

Emergency Preparedness

In an earthquake, residents may need to be on their own for 72 hours while emergency personnel deal with more critical situations.

It's prudent to gather supplies to have on hand:

Four litres of water per person per day for three days

Food

A manual can opener

A flashlight

A battery, windup or solar-powered radio so you can get emergency updates

A first aid Kit

A five-pound or larger 2A 20 BCV rated portable fire extinguisher

A pair of sturdy shoes under your bed

Duct Tape, useful for many things from sealing broken windows to immobilizing broken bones.

Residents should also have a portable emergency pack ready with things such as prescription medications, eye glasses, foods such as high energy bars, money, family photographs (to help in finding missing family members) first aid supplies, soap and toilet paper.

Mike Smith from Vancouver Fire and Rescue Services suggest these tips on what to do at the moment an earthquake hits.

Drop to the floor, go under a sturdy desk or table, hold on to it as it moves to protect your head and face

Stay away from windows

Don't go outside where you could be hit by falling glass and other debris.

Count 60 seconds after the shaking stops before moving, then look for hazards.

Check for hazards in your apartment – secure pictures above your beds and secure top-heavy furniture. Learn to use a fire extinguisher