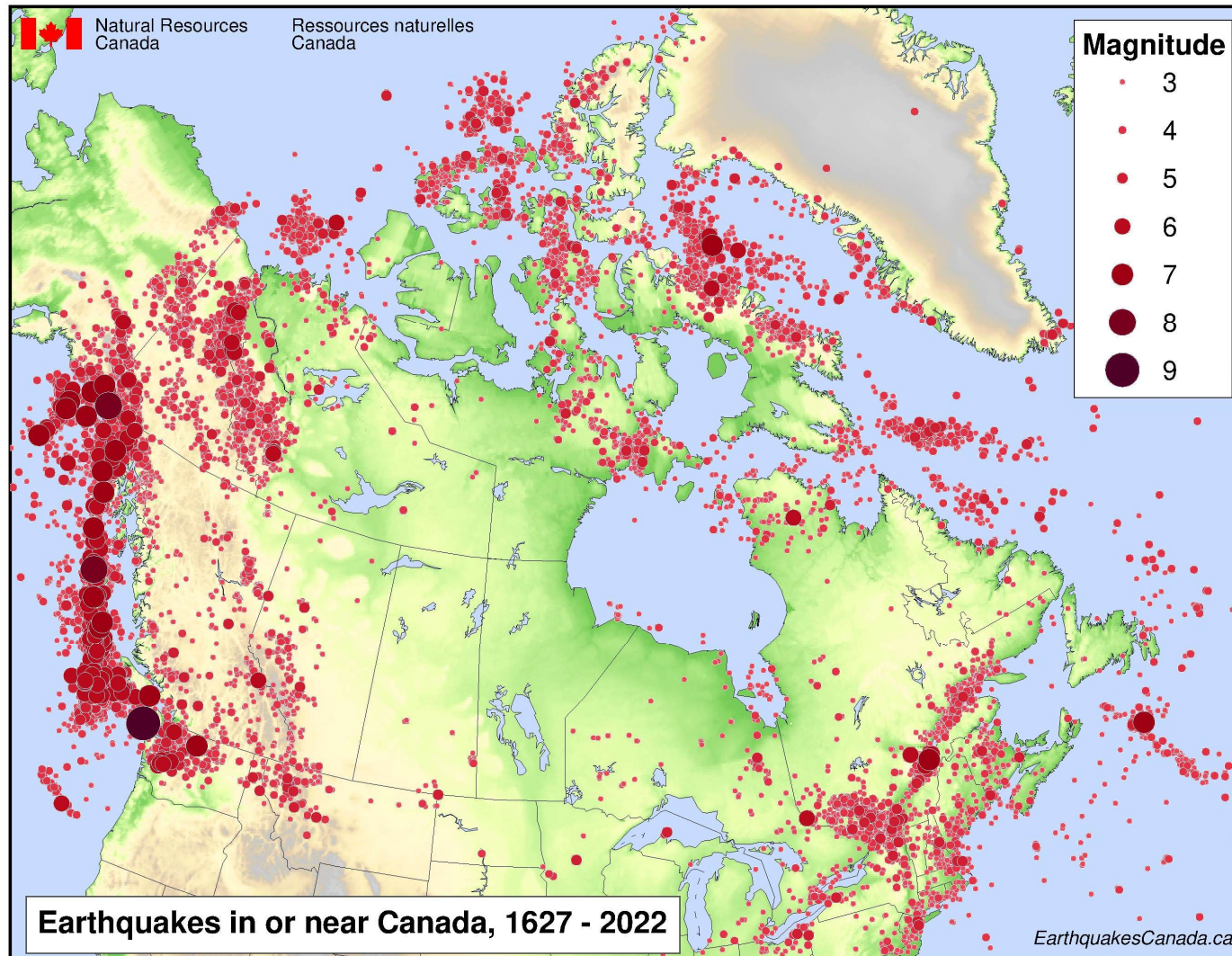
“On January 26, 1700 at about 9 pm, a powerful magnitude 9 earthquake struck off the coast of BC, and without warning was followed by a catastrophic tsunami that devastated the village of Loht’a. With no time to respond, all 5,000 residents of Loht’a were lost to this devastating event.

This is the story of the Great Tsunami that was told to me by my grandparents, George and Louisa Johnson. For generations, Elders in our community as well as other First Nations along the coast have maintained this legend, and others like it, as an oral history of our people.

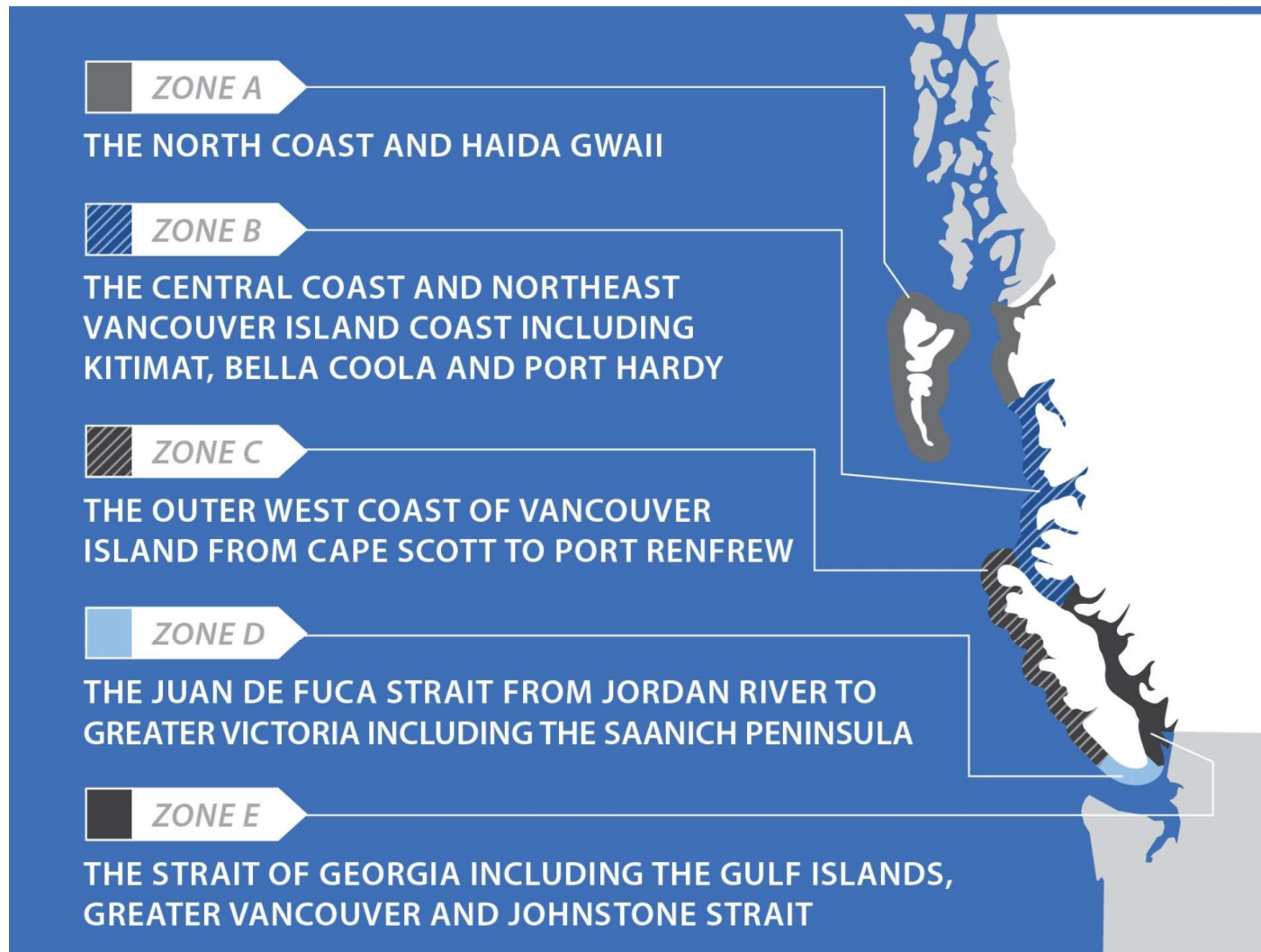
Today, our people call Anacla (Pachena Bay) home and this oral history plays a central role in how we understand tsunami risks in our community. We are able to use our history to learn from the past and prepare for future tsunamis.”

**Robb Johnson,
Huu-ay-aht First Nation**

Earthquakes



Tsunami Notification Zones



The Great BC Shakeout

**October 17th 10:17
am**

This is the day millions of people worldwide will practise how to “Drop, Cover and Hold On” during Great ShakeOut Earthquake Drills.

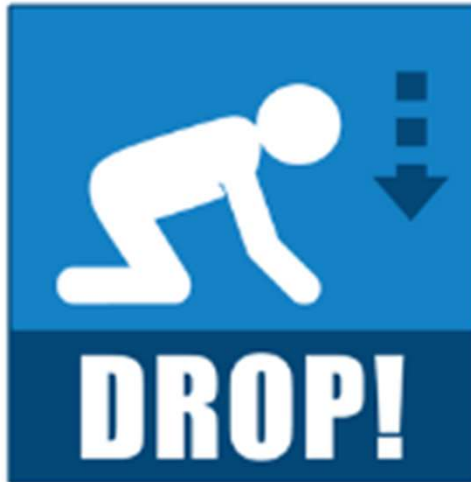
Sign Up Now



Sign up today!
www.shakeoutbc.ca

NS  **M**

Earthquake drill



Earthquake drill



Earthquake Early Warning System



Earthquakes and preparedness



How do we prepare?

Step 2: Make your plan



Google “Prepared BC emergency plan”
New! Make your plan online.

Make your plan



Emergency Management & Climate Readiness Blog

Make your Emergency Ready Plan

Knowing what to do, where to go and who to contact will reduce stress and help keep you focused and safe during a disaster.

We've made it easier than ever to complete a home emergency plan – just follow the prompts and in about 30 minutes, you'll be done! You can choose to save your plan as a PDF to your computer, tablet or device, or print it out.

Alternatively, you can download and print off a fill-in-the-blanks PDF template instead.

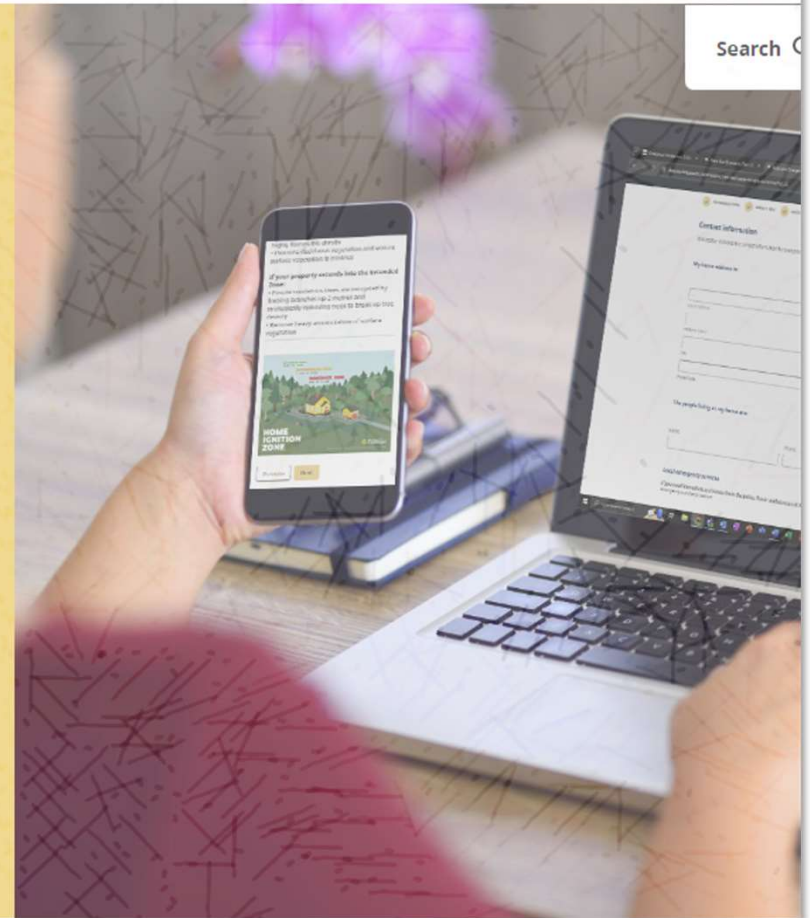
Review and update your plan yearly, or if there is a change in your situation, such as a different job or school, getting a pet or moving to a new town.

We also suggest keeping a copy in your [home emergency kit](#) and [grab-and-go bag\(s\)](#).

[Build your plan online](#)

[Download PDF \(910 KB\)](#)

No fields in this form are mandatory. Any information provided is not saved, stored or shared by any government agency.



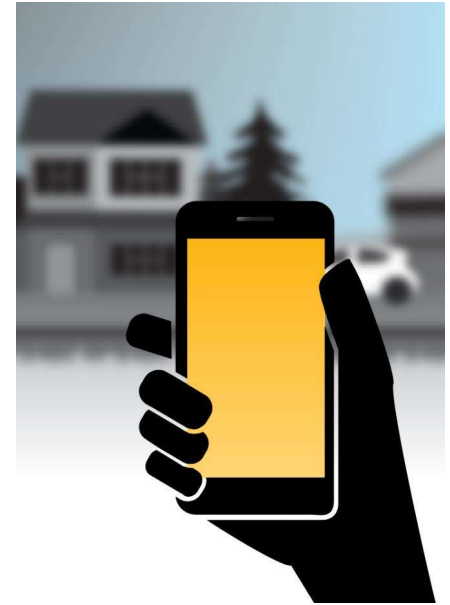
Make your plan



Make your plan – How will you communicate?

Know how you will communicate

- Save a list of people you can call for help
 - Someone living nearby
 - Someone living far away
- Cell phone – use non-voice channels
 - Text / email / social media; less bandwidth



Make your plan – Where will you meet?

Arrange 2 meeting places

#1) Close to home

#2) Outside your neighbourhood

- Neighbourhood unsafe?
- Need something more central?

**Tip: Keep a copy of a Google maps
screenshot**



Make your plan – Where will you go for information?

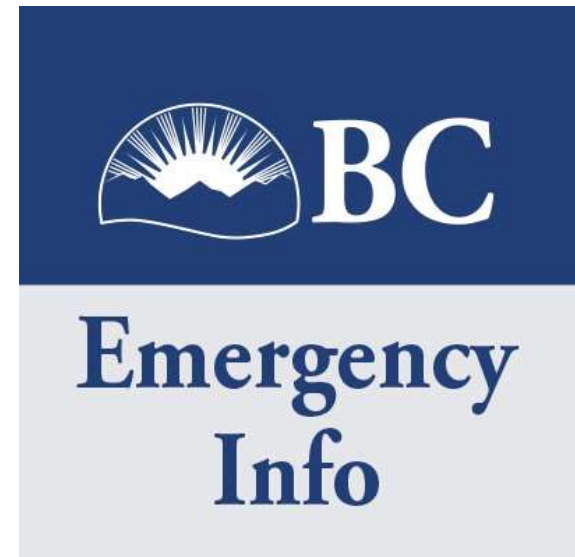
Emergency information sources

1) Local

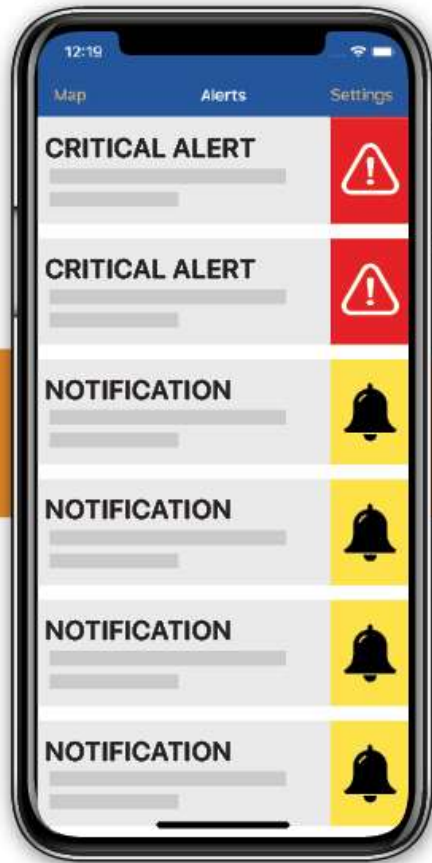
- Websites (NSEM, municipalities)
- Social media (NSEM, municipalities)
- Radio

2) Provincial sources

- Emergency Info BC
 - Website: EmergencyInfoBC.ca
 - X/Twitter: @EmergencyInfoBC



Public notification system



Public Alerts

Stay Informed



nsem.ca/alertable

NS  M

Sign up now!

SCAN ME



Alertable app for iOS

SCAN ME



Alertable app for Android smartphones

NS**M**

Pre-register for ESS

Registering for ESS makes it easier to access Emergency Support Services during an emergency.
ess.gov.bc.ca



STEP 1

Visit ess.gov.bc.ca

STEP 2

Click "Self-Register Now"

STEP 3

Follow the BC Services Card login and registration instructions

STEP 4

Evacuated? Contact the Reception Centre outlined in your Evacuation Order

Make your plan: Insurance

Research insurance options

- Insurance is available to home owners and renters
- Ask about sewer backup, residential flood insurance, earthquake insurance and deductibles
- Keep a copy of your insurance documents in your emergency kit and grab-and-go bag
- Visit the Insurance Bureau of Canada for more information

Make your plan

Consider people who need assistance

- Children | Older adults | People with disabilities
- Understand their needs
- Don't forget about pets

Know Your Neighbours

- Build a support network



Make your plan

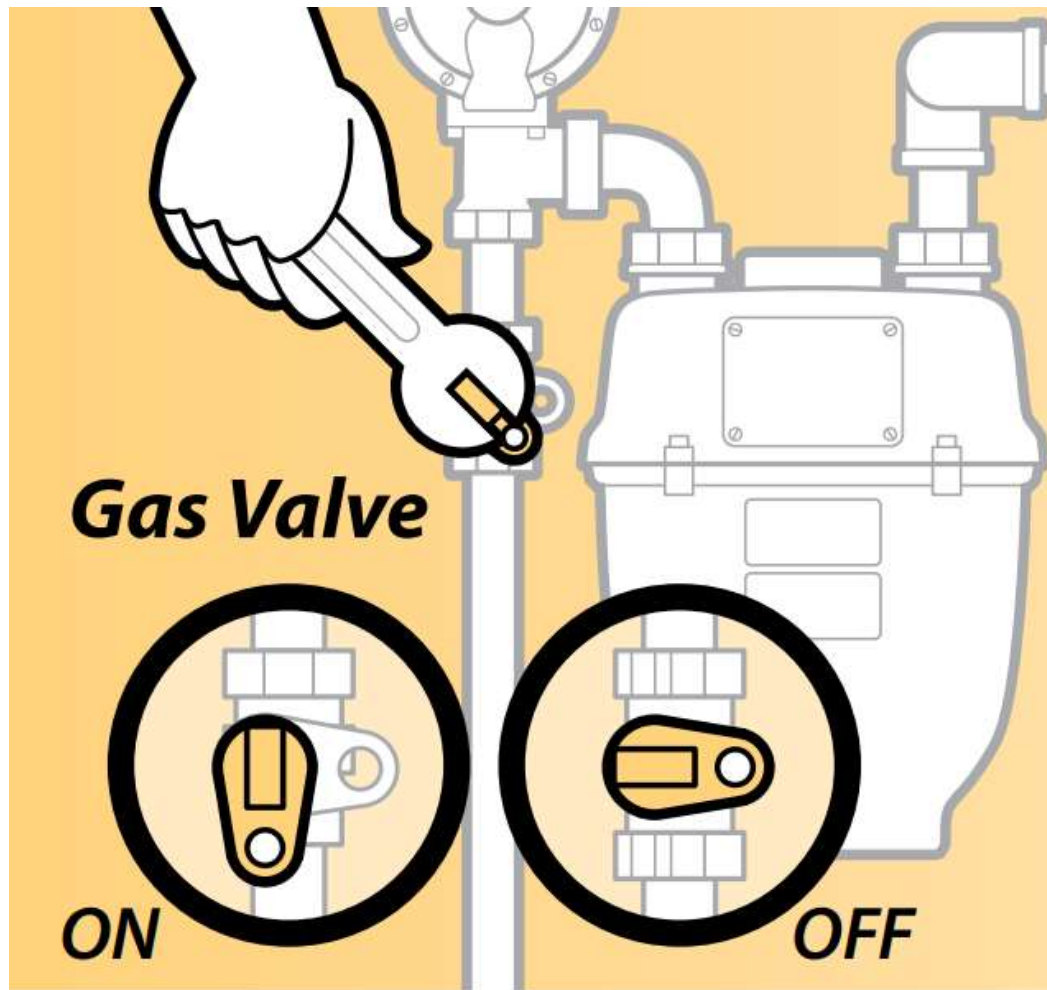
Home safety/hazard check:

- Secure tall free-standing furniture
- Remove (glass) framed art from over a bed or couch
- Move heavy objects low / to lower shelves
- Secure objects on carts



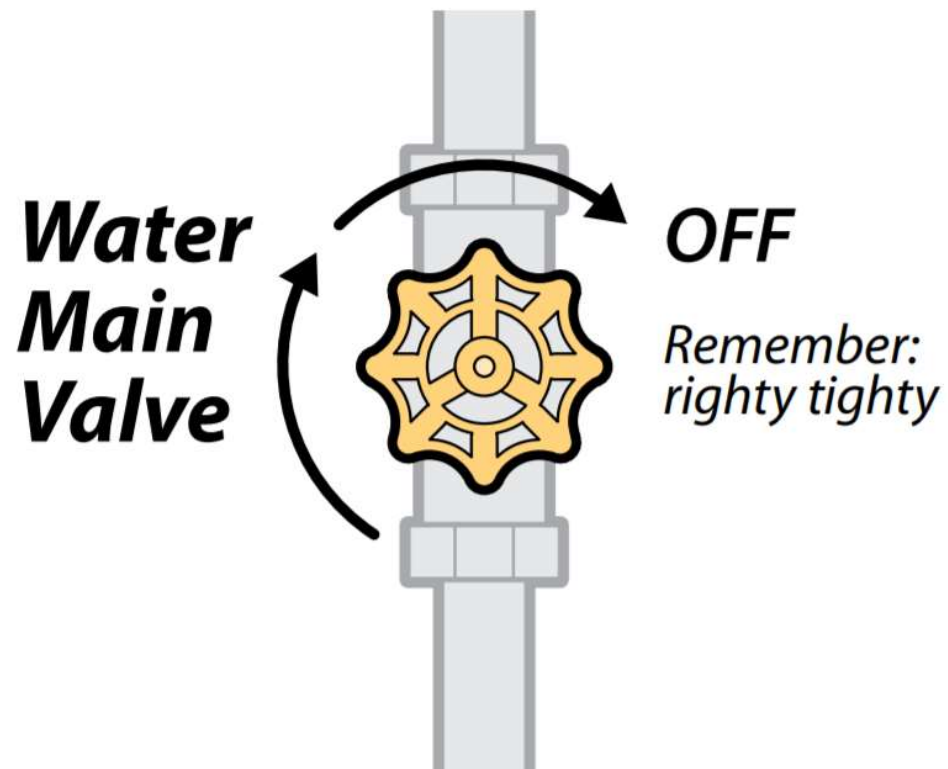
Image credit: Jesus Chairez

Natural gas



- **Do not** shut off your natural gas if you're evacuating.
- If your gas is shut off, **do not** try to turn it back on
- Only a licensed gas contractor can do so safely

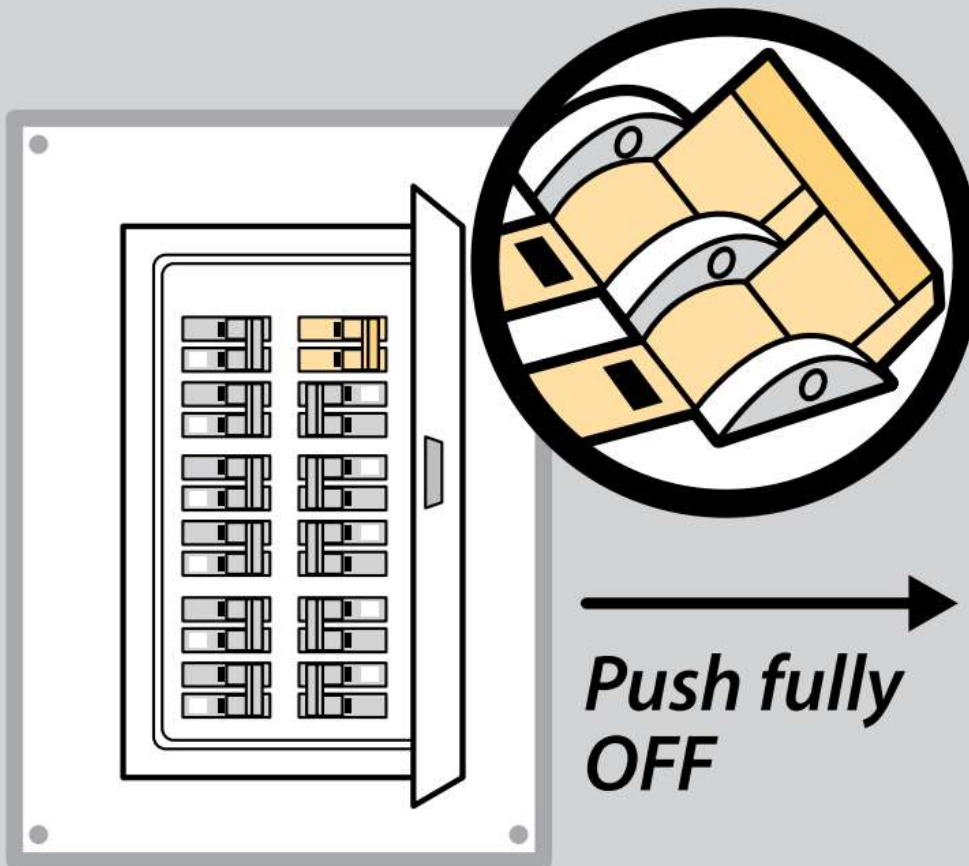
Water leak



- Locate your water main valve and rotate it clockwise.

Electricity

Electrical Panel



- Label all breakers
- Turn off main breaker first, then individual breakers
- Follow instructions of local authorities

Google “BC Hydro evacuation resources and preparedness”

How do we prepare?

Step 3: Build Your Emergency Kit



→ **3 days to 2 weeks** worth of supplies to keep everyone safe and comfortable

Basic emergency kit supplies



Google “Prepared BC emergency kit”

Food

Prepare 3 to 14 days worth of items that:

- Are familiar, enjoyable, nutritious
- Have a long shelf life
- Require minimal preparation
- Do not require refrigeration / heat*

*Keep extra fuel for cooking (BBQ)

Tip: Don't forget the can opener!

Better: Use cans with a pull tab.



Water

How much water? And for *at least* 72 hours

- 4L per adult per day
- 2L per child, per day
- For drinking, cooking, hygiene, cleanup
- Bottled water recommended – reliable

Did you know? Water doesn't expire; the container does. Re-label expired water as “non potable” and keep for hygiene or cleanup.

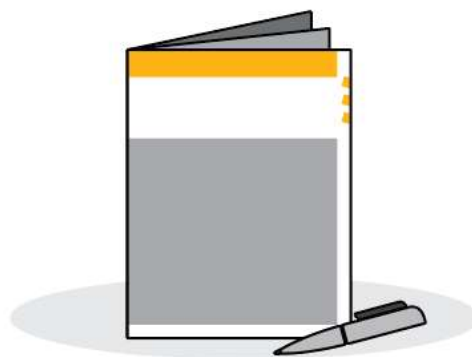


Grab-and-Go Bag

A smaller version of an emergency kit, in case you need to leave immediately.



Recap: 3 steps to preparedness



Know your hazards

- Earthquakes, extreme weather, floods, wildfires, windstorms, etc.

Make your plan

- Communication
- Meeting places
- Information sources

Gather your supplies

- Food, water
- Grab-and-go bags
- Consider everyone in your household, including pets

Your challenge

1. Get started!
2. Share the information you've learned with others.
3. Keep a pair of old (sturdy-soled) shoes + flashlight under each bed.



Additional resources

North Shore Emergency Management

nsem.ca

@northshoreemo

Prepared BC

gov.bc.ca/preparedbc

(Prepared BC guides also list trusted sources of information)

EmergencyInfoBC

emergencyinfobc.ca

@emergencyinfobc



Thank You!

Questions?